

## **CHILDREN'S THERAPEUTIC SERVICES AND SUPPORTS (CTSS)**

Provides a therapeutic approach to intervention when a child or adolescent experiences an impairment in functioning as a result of a mental health or emotional difficulty. This service focuses on helping children return to their developmental trajectory. Services can be provided in the classroom, as part of a group, or during an individual session. Components of the service may include:

- Behavior Skills Training
- Implement Structure and Routine
- Anger Management
- Social Skills
- Conflict Management
- Improved Friendships
- Communicating Effectively
- Maintaining Attention
- Waiting and Listening
- Coping with Frustrations
- Coping with Anxiety

### **Eligibility:**

To be eligible for CTSS, the student must have an assessment that clearly documents the necessity of the type of mental health services needed.

## **ASSESSMENT**

A mental health provider will request permission to complete an assessment. This assessment will include information on your child. You will be asked to complete paperwork that asks questions about your child, such as their ability to complete tasks at home, sleep patterns and more. Your child's teacher may also be asked to complete paperwork. While answering the questions may take time out of your schedule, the information you share about your child is important in developing an appropriate service that will address any concerns you or school staff may have. The assessment process is a good time for you to share your observations and concerns that you might have for your child. Be sure to include any strengths and strategies that you have found to work with your child.

## **INDIVIDUAL THERAPY**

Individual therapy may be an option for your child depending on which school they attend. During individual therapy time, a mental health professional will meet with your child in a location within the school building. The therapist will talk with your child about some of the concerns that were identified during the assessment process, and help the child make a plan to address those issues. As a parent, you will be asked to participate in some of the individual therapy sessions. Every effort will be made to keep you updated on the sessions following guidelines for sharing information.

## **Group Therapy**

Group therapy is a mental health therapy that can assist a child in developing social skills alongside their peers. Group time is facilitated by a mental health practitioner or mental health professional. Groups are formed around a particular topic such as dealing with anxiety or improving friendships. Students participating in group are part of your child's school and may be in the same grade, or in an older or younger grade. Check with your school social worker as group therapy may not be available in all schools.

## **CRISIS SERVICES**

Mobile mental health crisis response services are short-term, face-to-face services designed to help bring a person's functioning level back to pre-crisis levels. When a crisis occurs at school, the Mobile Mental Health Program is called. Staff from the program assist in de-escalating a situation or problem that is occurring, thus improving the chance that the student can remain at school in their current setting. Individual crisis plans or a stabilization plan may be developed to help address future concerns. Except in situations where the student is at risk of harming themselves or someone else, a parent's permission for the Crisis staff to work with the student is requested. The Mobile Crisis Response Program is available throughout Clay County, 24hr a day, seven days a week. The Crisis number to call is 800-223-4512

**CONTACT INFORMATION**

Mental Health providers operate on a fee for service basis. Most insurances are accepted. Students in Clay County who are uninsured or underinsured may qualify for services utilizing funds provided by the Clay County Collaborative School-based Mental Health Program in partnership with area schools and Clay County Social Services.

**Lakeland Mental Health**  
**218-233-7524**

**Summit Guidance**  
**218-227-5376**

**The Village Family Service Center**  
**701-451-4811**

**Area schools: Counseling Office:**

**Barnesville Public Schools**  
218-354-2217

**Hawley Public Schools**  
218-483-4647

**Ulen Hitterdal Public Schools**  
218-596-8854

**CLAY COUNTY PUBLIC  
SCHOOL  
MENTAL HEALTH  
SERVICES**



Ulen Hitterdal Public Schools

