

SEPTEMBER 2023

Welcome Back to School!

We're back and ready for another school year. It's amazing how fast summer seems to fly by. This quarter, we will focus on getting everyone Back-to-School ready. Read on to get some tips for helping your student prepare for the upcoming year. Additionally, we've provided information about our School Based Mental Health services. Transitions can be hard, for both students and parents alike, especially when you are also struggling with your mental health. Take a deep breath in and exhale slowly. *You've got this!*



Back-to-School Tips

- ✓ Take care of yourself! You will be better equipped to help your student if you are feeling your best.
- ✓ Start implementing some predictable routines into their day, such as a consistent wake-up time, to help their minds and bodies adjust to the routine and structure school will provide.
- ✓ Reassure them that any of their feelings are OK and valid. It is common to feel scared or unsure as well as excited or calm.
- ✓ If you notice your child seems stressed, particularly about school, you can remind them you are there as a resource if they need you, but also give them some space to work it out on their own.
- ✓ Provide them with extra praise and validating statements or remind them how well they have handled change in the past.
- ✓ If concerns persist, read below, and consider engaging in School Based Mental Health services.

What is SBMH?

School Based Mental Health, or SBMH for short, started with an initiative to provide better access for youth to mental health services. Minnesota created legislation for School Linked Mental Health, as it is often referred, for schools to embed mental health practitioners and professionals inside their buildings. The idea is to reduce barriers to getting the appropriate mental health care for youth to improve their ability to be healthy and ready to learn and is now the way many access mental health services. Various clinics and providers provide SBMH services across Minnesota. People Incorporated is one that serves the Robbinsdale/Intermediate District 287/Osseo/Anoka-Hennepin Districts.

What Makes a Good Referral?

Any student that has any mental health struggles and attends one of the participating schools is a great fit for this program. We serve a wide range of emotional and behavioral concerns. Students are often identified as needing extra supports when they begin struggling with functioning across various domains. Many times, this is in school. Students whose grades suddenly change, moods vary from what is typical for them, start skipping class or avoiding certain subjects, or those whose attendance starts dropping are all great candidates.

How Does it Work?

1. Many of our students are identified by school staff such as guidance counselors, social workers, or teachers. However, anyone can identify and refer a student. If you are a parent/guardian wondering about this program, the easiest way to connect is to talk to your student's school social worker or guidance counselor. You can also call us directly to refer your student using the phone number **(651)- 774-0011 ext 2**. This will connect you with our Central Access team who will gather your information, schedule an intake, and send you paperwork to fill out before the appointment.
2. The next step is for the student and parent/guardian to meet with the therapist to complete a comprehensive evaluation and treatment plan. This will be time for the therapist to get to know the student and for the student to get to know the therapist. A good therapeutic relationship is crucial to success.
3. Once the treatment and evaluation are done, the therapist will set up times to see the student during the school day. Sessions are typically once a week for anywhere between 30 and 60 minutes, however the therapist will work with the student to provide the most appropriate level of care.

Frequently Asked Questions:

- **Is this service free?**
 - No. We are essentially a clinic within the school; therefore, we will bill the student's insurance. People Incorporated offers a sliding fee scale for those uninsured, but we can work with families on any questions about ability to pay.
- **Will the school have access to my students' records?**
 - No. We will have you sign a release of information for the school to be able to get them from classes to see the therapist, and for the school to be able to communicate important information to us. What the school receives from People Incorporated is up to the parent/guardian and should be discussed with you prior to the information being disclosed.
- **Is this only during the school year?**
 - No, we can provide this service ongoing through the summer and over breaks. If transportation is a concern during non-school days, a medical ride can be set up to take your student to and from appointments.
- **What if my student is sick/gone from school?**
 - If your student does not come to school on a day when they usually see their therapist, the appointment can be rescheduled, if possible, for another day or time.
- **Will I (parent/guardian) need to be present the whole time?**
 - No. Parent/guardian support is crucial to a student's success, but you do not need to come to every session. It is expected to meet at time of intake and least every 90 days to discuss and update treatment goals.
- **Does People Incorporated provide other services?**
 - Yes! Some of the other services we offer are Children's Targeted Case Management, family therapy, and Psychiatry, to name a few. For full information on how People Incorporated can provide additional support, you can speak to one of our Central Access Team members or visit our website: <https://www.peopleincorporated.org/>.