

FREQUENTLY ASKED QUESTIONS

ABOUT SCHOOL LINKED MENTAL HEALTH SERVICES

WHAT IS THIS SERVICE ABOUT?

School Linked Mental Health (SLMH) Program is specifically designed to co-locate mental health services and resources in the school setting. School Linked Mental Health reduces barriers of accessible service for students and their families. Available for youth grades K-12. Professional staff offers diagnostic evaluation, individual, group, and family services to youth.

WHAT ARE SOME EXAMPLES?

- Identification of children with mental health needs
- Diagnostic assessments
- Mental health screenings
- Individual, group, and family therapy
- Consultation with parents and teachers
- Training for parents and academic staff around mental health symptoms and strategies for support
- Care coordination and collaboration with community based mental health care providers and other healthcare professionals
- Facilitation of community-based referrals when appropriate and necessary

HOW DOES A FAMILY GET CONNECTED?

- School staff may make a referral to the therapist upon approval from the child's parent or legal guardian.
- Parents of a child with mental health concerns may contact the on-site school-linked therapist directly or speak with the child's teacher/counselor to make a referral to the therapist. The school-linked therapist will coordinate the referral with school staff to determine eligibility.
- Services are intended for students who have been unable to access mental health resources in the community.
- Services require a face-to-face intake meeting to complete the intake assessment and paperwork process.
- Staff is able to provide services to students in their home or in the community or in the school.

HOW IS THIS SERVICE PAID FOR? WILL I BE CHARGED FOR THIS SERVICE?

This program is made possible by grant funding from the MN Department of Human Services. The SLMH Grant by the MN DHS has now brought this resource to schools in Kasson-Mantorville, Blooming Prairie, and Medford.

School linked therapy assists students in getting back on track much sooner and experience improvement in their mental health symptoms, functioning and school outcomes.

Under the grant, you may be eligible to receive this service at a reduced rate, depending on your family income. The SLMH staff will meet with you to discuss treatment goals and eligibility for the SLMH grant. The SLMH staff will ask for your insurance information to bill your insurance company.

If you meet the grant guidelines for income, the grant may cover a portion of your deductible and co-pays. We will work directly with the insurance plan on your behalf to answer any questions.

HOW LONG DO THE SERVICES USUALLY LAST?

Though the needs of each student varies, on average a student may benefit from services from anywhere between 3 months to 2 years. The program is available throughout the year, including summers.

HOW LONG DO THE SESSIONS WITH THE SLMH THERAPIST LAST?

Depending on the need, average sessions may last anywhere between 30-90 minutes.

ARE THESE SERVICES CONFIDENTIAL?

YES! These services are confidential. However, only with parent permission, progress and goals may be shared with the school and/or other community programs.

ARE THESE SERVICES AVAILABLE ON A 24/7 BASIS – WHAT ABOUT EMERGENCIES?

The SLMH service is not a 24-hour service. If a student is receiving SLMH and needs more extensive assistance that the program provides, the SLMH therapist can work with student and family to identify and refer to additional resources. Emergency mental health service is not a

part of SLMH. As of July 1, 2015, this number is a 24 hour connection – and is part of Crisis Response of Southeast Minnesota: **844- CRISIS2**