

# GETTING TO KNOW SCHOOL-LINKED MENTAL HEALTH

## What is school-linked mental health?

School-Linked mental health services foster earlier identification of mental health needs and prompt intervention with youth and their families. This program is supported in part by a State of Minnesota Mental Health Grant, as well as other grants and funding resources. School-Linked staff provide assessment and treatment. Also, therapeutic staff provide teacher consultation and collaboration with school staff to help support the students as much as possible by providing effective interventions appropriate across environments. School-Linked services are convenient for youth, their families, and schools because it eliminates barriers to accessing mental health services. Please note that therapy and skills sessions can be held in the school, home, office, or other spaces too, including via telemedicine, depending on the needs and wishes of clients. Our goal is to help children achieve success.

## What is the process?

Referrals can come from the school, other agency, or a parent or guardian. Any student referrals you have can brought to Luke Kjelland. Once the referral form has been completed, a coordinator from Hiawatha Valley Mental Health Center will contact the student's parent or guardian to start intake paperwork. After intake paperwork has been complete, the Therapist can contact the parent or guardian to set up a diagnostic assessment. The diagnostic assessment is used to determine if the student meets criteria to participate in the school-linked mental health program. A Therapist will meet with the student and caregiver to create their treatment plan and schedule services.



## Therapy

Focus: Processing "Why?"

**Hollyann Saucedo, MS**

Hollyanns@hvmhc.org  
Cell: 507-961-4544

## Spring Grove School

When: Wednesday and Friday

## Skills Practitioner

Focus: Practicing "What?"

**Casey Bohlman**

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When: weekly, varied days

**We would love to  
hear from you!**

If you have any questions,  
feel free contact us ☺



## What is an Appropriate Referral?

Students may display behaviors such as changes in academic performance, withdrawing from peers or avoiding interactions, frequent stomachaches or headaches, verbalizing excessive worry or fear, and difficulty concentrating, talking about hurting themselves or others, outbursts or increased irritability, changes in academic performance, and avoiding or missing school. These are a couple of signs that you can monitor in your classrooms. If you are unsure about a potential referral, you can discuss it with Luke Kjelland or I would be happy to meet with you to discuss it.

