

What is School Based Mental Health?



A School Based Mental Health Program (SBMH) allows mental health agencies, with whom the district has an agreement, to provide mental health services to students who need those services within the school building during the school day.

Anxiety, depression and other mental health disorders are common in children and adolescents. The district recognizes that mental health disorders can interfere with a student's ability to learn when they are left untreated.

Although schools are not mental health agencies, students and families are better served when agencies work together to meet student needs.

Where do services take place?

The mental health services agreed to between the parent and the mental health professional take place in an office or classroom within the school building. The mental health professional schedules these rooms with the district.

What about confidentiality?

The district and mental health professionals follow strict guidelines related to sharing private student data. Discussions between the mental health professional and the student or the mental health professional and the parent are completely confidential and not shared with any school personnel unless the parent gives permission for that information to be shared.

What is the benefit of SBMH?

One of the biggest barriers to children and adolescents receiving mental health services is access to the agency that provides those services. It is often difficult for parents to leave work to drive their child to an appointment, wait during the appointment and drive the student back to school after the appointment. Parents miss too much work and students miss too much school. Allowing these services to take place at school helps everyone.

How can I get my child services?

The names of professionals and/or agencies with whom the district has an agreement are listed on the back of this brochure.

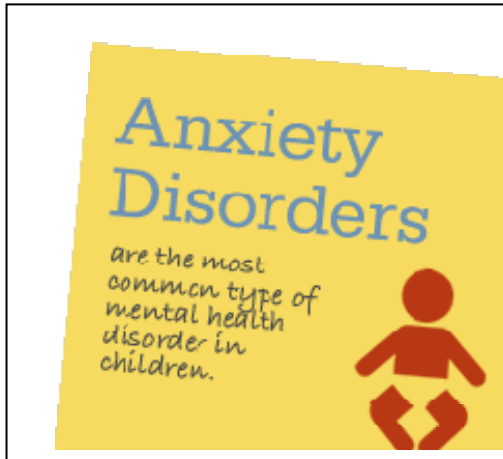
Parents can contact these professionals directly and privately or, if a parent wants assistance to make the connection, a school counselor or dean can help.

Who pays for the mental health services?

The mental health agency bills the family's insurance or makes other payment arrangements with the family in the same manner they would if the student came to their mental health facility.

Please see the back of this brochure for additional resources.





Mental Health Professionals

Lakes Area Youth Service Bureau

Valissa Milanovich, LAMFT
Youth and Family Therapist
244 North Lake Street
Forest Lake, Minnesota 55025
(651) 464-3685
valissa.milanovich@ysblakesarea.org

Therapeutic Services Agency

Cheryl Smetana McHugh, MSW, LICSW
220 Railroad Street SE
Pine City, Minnesota 55063
(651) 224-4114 ext. 7814
csmchugh@tsapc.net

Canvas Health

Gary Goolsbee, LICSW
ggoolsbee@hsicare.org
121 11th Avenue Southeast
Forest Lake, Minnesota 55025
(651) 251-5228

Anoka County Human Services

Diana Hoffman
Children's Mental Health Social Worker
(763) 712-2721
diana.hoffman@co.anoka.mn.us

School Based Mental Health



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Mental Health and Financial Resources

Anoka County Children's Mental Health Services (763) 712-2703

Anoka County Financial Assistance (763) 717-7730

Chisago County Human Services (651) 213-5600

Washington County Children's Mental Health Intake (651) 430-6457

Bridge to Benefits

<http://mn.bridgetobenefits.org/>. Available in English and Spanish

Forest Lake Area Schools
6100 N 210th St, Forest Lake MN 55025
www.forestlake.k12.mn.us