Dear Families,

St. Cloud Area School District is committed to continuing to provide mental health resources for students and families throughout this distance learning process.

All students will receive check-ins over the next few weeks from teachers and various school support staff. The purpose of these check-ins is to monitor academic progress during distance learning as well as to support emotional needs. Please encourage your child to engage in on-going communication with trusted staff at their schools and if you or your child has any concerns, please don’t hesitate to reach out to your child’s counselor or building principal.

All students from early childhood through 12th grade will be asked to engage in social-emotional learning. Please encourage your child to participate as the lessons were carefully selected to help students cope with the changes they are experiencing. Students will increase their self-awareness, ability to cope with new situations, and build resiliency skills.

Additional services, if your student is currently accessing Greater MN Mental Health Services, those services will continue through an online platform called Zoom. Greater MN therapists are reaching out to families to support this process. Greater MN Family Services is also able to support new clients at this time. [https://www.greaterminnesota.org/programs/school-based/mental-health/](https://www.greaterminnesota.org/programs/school-based/mental-health/)

If you are interested in services, please contact your school counselor.

If your child was receiving services in school through a school social worker, chemical health counselor, school counselor or behavioral support staff, those connections will continue through an
online platform called Google Meet. Staff will contact you and your child directly to establish a routine schedule for on-going communication.

In addition to the above resources, District 742 has a Mental health triage team. Your school counselor can assist you in accessing these staff or you can email them directly.

Mental Health Triage Assessment System

The Mental Health Triage Assessment System (MHTAS) is a program designed to meet the needs of District 742 students who are in urgent need of mental health care. For students that meet criteria, the following services are available:

- Timely access to psychiatric evaluations at the CentraCare Child and Adolescent Specialty Center
- Timely access to diagnostic assessments at area community agencies that are partnering with the MHTAS
- Liaison between community agencies currently utilized by referred students
- Liaison between school staff and mental health services within the community
- Assistance in setting up appropriate mental health services for students and families
- Assistance with transportation to mental health appointments as need is determined
- Guidance with application for further insurance coverage as need is determined
- Assist district schools with crisis response as needed

For all early childhood, daycare, preschool and non-public sites:

Londa Wagner

londa.wagner@isd742.org

For all elementary sites and South Junior High:

Alyson Laidlaw

alyson.laidlaw@isd742.org
For North, Tech, Apollo McKinley and all alternative sites:

Shereen Anderson

shereen.anderson@isd742.org

Additional Community Resources


The Child Mind Institute’s Talking to Kids About the Coronavirus. Students may experience hunger, abuse, or lack of healthcare in their homes and with their families. Know local resources and be prepared to help - https://childmind.org/article/talking-to-kids-about-the-coronavirus/

SAMSHA’s Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak - https://store.samhsa.gov/system/files/sma14-4894.pdf

SAMHA's Coping With Stress During Infectious Disease Outbreaks - https://store.samhsa.gov/system/files/sma14-4885.pdf
Crisis Response Team

The mobile Crisis Response Team (CRT) provides an array of community-based mental health crisis services to children and adults experiencing a mental health crisis. The Crisis Response Team can travel to homes or community locations in the four-county area to help individuals in crisis cope with immediate stressors. The team can complete suicide assessments, safety planning, coping skills education and make appropriate referrals. They also offer follow up stabilization services

https://cmmhc.org/services/crisis-response-team/

Mental Health & Wellness Tips During Covid-19

https://energyresourcing.com/blog/mental-health-wellness-covid-19/