

ReGroup Counseling and Crosslake Community School Partnership

2022-2023

This school year, Crosslake Community School (both seat-based and online) partnered with ReGroup Counseling. ReGroup Counseling is based out of Elk River, MN and Director Tia Dvorak has been our main contact. Several other therapists have been made available to us and provided counseling services to our students.

This partnership has given our school community and our students a direct link, without barriers, to getting help with mental health and life issues. Students of all ages and stages have been provided with therapy quickly and efficiently, with very little wait time. We have been able to offer services with confidence and been able to meet the mental health needs of our students in a way that we never have been able to before. It's given us an invaluable opportunity and resource that has helped many students and families.

ReGroup by the Numbers:

of referrals: 30

of students provided with service/counseling: 20

of students served in group therapy: 18

of group sessions: 6

of students received medication management: 2

of students using/accessing grant money: 5

Total costs of clinical charges: co-pays/deductibles: \$3963.80

Administrative time: \$1420.00 (*JTerm presentations/lessons, weekly groups, training and group preparation time, staff meetings/monthly meetings—this include Tia and three providers*)

TOTAL: \$5383.80

When looking at this overall data, we served 38 individual students as well as the entire online Middle School population with daily JTerm lessons about mental health and self care, taught by a licensed therapist. Our goal is to not only offer the best education we can for our student population, but also to help grow the whole child and identify barriers to learning and success. As we know, mental health is a giant piece of growing a healthy child and this resource has been invaluable. We would hope to continue with this partnership and to further grow the ways in which we can bring mental health services to our students. Next year, we hope to offer more services, individual and group counseling, as well as additional staff training and parent support. ReGroup has also mentioned the idea of being able to offer a Mental Health Consultant to our staff. This would be a mental health professional being available to our staff dedicating time to training and be a support and resource for our school staff. The opportunities to grow and offer increased support and help to our students is exciting. Amount requested for ReGroup and CCS to partner next year: \$20,000