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## Mental Health Resources & Information

### What is Mental Health?

Mental Health is defined as how a person thinks, feels, and acts in regards to their emotional, psychological, and social well-being. It helps determine how we will handle stress, relate to others, and make choices. Having good mental health is important at every stage of our lives. Ways that may help you maintain good mental health include: getting professional help when you need it, connecting with others, getting physically active, getting enough sleep, helping others, and developing positive coping skills. Throughout your life if you experience mental health concerns, your thinking, emotions, and behavior could be affected. Mental health problems are common and help is available. People with mental health problems can get better and many people recover completely with the right support. ([mentalhealth.gov](http://mentalhealth.gov))

If you are experiencing any of the following symptoms talk to a parent or trusted adult, and consider seeking professional help:

- Can't eat or sleep
- Can't perform daily tasks like going to school
- Don't want to hang out with your friends or family
- Don't want to do things you usually enjoy
- Fight a lot with family and friends
- Feel like you can't control your emotions and it's affecting your relationships with your family and friends

- Have low or no energy
- Feel hopeless
- Feel numb or like nothing matters
- Can't stop thinking about certain things or memories
- Feel confused, forgetful, edgy, angry, upset, worried, or scared
- Want to harm yourself or others
- Have random aches and pains
- Smoke, drink, or use drugs
- Hear voices

*(mentalhealth.gov)*

## **Tips for Families: Managing Stress & Anxiety During Covid 19**

**Everyone reacts differently.** How we respond to the pandemic can depend on our culture, background, the things that make us different from other people, and the community we live in. Finding healthy ways to cope with stress will make us, the people we care about, and our community stronger.

### **Support yourself and others**

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy, and do something that fits for you spiritually or religiously. Connect with others, talk with people you trust about concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
- Deal with your own anxiety, talk with your kids, ask how they are feeling, share relevant information, limit screen time, and let your child know we're using social distancing so fewer people get sick.

Talking to Children About COVID-19 ([https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource))

The Child Mind Institute's Talking to Kids About the Coronavirus (<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>)

## **Grief and Loss**

Essentia Health Videos:

- Grief & Loss for Teens (<https://www.youtube.com/watch?v=aFotqKrflQo&feature=youtu.be>)
- Grief & Loss for Teachers & Parents (<https://www.youtube.com/watch?v=XjsROWCLtIA&feature=youtu.be>)

Essentia Health Grief Support Website:

- Grief & Bereavement Support (<https://www.essentiahealth.org/services/behavioral-mental-health-services/grief-bereavement-support/>)

## **Mental Health Services Across Duluth Public Schools**

The mental health of children and adolescents is important to Duluth Public Schools.

As part of state licensing, each educator completes training regarding the Signs and Symptoms of Early Onset Child and Adolescent Mental Illness.

We employ School Counselors at our secondary schools and have School Psychologists and School Social Workers that provide services to all of our schools.

Most recently, we have partnered with community organizations to provide "co-located" mental health services. Schools provide space within the schools and local mental health agencies provide therapists.

## **Contact Information for School Social Workers & Counselors by School Site**

### **Elementary Schools:**

Stowe - 218-336-8965

- Amanda Borling: Special Education Social Worker x3020

Laura MacArthur - 218-336-8900

- Amanda Borling: Special Education School Social Worker x.3020
- Christine Ziegler: General Education School Social Worker x.3124

Piedmont - 218-336-8950

- Maya Vukelich: Special Education School Social Worker x.3272
- Jessica Bradley: General Education School Social Worker x.2562

Lowell - 218-336-8895

- Addie Smith: Special Education School Social Worker x.2227
- Taylor Walling: Social Emotional Learning Specialist x.2681

Myers-Wilkins - 218-336-8860

- Liz Baczkiewicz: Social Emotional Learning Specialist x.2630 or Text 218-461-9510
- Hannah Stokes: MTSS SEB Coordinator & Special Education Social Worker x2214
- Todd McGowan: Special Education Social Worker x.3094

Lester Park - 218-336-8875

- Breelynn Frischmann: Special Education Social Worker & SEL Specialist x.2420

Congdon Park- 218-336-8825

- Addie Smith: Special Education Social Worker x.2227
- Lisa Wentworth: School Counselor x.2167

Homecroft - 218-336-8865

- Maya Vukelich: Special Education Social Worker x.3272

Lakewood - 218-336-8870

- Breanna Greenly: Special Education Social Worker x.3025

Pre-K/Early Childhood - 218-336-8700

- Victoria Sundell: Mental Health Coordinator x.2959 or 218-590-5044
- Breelynn Frischmann: Special Education School Social Worker x.2420

### **Secondary Schools:**

#### Lincoln Park Middle School - 218-336-8880

- Nicole Steinsberger: Counselor (6th grade) x.3330
- Kim Flaa: Counselor (7th grade) x.3347
- Tory Rock: Counselor (8th grade) x.3348
- Robert Baxton: Special Education Social Worker x.3800
- Breanna Greenly: Special Education Social Worker x.3025
- Jennifer Fuchs: PAWS Program Coordinator/Gen Ed School Social Worker x.2251
- Callie DeVriendt: Social, Emotional, Behavioral MTSS Coordinator x.3359

#### Ordean East Middle School - 218-336-8940

- Lisa Wentworth: School Counselor x.2167
- Sarah Seglum: School Counselor x.3327
- Ashley Kedrowski: School Counselor x.2222
- Tracy Litman: Special Education & General Education Social Worker x.4137

#### Denfeld High School - 218-336-8830

- Shane Erickson: Special Education Social Worker x.2337
- Heather Jarvis: Social, Emotional, Behavioral MTSS Coordinator x.2375
- Donna Saylor: Special Education Social Worker x.1940
- Sarah Laulunen: Check & Connect Coordinator x.2256
- Jennifer Wellnitz: School Counselor (9th graders) x.2050
- Geri Saari: School Counselor (10th-12th graders w/ last names A-He) x.3336
- Leah Hamm-Digatono: School Counselor (10th-12th graders w/ last names Hi-Q) x.2264
- Jessica Anderson: School Counselor (10th-12th graders w/ last names R-Z) x.1923
- Marnie Thompson: Sources of Strength Coordinator, 612-221-9385

#### East High School - 218-336-8845

- Ron Lake: Special Education Social Worker x.2014
- Jamie Savre: School Counselor (last names A-G) x.2154
- Jessica Forsman: School Counselor (last names H-N) x.2041
- Robert Gagne: School Counselor (last names O-Z) x.3032
- Marnie Thompson: Sources of Strength Coordinator, 612-221-9385

#### ALC - 218-336-8756

- Breanna Greenly: Special Education School Social Worker x.3025
- Paula Williams: School Counselor x.1288

#### District Staff - 218-336-8700

- Callie DeVriendt: Mental Health Partnership Coordinator x.3359
- Jacob Laurent: Climate Coordinator x.2767
- Katie Danielson: Families in Transition Coordinator x.3345

### **Mental Health Partnerships - Therapy Services**

***Have you noticed your child struggling with their mental health? Are you feeling like your child could benefit from working with a therapist?***

***If the answer is YES, here is some information for you to connect your child to therapy services.***

- Northland Children's Mental Health Collaborative Website (<http://northlandchildrensmentalhealth.org/>) - Click here to find a list of children's mental health providers and services from around Duluth and the surrounding area. Search through a wide range of services and specialties that agencies/providers can provide.

Co-Located Mental Health Partners:

- Northwood Children's Services:
  - Day Treatment Program - Day Treatment will continue to be provided at school sites during distance learning. Currently day treatment services are taking place at Lincoln Park Middle School, Myers-Wilkins Elementary School, Piedmont Elementary School, and Laura MacArthur Elementary School. For more information or to make a referral please contact the following people at the school location your child attends:
    - For LPMS - Contact Amanda Baumgartner at 218-336-8880 x.3343
    - For Myer-Wilkins - Contact Terry Koren at 218-336-8860 x.2497
    - For Piedmont - Chelsea Lent at 218-336-8950 x.2815
    - For Laura MacArthur - Contact Allissa Rardin at 218-336-8900 x.3135
  - Outpatient Services - Northwood Outpatient Services is a co-located partner that provides therapy services across ISD 709 at Lowell Elementary, Piedmont Elementary, and Laura MacArthur Elementary. During distance learning Northwood Children's Services is providing outpatient therapy by virtual appointments, appointments by phone, and some in person appointments. For more information or to get connected to services please contact Amy Fullerton at [afullerton@northwoodchildren.org](mailto:afullerton@northwoodchildren.org) or 218-213-8602.
- The Human Development Center - HDC is a co-located partner that provides therapy services across ISD 709 at Lincoln Park Middle School, Lester Park Elementary, Congdon Park Elementary, Lakewood Elementary, Homecroft Elementary, Stowe Elementary, and Myers-Wilkins Elementary. During distance learning HDC is offering virtual therapy services, appointments by phone, and some in-office appointments. For more information or to get connected to services please contact the intake department at 218-728-4491 or reach out to your School Social Worker or School Counselor to assist with making a referral.
- Fond du Lac School Linked Mental Health - Fond du Lac School Linked Mental Health is a co-located partner that provides therapeutic services through telehealth to Native American students within the FDL service area. For further information or to get connected to services please contact 218-878-3756.
- Arrowhead Psychological - Arrowhead Psychological is a co-located partner that provides therapy services across ISD 709 at both East High School and Ordean East Middle School. During distance learning Arrowhead Psychological is offering virtual appointments, in person appointments, or appointments by phone. For more information or to get connected to services please contact Arrowhead Psychological at 218-723-8153.
- Nystrom and Associates - Nystrom and Associates is a co-located partner that provides therapy services at Denfeld High School. During distance learning Nystrom's is offering virtual appointments and appointments by phone. For more information or to get connected to services please contact Ashley Tuve at [ATuve@nystromcounseling.com](mailto:ATuve@nystromcounseling.com), or by phone at 218-940-4035, or request an appointment by filling the form out on this link: [Nystrom & Associates Request an Appointment Form \(https://intakeq.com/new/L4n5Cj\)](https://intakeq.com/new/L4n5Cj).
- Therapeutic Services Agency - The Therapeutic Services Agency (TSA) is a co-located partner that provides culturally affirmative mental health therapy to deaf, deafblind, and hard of hearing children (birth to 22 years old) who are experiencing difficulties due to emotional and behavioral problems. During distance learning services can be provided at home, TSA's Duluth Office, or via telehealth video conference. Referrals can be made by calling 218-343-6196 or online at <https://www.hoperealized.com/programs-services/deaf-and-hard-of-hearing>.

## **Crisis Support**

If you, or someone you care about are feeling overwhelmed or want to harm yourself or others, help is available.

- **Call 911 in an emergency**
- Warm line at 651-288-0400 or text "Support" to 85511
- Crisis line at 218-623-1800, Dial 2 for crisis
- National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- Crisis Lifeline by texting MN to 741741
- SAMHSA Disaster Distress Helpline at 1-800-985-5990



Connect with Duluth Public Schools

**Contact Us (</district/contact-us>)**

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Duluth Public Schools  
215 N. 1st Avenue East  
Duluth, MN 55802

218-336-8700 Phone  
218-336-8773 Fax

[Info@ISD709.org](mailto:Info@ISD709.org)

### **FAMILY & STUDENT HANDBOOK**

**(<https://drive.google.com/file/d/1CiMgPcjM1qdwp3HEamU6JdMjrGe1x4mq/view?usp=sharing>)**

**NON-DISCRIMINATION NOTICE (</district/non-discrimination-notice>)**

**STAFF RESOURCES (<http://isd-709-staff-resources.isd709.campussuite.site/>)**

Human Resources (<https://www.isd709.org/departments/human-resources/index>)

Staff COVID Information (<https://www.isd709.org/departments/human-resources/employee-covid-19-coronavirus-resources>)

Smart Find Express (<https://duluth.eschoolsolutions.com/logOnInitAction.do>)

Skyward Employee Access (<https://skyward.iscorp.com/DuluthISD709MNBUSSTS>)

Employee Online ([/eol-not-available](#))

Gmail ([http://www.google.com/url?](http://www.google.com/url?q=http%3A%2F%2Fmail.isd709.org&sa=D&sntz=1&usg=AFQjCNH4RE8VJDyZG_LtMgXH6rMSuZA6fw)

[q=http%3A%2F%2Fmail.isd709.org&sa=D&sntz=1&usg=AFQjCNH4RE8VJDyZG\\_LtMgXH6rMSuZA6fw](http://www.google.com/url?q=http%3A%2F%2Fmail.isd709.org&sa=D&sntz=1&usg=AFQjCNH4RE8VJDyZG_LtMgXH6rMSuZA6fw))