

School Mental Health Services Relate Counseling Center

Did you know that Relate Counseling Center therapists work in more than 50 schools in 8 West Metro districts?

1

What are school mental health services?

School mental health services are very similar to Relate's outpatient services — but instead of meeting with a therapist at our outpatient office in Minnetonka, your child meets with a therapist in their school during the school day. Therapists help children work through a number of symptoms, diagnoses or life circumstances that can disrupt learning, including: anxiety and depression; ADHD or other behavioral disorders; difficulty interacting with peers; divorce or other changes in the family system; grief and loss; and more.

2

What are the benefits of school mental health services?

There are several benefits to school mental health services:

- It removes barriers for parents who have a hard time driving their kids to appointments after school or scheduling appointments during after-school hours.
- Therapists are able to see kids in their school environment, which provides invaluable information to the diagnostic and treatment processes.
- Therapists have the opportunity to work directly with your child's school staff (teachers, paraprofessionals, case managers, etc.), resulting in a more holistic and successful approach to therapy.

3

How has COVID-19 impacted Relate's school services?

Relate is offering some in-person school therapy sessions; the majority of our school services are being offered via telehealth. Under the telehealth format, kids connect with their therapist through a Zoom call.

4

I'm interested in making an appointment for my child with a school therapist. What should I do next?

Contact your child's school social worker or counselor to inquire about scheduling an appointment with a school services Relate therapist.

