

Dear Indus Students and Families:

We recognize that being away from school means not only being away from friends, teachers and instruction, but it also means being away from services like counseling and mental health support. Many students access mental health services at Indus before, during, or after the school day, and with schools being closed, you may have concerns about how to have these needs met. Even if your child has not received mental health support at school in the past, you may notice that during this period of time your child might benefit from talking with a mental health professional about their thoughts and feelings, and in learning skills to assist them.

Indus School collaborates with Northland Counseling to have a Mental Health Practitioner in our building who works with students to develop skills, through a program called Children's Therapeutic Services and Supports (CTSS). This will continue with the school closure. Mrs. Ashley Briggs, from Northland Counseling Center, has already reached out to the students that she is already working with through Northland Counseling Center to do appointments/meetings through Tele-Health via Zoom (please see attached documents on what Zoom is and how to set it up). Mrs. Briggs is also able to see students who aren't on her caseload through grant funding, meaning you don't have to have an individual therapist established or insurance to receive this service.

Please note this is not individual therapy/counseling, but skills services to help our students through this transition. If you feel you would like Individual Therapy please contact our office at **218-283-3406**.

If you would like services with Mrs. Briggs her contact information is listed on below. Please contact her and review the material that is being sent with this letter that states what CTSS entails and how to set up Tele-Health via Zoom.

Sincerely,

Amie Black

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