

**Is School-Linked
Mental Health
Right for My
Child?**

What is School-Linked Mental Health?

School-Linked Mental Health services, sponsored by the Minnesota Department of Human Services, are available to your child to help them manage and cope with emotional and behavioral concerns which could be affecting their school work and/or relationships in the school setting. Linking services with the school may make it easier for your child to receive care if it is difficult for you to get your child to appointments in an office setting.

What Services are Provided?

School-Linked Mental Health services may include:

- **Diagnostic Assessment** for emotional and behavioral concerns.
- **Development of treatment goals** that build on your child/youth and your family's strengths and which are made in partnership with you, your child/youth and with the school (if you give permission).
- **Ongoing therapy** with the student, parent and/or family.
- **Close collaboration and coordination with the school staff person** who referred your child, in order to best meet the needs of your child in school (if you give permission).
- **Access to psychiatric services.**

Services are provided at a place that's convenient to you and your child – at school, at the office, at home, or at another confidential location.

How is the Service Paid?

If your child is covered by any health insurance plan, the provider will bill the insurance company and assess the copay required by your insurance company. If you have a deductible or a copay amount that you are not able to pay, grant funds can help cover these costs.

If your child is not covered by any health insurance plan, grant funds will be used to help cover the cost of services.

Now what? Next Steps for Parents

After you sign a consent form, a therapist will be calling you in the next few days. The therapist will answer any questions you have, schedule an initial appointment, and collaborate with the intake department to get insurance/payment set up.

- **You and your child will be scheduled for an initial appointment** (normally this appointment is held at counseling center office for the first appointment, but accommodations can be made if you are not able to get to the office).
- During the first appointment, **the therapist will complete an assessment and determine what services may best assist your child.** This may include individual therapy, family therapy, and/or referral to other helpful resources. Your collaboration in this process, by providing information about your child and your family, such as family history, and your family's strengths, needs and concerns, is extremely important.
- **The therapist will work with you and your child to develop a treatment plan.** This outlines what your child will be working on during therapy. You will be asked to contribute your thoughts and ideas, to review and sign the treatment plan and make sure that your child attends all appointments.
- **During the course of treatment, your continued participation is vital to the therapy process.**