



Crosslake Community Schools Proposal for 2024 / 2025

Regroup Counseling and Consulting PSC has been privileged to provide mental health support to students and staff to Crosslake Community Schools since 2022. Since then we have served 36 students for therapy and 4 students for medication management, provided 3 groups -2 for students and 1 for parents along with training for students during J term, and multiple staff development trainings. We have been able to help 7 families gain access to services that they were not able to afford previous to this. We have completed a total of 280 therapy sessions and 20 group sessions.

Our previous agreement was as follows:

This Partnership Agreement is between Crosslake Community Schools and Regroup Counseling and Consulting PSC. This agreement is made as of this ____ day of ____ 2024 by and between Crosslake Community Schools, hereinafter referred to as the "School," and, Regroup Counseling and Consulting PSC hereinafter referred to as the "Company." The term of the contract will be effective August 1, 20__ and reviewed at the start of each school year. At any time, the School or the Company may terminate this contract with 30 days prior written notice without incurring any liability. The School and the Company acknowledge that, for the purposes of services rendered pursuant to this Contract, the Company is an independent contractor and neither the Company nor any of the Company's employees or contractors is an employee of the School.

Program Overview: Regroup Counseling and Consulting PSC and Crosslake Community Schools partner together to provide virtual mental health services to children, adolescents, and families who are in need of early intervention and ongoing therapeutic and medication management services as well as facilitate psychoeducational based groups for students, parents, and staff.

Services: Regroup Counseling and Consulting PSC will provide virtual mental health services via synchronous audio/video platform to Crosslake Community School students and families upon request and approval of the students' parent/guardian. Students and families are also able to seek services both virtual and at Regroup Counseling and Consulting PSC if they so choose. Services that may be offered include, but are not limited to:

- Diagnostic Assessments (DA's)
- Treatment Planning
- Individual and family therapy
- Psychiatry (Medication Management)
- Referrals for higher level or services, crisis, or other services as needed



- Care coordination with teachers, staff, parents, and/or other providers
- Psychoeducational groups
- Teacher / Staff training and development
- Reflective Consultation and Supervision
- Documentation, scheduling, and billing with insurance carriers, via Regroup Counseling and Consulting PSC.

Fees: A \$10,000 yearly “retainer” is provided by the School to cover services not covered by insurance, uninsured, or underinsured clients, i.e deductibles and or co-pays the client(s) family could not afford, and ancillary services requested by the School that are not billable to insurance. This retainer would carry over from year to year if any remaining balance or refunded should the contract end. The Company will invoice the School monthly for services rendered and billed to the retainer. The School will process and pay invoices upon receipt. All clients who have insurance will need to bill insurance first unless hardship is identified.

**We would like to continue to offer these services as well as extend an offer for additional support. We are proposing additional services as follows:

Mental Health Support Services (Emotional/ Interventionist): a **NEW** offering where we dedicate a provider to Crosslake Community Schools to help with overflow mental health needs, including but not limited to: crisis/emergency and short term counseling services, problem-solving, resources and referrals for students. In addition, parents/caregivers and CCS Online staff could access this provider for needs around mental, social, emotional, and behavioral concerns and well-being of our students. We would have a designated provider with allotted time each month to assist with “walk in” services. The provider's name is Kelsey Larson and she is a Licensed Marriage and Family Therapist. Students would be able to meet with the same provider for up to 3 sessions as they would maybe meet with the school’s social worker or counselor for problem solving, de-escalation, emotional guidance, etc. If after 3 sessions the provider and student feel they need ongoing support, the student would be referred to our school-based mental health team for ongoing services. This service could help with the current number of students accessing services to the school social worker and prevent the need for the district to hire additional staff. In addition, our therapist could also be available to parents and CCS staff for problem-solving or consulting through our provider.

The current and new School Based Mental Health offerings and fee schedule would be as follows:

\$250 for initial diagnostic assessment	\$150 / hour for staff training
\$150 for individual / family therapy	\$50 / hour for ancillary support (team meetings, teacher support, IEP, etc).
\$350 for initial psychiatric assessment	\$125.00 for Student Support Services (walk in services)
\$250 for psychiatry	
\$150 for group therapy	



These services are provided as a “fee for service.” These fees are as follows for 2024 / 2025 School Year and are a reduced rate specific to Crosslake Community Schools.

The new proposal would include a \$15,000.00 retainer for school based mental health services, only used to cover services **not covered by insurance, uninsured, or underinsured clients**, i.e deductibles and or co-pays the client(s) family could not afford, and ancillary services requested by the School that are not billable to insurance. This retainer would carry over from year to year if any remaining balance or refunded should the contract end. The Company will invoice the School monthly for services rendered and billed to the retainer. The School will process and pay invoices upon receipt. All clients who have insurance will need to bill insurance first unless hardship is identified.

An additional retainer for the Student Support Services as described above for an “ Emotional/Behavioral Interventionist”- type service would be an additional \$15,000. This \$15,000 would cover 16 hours per month of services. Students would be referred by the Online School Social Worker as well as Learning Coaches/Teachers. This service would help to offset continued and growing mental health needs with the online student population. The total dollar amount required to obtain all said services would be \$30,000.

We hope you will consider this offer for the 2024 / 2025 school year and continue to be able to provide quality mental health services to the students, families, and staff at Crosslake Community Schools.

Please feel free to reach out with any questions or concerns.

Sincerely,

Tia Dvorak

President - Regroup Counseling and Consulting PSC