



Student and Employee Assistance Program  
Semi-Annual Utilization Report  
Arlington Public Schools  
June 1, 2025 to December 31, 2025

## Utilization Breakdown

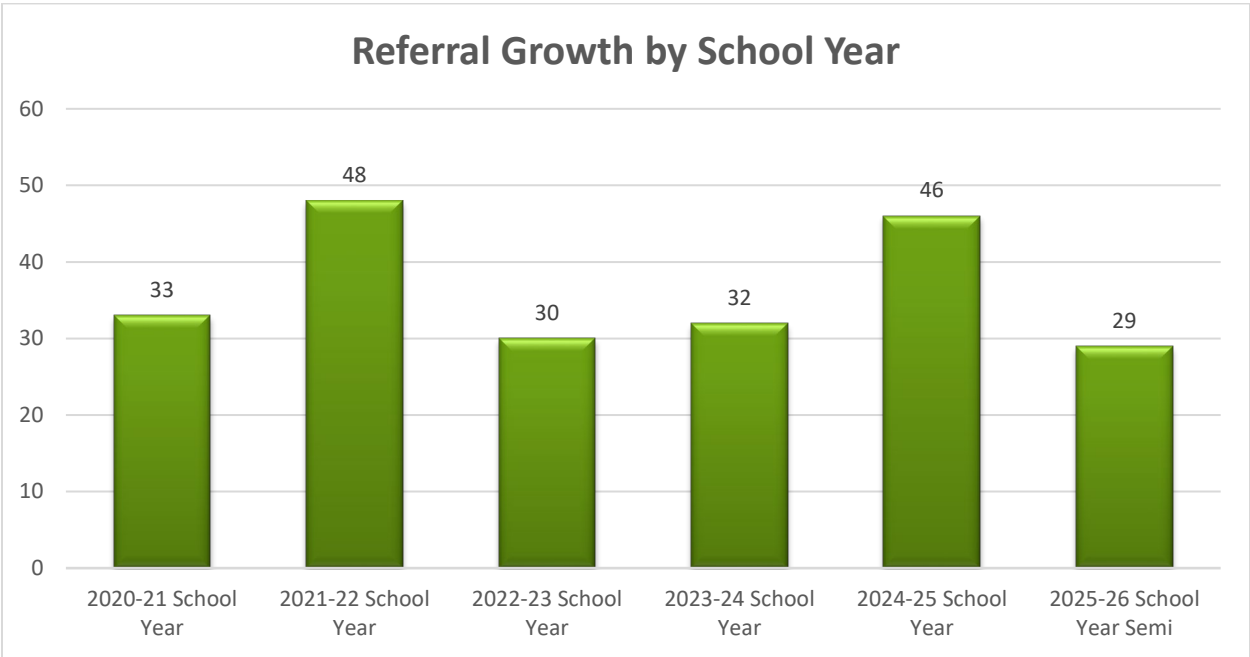
<b>Demographics</b>	<b>Totals</b>	<b>Percent</b>	<b>Referral Breakdown</b>	<b>Totals</b>	<b>Percent</b>
Total Referrals	29	100%	Students	24	83%
Mandatory	1	3%	Family Members	2	7%
Reopened	12	41%	EAP Employee/Spouse	3	10%
Males	17	59%	On-Site (included)	12	
Females	12	41%	<b>Total Referrals</b>	<b>29</b>	<b>100%</b>
<b>Referrals By School (students only)</b>					
<b>School</b>	<b>Number</b>	<b>Percent</b>	<b>School</b>	<b>Number</b>	<b>Percent</b>
Elementary	10	42%	Middle School	6	25%
			High School	8	33%
			<b>Middle/High School</b>	14	58%
<b>Elementary Total</b>	10	42%	<b>TOTAL STUDENTS</b>	24	100%
<b>Referral Source</b>	<b>Total</b>	<b>Percent</b>	<b>Referral Source cont.</b>	<b>Total</b>	<b>Percent</b>
School Counselor	10	34%	Medical Referral	0	0%
School Principal	0	0%	Family Member	2	7%
Contact Form.	2	7%	Web Search	1	3%
Former Client	12	41%	Co-Worker	0	0%
EAP/SAP Brochure	0	0%	Human Resources	2	7%
AFC Counselor	0	0%	Friend	0	0%
Seminar	0	0%	Other	0	0%
Spouse	0	0%			
Orientation	0	0%	<b>Total</b>	<b>29</b>	<b>100%</b>

### Referrals by Month 2025-2026

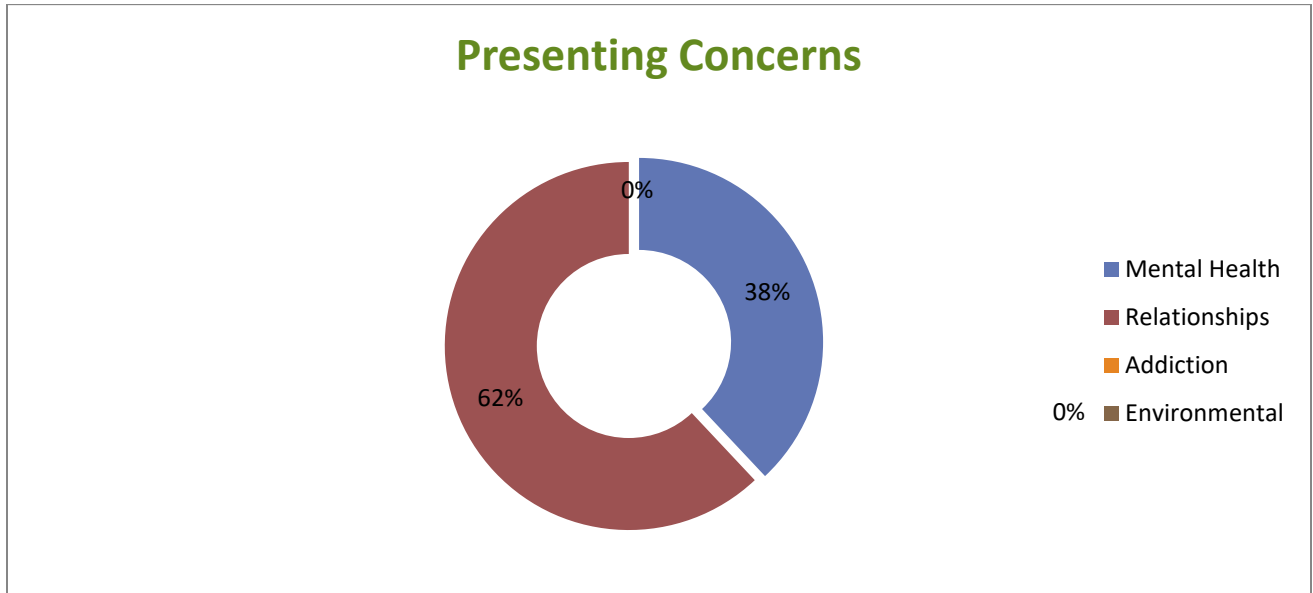
June	July	August	Sep.	Oct.	Nov.	Dec.	Total
2	1	18	3	1	4	0	29

## Utilization Breakdown Comparison by School Year

Demographics	2021-22	2022-23	2023-24	2024-25	2025-26 Semi
Total Referrals	48	30	32	46	29
Mandatory	3	0	0	0	1
Reopened	12	4	9	30	12
Males	23	11	14	25	17
Females	25	19	18	21	12
Referral Breakdown	2021-22	2022-23	2023-24	2024-25	2025-26 Semi
Students	27	21	27	42	24
On-site (included)	13	12	20	13	12
Family Members	12	4	2	0	3
Employees	9	5	3	4	2
<b>Total Referrals</b>	<b>48</b>	<b>30</b>	<b>32</b>	<b>46</b>	<b>29</b>



## Presenting Concern Categories by Total Occurrence



### Presenting Concern Categories with Breakdown of Specific Concerns

Mental Health	Referrals	Percent	Relationships	Referrals	Percent
ADD/ADHD	1	3%	Behavior Concerns	5	17%
Depression	3	10%	Family Conflict	10	34%
Anxiety	4	14%	Peer Relationships	1	3%
Anger	0	0%	Divorce	0	0%
Psychological /other	0	0%	Domestic Violence	0	0%
PTSD / Trauma	1	9%	Grief / Loss	1	6%
Suicide Risk/Screening	1	3%	Relationship	1	3%
Stress	1	3%	Adjustment Issues	0	0%
<b>TOTALS</b>	<b>11</b>	<b>38%</b>	<b>Total</b>	<b>18</b>	<b>62%</b>
Addiction	Referrals	Percent	Environmental	Referrals	Percent
Evaluation	0	0%	Medical	0	0%
Drug Concerns	0	0%	Academics	0	0%
Alcohol Concerns	0	0%	Childcare	0	0%
Family/ Addiction	0	0%	Financial	0	0%
Gambling	0	0%	Legal	0	0%
Tobacco Addiction	0	0%	Parenting	0	0%
Other Addictions	0	0%	<b>TOTAL</b>	<b>0</b>	<b>0%</b>
<b>TOTALS</b>	<b>0</b>	<b>0%</b>	<b>GRAND TOTAL</b>	<b>29</b>	<b>100%</b>

## Special Services and Forecast for Growth in Utilization

### *On-Site Visits*

*Arbor is available to coordinate visits with students identified as “at risk” and will continue to be available to address this need. Our counselor Abbi Monte has been on-site since August 2025 and is available to see students and staff.*

### *Consultations*

*Arbor is available for consultations with faculty surrounding assessments and referrals.*

### *Resources*

*Arbor is available to provide resources to staff, students and parents including blogs, newsletters, brochures, and handouts.*

### *Web Site*

*The Arbor web site is available for students and their parents to educate themselves about services, learn about Arbor’s professional counselors, and find articles and archived editions of the newsletter.*

*[www.arborfamilycounseling.com](http://www.arborfamilycounseling.com)*

### *Presentations and Training*

*Arbor is available for presentations to support your schools! Please call if you have a special area of need. Presentations are available for staff, students, and parents.*

### *Special Services*

*Arbor is available to increase program awareness with students and parents. Arbor is available for coordination to offer specific, problem focused consulting and materials for Benefit/Health fairs and during Parent Teacher Conferences.*