

# Supporting Student Well-Being: Mental Health Services in District 742

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School Board Update

St. Cloud Area  
School District





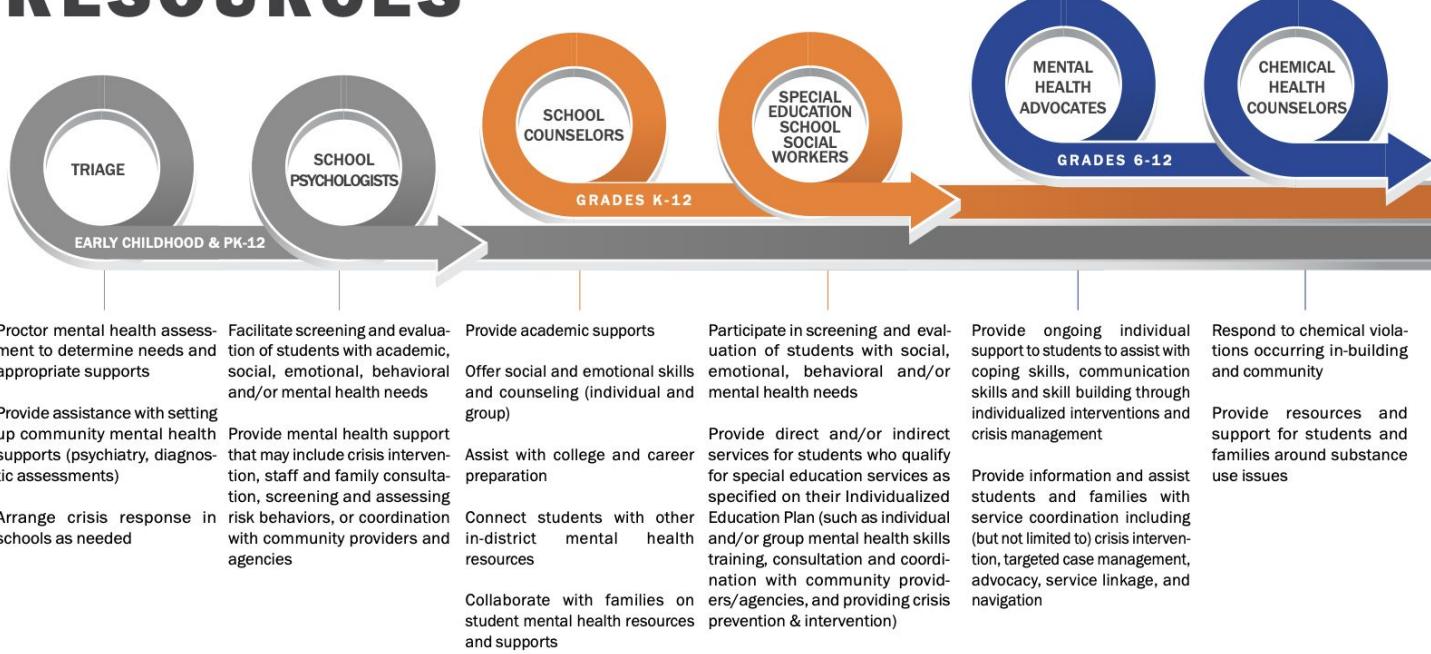
# District 742 Mental Health Team

St. Cloud Area School District is incredibly proud of our robust mental health team which is over 90 members strong.

This team has a wide variety of licensures, training, expertise, and compassion. Our students are in great hands!



# MENTAL HEALTH RESOURCES



## COMMUNITY RESOURCES

Crisis Text Line  
Text "HOME" to 741741

Central MN Mental Health Center Crisis Line  
Call 320-253-5555

Suicide Crisis Lifeline  
Call 988

Trevor Project  
Text "START" to 678678 or Call 866-488-7386

Central MN Mental Health Resources  
[www.helpingcentralmn.org](http://www.helpingcentralmn.org)

Call 911 if you need immediate assistance to stay safe.



Resource  
Guide

# Social/Emotional Learning Curriculums

## Tier 1

**Character Strong** - Supports students in building character, strengthening relationships, and developing skills like empathy, responsibility, and resilience through engaging lessons and activities. All elementaries teach school-wide lessons weekly, MS facilitate lessons take place once/month.

**Safe & Strong** - Safe and Strong is an age-appropriate personal safety curriculum that empowers students to recognize the difference between safe and unsafe touches. It also addresses healthy boundaries and builds confidence in reporting concerns to trusted adults. Currently taught across all Kindergarten classrooms and other grades depending upon school.

**Be Good People** - Lessons for students on how to understand themselves, manage feelings, treat others with respect, build positive relationships, and make good choices. Apollo & Tech are completing lessons 1-2 times/month.

**Kevin Love Curriculum** - Designed to help students navigate mental health challenges and reduce associated stigma. It uses creative tools like photography and writing, alongside video stories from athletes and celebrities, to encourage vulnerability and help students express their emotions authentically. Used at McKinley.

**Erika's Lighthouse** - Focuses on de-stigmatizing mental health, teaching students to recognize signs of depression in themselves and their peers, and provides clear "Help-Seeking" pathways. Incorporated in Health classes in grades 6-12.

**BARR:** A dedicated time built into the school day for students to receive targeted academic, social-emotional, or behavioral support. MS & 9th gr- iTime lessons are completed 1X/week in Core classes. BARR teachers meet weekly; extended BARR team meets every other week.

# Social/Emotional Learning Curriculums

## Tier 2/3

**BASE** - Virtual lessons that focus on teaching expectations, supporting social-emotional growth, and helping students develop the skills they need to be successful across school settings. MS, HS (& Lincoln) use BASE. Lessons are taught individually in Student Support Rooms to address behaviors, truancy and chemical health issues.

**Restorative Practices Handbook for Teachers & Restorative Circles** - Restorative Circles are used in MS classrooms. These practices shift the focus from punitive discipline to building community and strengthening interpersonal relationships. By teaching students to take accountability through structured dialogue, they create a safer, more equitable environment where both teachers and students feel heard and valued.



# SEL Videos: The Upstanders & LIKE

- We were fortunate to receive financial support from Scott & Reyne Roeder with the Jackson Roeder Legacy Fund. They funded the viewing rights to two films this school year: The Upstanders & LIKE.
- The Upstanders was shown to all students in grades 6-12 in October. The topics of being an upstander and the impacts of bullying were discussed with students.
- LIKE will be shown in February. The topic of social media will be discussed with students, including understanding its impacts and how to establish healthy boundaries with it.
- Video links for both films are shared with parents/guardians as well.
- Viewing rights were also provided for: Sauk Rapids, Sartell, Cathedral, and St. John's Prep, to share the same messages with students and parents/guardians across all of our districts.



# Youth Empowerment Groups at Tech & Apollo

- Sponsor SafeTALK trainings for students.
- Hand out swag for Mental Health Awareness Month in May & World Suicide Prevention Day in September.
- Distribute positive messages to staff and students.
- Posters displayed throughout buildings with positive quotes, resources, 988 information.
- Received a LEAF Grant to create a CALM Room at Apollo that several students use weekly when they need a quiet place to reset.
- Design interactive Mental Health bulletin boards at Apollo.
- Host Chalk the Walk at Tech - positive messages/quotes/lyrics on sidewalk to spread positivity and kindness.





# Therapy Dog Services

You're Not Alone

Tech: Jeni & Murphy

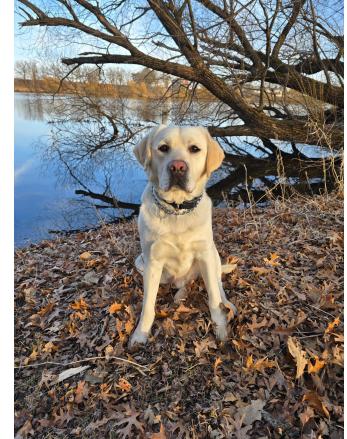
South: Betty & Hunter

Kennedy: Sarah & Watson



St. Cloud Police Department

'Laker' at Katherine Johnson Education Center w/ SRO Janelle Haas



# Chemical Health

District 742 has one of the most comprehensive chemical health programs in the state.

Licensed Alcohol and Drug Counselors:

- Carolyn Blotnicki - North/South
- Jenna Fuchs - McKinley
- Jake Toratti - Apollo
- Megan Ramsey - Tech

\*These staff also provide support to other district schools as needed.

[Chemical Health Counseling Webpage](#)

[Chemical Health Brochure for Parents](#)



# Greater Minnesota Family Services Co-located Mental Health Services

- Currently 13 (full-time & part-time) clinicians meet with students in 11 District 742 schools/programs.
- Serve students in grades K -12 and up to the age of age 21
- Currently, 220 students receive site-based services
- GMFS has provided Mental Health services to over 2,000 students in District 742 since 2010.
- \*New partnership with Sagent to provide therapists at schools as well.
- [Video Link](#) about collaboration between 742 staff & GMFS staff.

# Triage

## Unique to District 742

Joy Notsch, MA, LMFT (Elementary sites)

Shereen Anderson, MS, LMFT (Secondary sites)

One of the most vital roles this team has is providing immediate support to our schools when a crisis occurs. They partner with principals to provide response guidance. This includes direct support to grieving students and impacted staff.

Additionally, they go above & beyond to support students and families in accessing critical services and community resources. This includes connecting to psychiatry and mental health therapy, as well as processing paperwork with family and attending appointments with families as requested.



# Student Suicide Risk Assessments (SSRA)

- Assessments were developed by our Mental Health Team.
- Elementary & Secondary versions available
  - Provides guiding questions to assess students' potential harm risks.
  - Resources are then provided and, if necessary, safety plans are created with the family.
  - SSRA is retained in a confidential electronic location that is accessible to identified Mental Health staff (critical information for future).

## Examples of Resources:

1. Crisis Text Line: text HOME to 741741
2. Central MN Mental Health Center  
Crisis Line 320-253-5555
3. Suicide Crisis Lifeline: Call 988
4. Central MN Mental Health Resources:  
<https://helpingcentralmn.org/>



# Collaboration with Clara's House

[Clara's House](#) is a partial-hospitalization program at CentraCare, available for students from preschool - high school.

District 742 teachers provide instructional resources for students while they attend programming at Clara's House.

Each 742 school has one primary contact (a Mental Health Team Member) who can assist staff and families in making connections to Clara's House. They also communicate with school staff about meetings to ensure a smooth transition for students when they start back at school after attending at Clara's House.



# CRI Advocate Collaboration

Madison (Madi) Scheierl, MHP, serves as the Trauma Informed Advocate for [CRI](#) (Child Response Initiative). She is new in her role this school year.

CRI is a program that addresses the needs of children and families exposed to violence and trauma in the St. Cloud area, which includes the cities of St. Cloud, Waite Park, and Sartell.

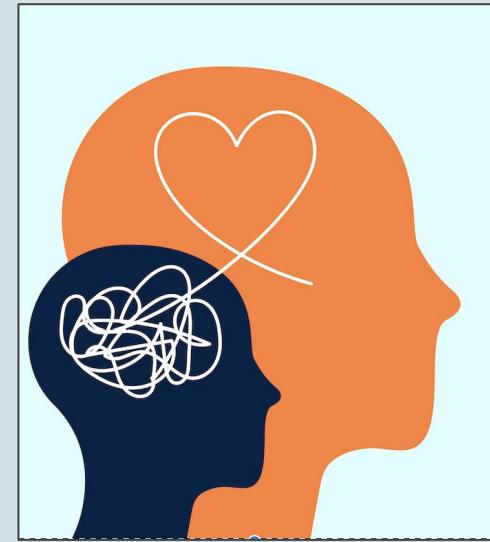
CRI provides a coordinated community response to children (0-18 years of age), and their families, who have experienced any type of trauma or violence by using a trauma-informed framework focused on safety and empowerment.

Madi partners with our 742 Triage Team to efficiently coordinate and provide needed supports to any students and families involved.



# Community Collaborations

- Ongoing partnership with CentraCare: Clara's House, Child Advocacy Center, Suicide Prevention Program
  - Provide professional development for 742 staff.
  - Provide on-site tours for staff to learn more about the services provided.
- Stearns County Truancy Triage Team
  - Meet twice monthly to discuss students who have high numbers of absences and triage any needs they may have.
- United Way Mental Health Committee & Stearns County Operations Council
  - Meet monthly to provide a perspective from our schools and bring information back to our Mental Health Team.
- JCAT (Juvenile Community Action Team)
  - Meet monthly to focus on county case management for children who have concerns with mental health, delinquency and child welfare. Partnership with school, county, law enforcement. Referrals come from school and community.





# Say Something

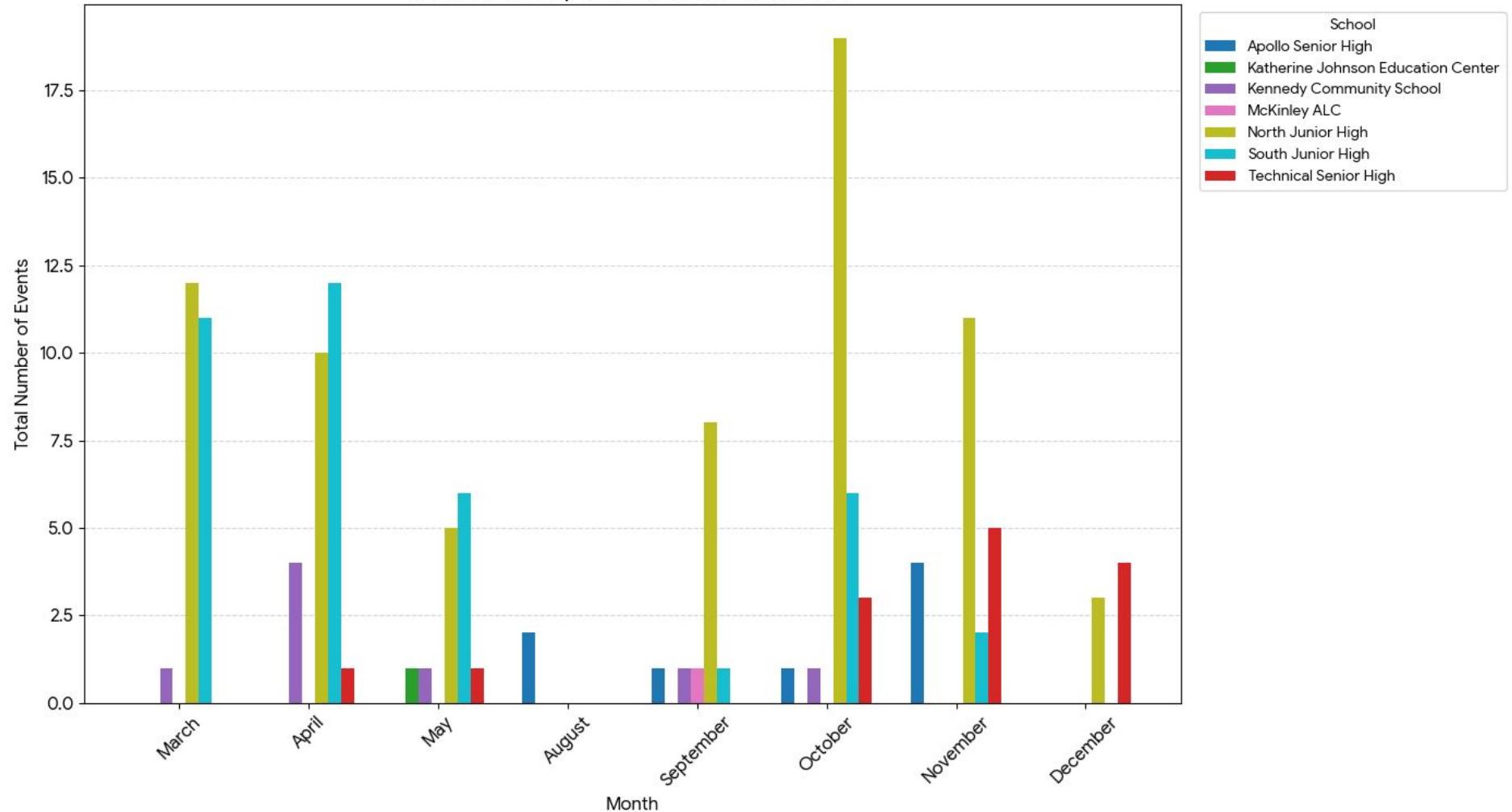


Maintaining the safety of students and school community depends on timely information. Students are often the first to be aware of a safety threat, bullying victimization, or a classmate at risk of self-harm or suicide. The *Say Something* Anonymous Reporting System (Say Something ARS) allows students to share a concern, privately and safely, allowing for intervention and assistance before a crisis occurs. When no warning sign goes unnoticed and immediate action is taken, a student in crisis can receive the assistance they need.

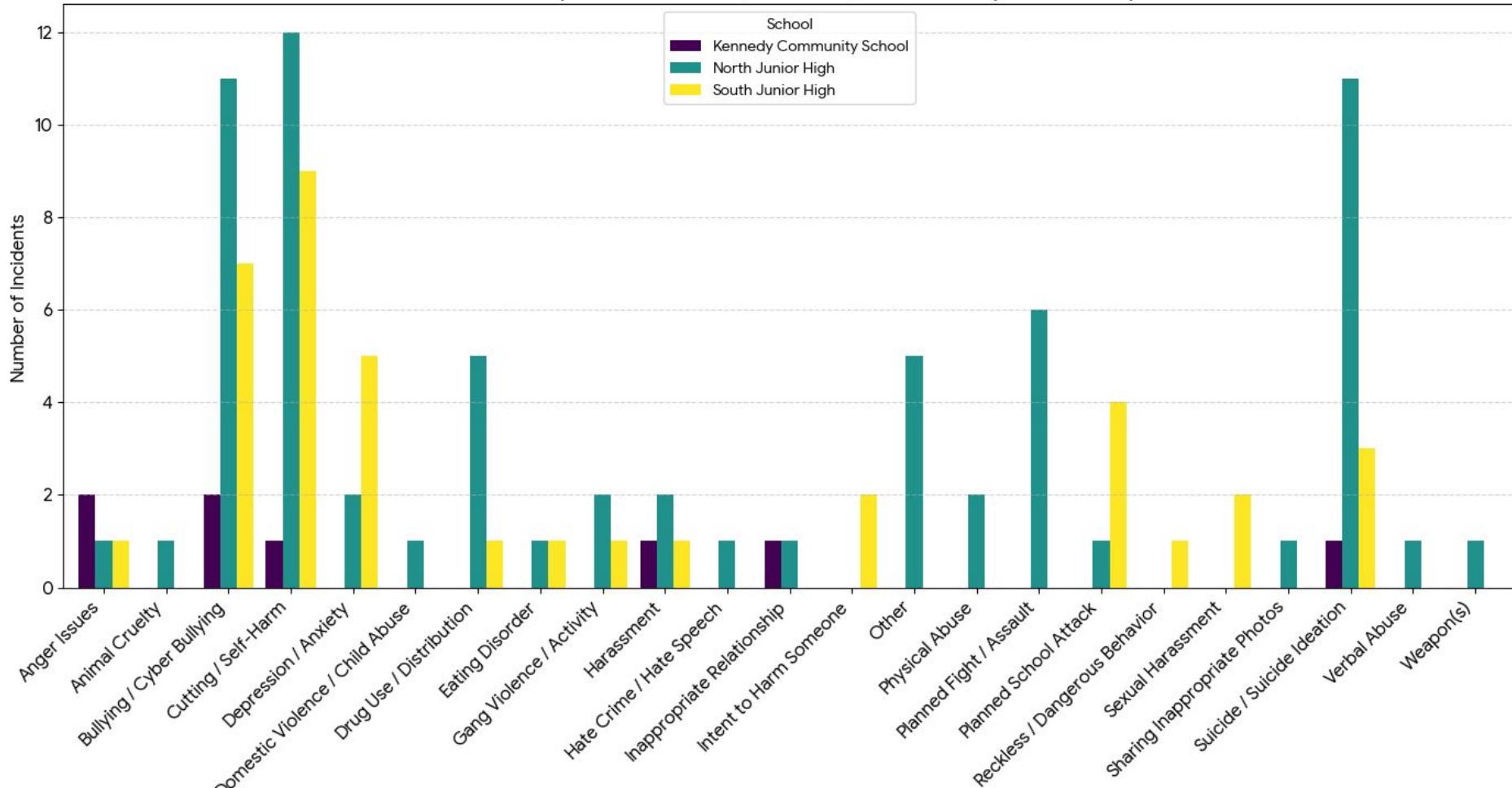
The *Say Something* ARS is the only anonymous reporting system that offers a complete school safety solution:

- Multiple reporting options – Mobile app, text, phone hotline, and website.
- 24/7/365 access to a caring Trusted Adult. Our accredited National Crisis Center is staffed with highly trained Crisis Counselors.
- Students comfortable reaching out. The embedded *Say Something* program has been proven to increase students' awareness of warning signs and their willingness to report mental distress and potential threats.
- Currently used in secondary schools in our district.

### Total Events by School and Month (2025)



## Event Comparison: North Jr, South Jr, and Kennedy Community



# Professional Development

We provide and facilitate relevant professional development for staff, and also provide financial support for Mental Health Team Members to attend trainings pertinent to their areas of expertise:

- Chemical Health Team attends MN CH Conference
- Central Minnesota Counselors' Conference at SCSU
- Mental Health Network - MHAs attend monthly
- Crisis Prevention Institute
- Ethics
- Dr. Corey Yeager
- Ellison Center- Trauma
- Conscious Discipline
- Restorative Practices
- Local Mental Health Resources



Any Questions?