

SEPTEMBER 2023

Zoo Siab Txais Tos Koj Rov Tuaj Kawm Ntawv!

Peb rov qab tuaj thiab npaj txhij rau ib lub xyoos kawm ntawv dua. Cas ib pliag xwb lub caij ntuj sov twb ya dhau mus lawm. Nyob hauv peb lub hlis no, peb yuav xyuas kom txhua tus npaj txhij Rov Tuaj Mus Kawm Ntawv. Nyeem ntxiv mus kom tau ib cov tswv yim los pab koj tus me nyuam kawm ntawv kom npaj txhij rau xyoo tuaj no. Ib qho ntxiv, peb muab ib cov lus qhia txog peb cov kev pab rau Kev Nyuaj Siab Mob Hlwb Ntawm Txoj Kev Kawm Ntawv (School Based Mental Health). Kev hloov pauv yog ib yam nyuaj, rau cov me nyuam kawm ntawv thiab cov niam cov txiv ib yam nkaus, tshwj xeeb yog thaum koj muaj kev nyuaj siab mob hlwb. Sib zog nqus pa thiab maj mam muab tso tawm. *Koj ua tau qhov no!*



Cov Tswv Yim Qhia Txog Kev Rov Tuaj Kawm Ntawv

- ✓ Saib xyuas koj tus kheej! Yog koj muaj kev zoo siab koj yuav pab tau koj tus me nyuam kawm ntawv zoo dua.
- ✓ Pib kom koj tus me nyuam xyaum ua tau nws tej hauj lwm txhua hnub, xws li kom sawv tau tib lub sij hawm. Pab nws lub siab ntsws thiab lub cev kom hloov tau mus swm rau tej hauj lwm uas lub tsev kawm yuav muab rau nws ua.
- ✓ Muab kev txhawb siab rau tus me nyuam tias txhua yam uas nws siab xav yeej OK thiab muaj nqis. Tej yam uas yus ntshai los yog paub tsis tseeb thiab zoo siab los yog nyob ntsiag to tsis muaj suab sab yog tej yam keev muaj.
- ✓ Yog koj pom zoo li koj tus me nyuam muaj kev nyuaj siab, tshwj xeeb yog hais txog kev kawm ntawv, qhia rau nws tias muaj kev pab yog nws xav kom koj pab, tab sis kuj muab sij hawm rau nws daws nws tus kheej seb puas tau thiab.
- ✓ Muab lo lus qhuas thiab lus txhawb siab los yog hais rau nws tias nws twb ua tau tej yam zoo los daws tau tej kev hloov pauv yav dhau los lawm.
- ✓ Yog tseem muaj kev txhawj xeeb mus ntxiv, nyeem hauv qab no, thiab mus nrhiav cov kev pab rau Kev Nyuaj Siab Mob Hlwb Ntawm Txoj Kev Kawm Ntawv (School Based Mental Health).

SBMH Yog Dab Tsi?

School Based Mental Health (Kev Nyuaj Siab Mob Hlwb Ntawm Txoj Kev Kawm Ntawv), los yog lo lus luv luv hu ua SBMH, tau pib muab kev pab kom zoo dua qub rau cov hluas kom mus muab tau cov kev pab kho tus mob nyuaj siab mob hlwb. Minnesota tau tsim muaj ib txoj cai uas keev yog muab hu ua Tsev Kawm Ntawv Kom Muaj Kev Pab Rau Tus Mob Nyuaj Siab Mob Hlwb (School Linked Mental Health), kom cov tsev kawm ntawv muaj cov kws tshaj lij pab rau fab kev nyuaj siab mob hlwb nyob sab hauv lawv cov tuam tsev. Lub niam tswv yim yog los txo cov teeb meem thaiv txoj hau kev kom cov hluas tau txais txoj kev pab kho tus mob nyuaj siab mob hlwb uas zoo tsim nyog kom lawv noj qab haus huv zoo dua qub thiab kawm tau ntawv thiab tam sim no yog txoj hau kev uas coob tus tau txais cov kev pab rau fab kev nyuaj siab mob hlwb. Muaj ntau lub chaw kho mob (clinics) thiab kws muab kev pab kho mob muab SBMH cov kev pab nyob thoob plaws Minnesota. People Incorporated yog ib lub uas muab kev pab rau Robbinsdale/Intermediate District 287/Osseo/Anoka-Hennepin Districts.

Leej Twg Thiaj Zoo Xa Mus Rau Qhov Kev Pab No?

Ib tus me nyuam kawm ntawv twg uas muaj teeb meem rau txoj kev nyuaj siab mob hlwb thiab mus rau ib lub ntawm cov tsev kawm ntawv no yog ib tus haum zoo rau qhov kev pab cuam no. Peb muab kev pab txog ntau yam kev txhawj xeeb txog sab siab ntsws thiab kev coj tus cwj pwm. Thaum cov me nyuam kawm ntawv pib muaj teeb meem ua tsis tau qhov kom lawv ua ces yog lawv xav tau kev pab txhawb ntxiv. Ntau zaus, qhov no ces yeej yog nyob hauv kev kawm ntawv ntawg. Cov me nyuam kawm ntawv uas cia li kawm tsis tau hauv nws qib kawm, lub siab ntsws hloov tsis zoo li tus qub, pib tsis tuaj kawm ntawv los yog tsis mus kawm rau qee yam kev kawm, los yog pib poob nws qhov kev kawm yog cov zoo xa rau qhov kev pab cuam no.

Nws Ua Hauj Lwm Li Cas?

1. Cov neeg ua hauj lwm hauv peb lub tsev kawm ntawv xws li cov kws muaj tswv yim (guidance counselors), cov ua hauj lwm rau tib neeg (social workers), los yog cov kws qhia ntawv yog cov qhia tias tus me nyuam twg xav tau kev pab. Tab sis, txhua tus yeej qhia tau thiab xa tau ib tus me nyuam kawm ntawv mus rau qhov kev pab cuam. Yog tias koj yog ib leej niam leej txiv/tus saib xyuas uas xav paub txog qhov kev pab cuam no, qhov yooj yim tshaj ces yog tham nrog koj tus me nyuam tus kws muaj tswv yim (guidance counselor) los yog tus ua hauj lwm rau tib neeg (social worker). Koj kuj tseem xa tau koj tus me nyuam uas yog hu ncaj qha rau peb ntawm tus xov tooj **(651)- 774-0011 ext 2**. Qhov no yuav txuas koj rau peb pawg neeg ua hauj lwm (Central Access team) uas yog cov yuav nug koj kom paub ntxiv, teem ib lub sij hawm rau npe, thiab xa ntaub ntawv tuaj rau koj ua kom tiav ua ntej lub sij hawm sib ntsib.
2. Kauj ruam tom ntej yog tus me nyuam kawm ntawv thiab leej niam leej txiv/tus saib xyuas tuaj ntsib tus kws kho tus mob (therapist) los ua kom tiav ib qho kev ntsuam xyuas (evaluation) thiab daim phiaj npaj kho tus mob (treatment plan). Qhov no yuav yog lub sij hawm rau tus kws kho tus mob (therapist) thiab tus me nyuam kawm ntawv los sib paub. Kev sib raug zoo yog ib qho tseem ceeb rau txoj kev muaj yeej ntawm txoj kev kho.
3. Tom qab ua tiav qhov kev npaj kho tus mob thiab qhov kev ntsuam xyuas lawm, tus kws kho tus mob (therapist) yuav teem cov sij hawm ntsib tus me nyuam kawm ntawv rau hnuv kawm ntawv. Cov kev sib ntsib kheev yog ib lim piam (week) ib zaug ntev txog li 30 rau 60 feeb (minutes), li cas los tus kws kho tus mob yuav ua hauj lwm nrog tus me nyuam kom muab tau qhov kev pab nyob rau theem uas zoo tsim nyog tshaj.

Cov Lus Kheev Nquag Nug:

- **Qhov kev pab no puas yog pab dawb xwb?**
 - Tsis yog. Tiag ces peb yog ib lub chaw kho mob (clinic) nyob hauv lub tsev kawm ntawv; yog li, peb yuav xa ntawv rau tus me nyuam kawm ntawv lub tuam txhab muab ntawv tuav pov hwm (insurance) kom them nyiaj. People Incorporated kuj txo tus nqi me ntsis rau cov tsis muaj ntawv tuav pov hwm, tab sis peb tuaj yeem ua hauj lwm nrog cov tsev neeg uas muaj lus nug txog qhov lawv yuav them taus tus nqi.
- **Lub tsev kawm ntawv puas mus saib tau kuv tus me nyuam kawm ntawv cov ntaub ntawv?**
 - Saib tsis tau. Peb yuav kom koj kos npe rau ib daim ntawv pub tso tawm cov ntaub ntawv rau lub tsev kawm ntawv kom koj tus me nyuam thiaj tawm tau hauv nws hoob mus cuag tus kws kho tus mob (therapist), thiab kom lub tsev kawm ntawv thiaj muab tau cov ntaub ntawv tseem ceeb rau peb. Yam uas lub tsev kawm ntawv tau txais tuaj ntawm People Incorporated yog nyob ntawm leej niam leej txiv/tus saib xyuas thiab yuav tsum tau muab tham nrog koj ua ntej muab cov ntaub ntawv tso tawm.
- **Qhov no puas yog lub sij hawm nyob hauv xyoo kawm ntawv xwb?**
 - Tsis yog, peb muab tau qhov kev pab no mus thoob plaws lub caij ntuj sov thiab thaum so tsis kawm ntawv. Yog tsis muaj tsheb thauj mus los thaum sij hawm tsis kawm ntawv, muaj ib qho tsheb pab thauj mus kho mob uas tuaj yeem teem tau los thauj koj tus me nyuam kawm ntawv mus ntsib tus kws kho tus mob thiab thauj rov los tsev.
- **Yog tias kuv tus me nyuam kawm ntawv mob es tsis tuaj kawm ntawv ne?**
 - Yog koj tus me nyuam kawm ntawv tsis tuaj mus kawm ntawv hnuv uas nws keev mus ntsib nws tus kws kho tus mob, yuav muab lub sij hawm teem dua rau lwm hnuv los yog lwm lub sij hawm, yog ua tau.
- **Leej niam leej txiv/tus saib xyuas puas yuav tau nyob ntawd txhua lub sij hawm?**
 - Tsis tas nyob. Niam txiv/tus saib xyuas kev txhawb nqa yeej tseem ceeb rau tus me nyuam kawm ntawv kom nws ua tau zoo, tab sis koj tsis tas yuav tau tuaj txhua zaus. Tab sis koj yuav tau tuaj thaum rau npe thiab tsawg kawg txhua txhua 90 hnuv los mus sib tham thiab xyuas txog lub hom phiaj kho tus mob seb nyob li cas lawm.
- **People Incorporated puas muab lwm cov kev pab thiab?**
 - Muab! Lwm cov kev pab uas peb muab yog Children's Targeted Case Management, kev kho rau tas nrho tsev neeg, thiab kho Sab Kev Nyuaj Siab Mob Hlwb. Cov no tsuas yog ob peb qho piv txwv xwb. Yog xav paub ntxiv tias People Incorporated tuaj yeem muab tau kev pab li cas ntxiv, koj tuaj yeem tham tau nrog cov tswv cuab hauv peb pawg neeg ua hauj lwm (Central Access Team members) los yog mus saib peb lub website: <https://www.peopleincorporated.org/>.