

# COMMUNITY RESOURCES ROBBINSDALE AREA SCHOOLS

ROBBINSDALE AREA REDESIGN FAMILY SERVICE COLLABORATIVE  
MELODIE HANSON 763-504-4981 OR 763-291-8413  
MELODIE\_HANSON@RDALE.ORG

## **Student/Family Support Center Staff May:**

- Assist families directly with contacting services with/for families
- Share resource list with families
- Or, for multiple, complex situations, contact Redesign for wraparound case management services with families – Melodie Hanson Cell: 763-291-8413 or Office: 763-504-4981

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## General/Other

### **United Way – 211**

<https://www.211unitedway.org/>

651-291-0211

Free Assistance connecting to local resources.

### **Bridge to Benefits**

<http://mn.bridgetobenefits.org>

By answering a few simple questions, you will be able to see if you are eligible for public work support programs. Also find the nearest food shelf by entering your zip code.

### **Community Action Partnership of Hennepin County**

Community Action Partnership of Hennepin County (CAP-HC) is an anti-poverty organization that serves low-income residents in Hennepin County. The agency offers an array of support programs, including energy and water assistance, housing and rental support, car repair, financial literacy, food support (SNAP), and help with MNSure registration. CAP-HC is home to the state's largest energy assistance program, providing financial assistance to eligible Hennepin County residents facing high energy costs and heat-related repairs.

- *Energy Assistance:* To apply directly, use this link: [Energy Assistance Program \(EAP\)](#) or call 952-930-3541.
- *Water Assistance:* To apply directly, use this link: [Water Assistance Program](#) or call 952-697-1393.

**Salvation Army:** <https://salvationarmynorth.org/northern/programs-and-services> Multiple services

- *Housing Assistance:* Housing programs include assistance with rent payments, mortgage payments, and other housing assistance: To apply directly, use this link: link: [rentalassistace@caphennepin.org](mailto:rentalassistace@caphennepin.org), or call 952-697-1327.
- *Food Assistance:* To learn more about SNAP enrollment assistance, visit: [Supplemental-nutrition-assistance-program \(SNAP\)](#)

Visit CAP-HC on the web at [www.caphennepin.org](http://www.caphennepin.org), or call us at 952-933-9639.

## **Minnesota Family Investment Program:**

MFIP is a resource for families with children. Based on income eligibility guidelines, MFIP can include SNAP benefits in addition to cash benefits for living expenses and additional food. Minnesotans can apply for both SNAP and MFIP via <https://applymn.dhs.mn.gov>, and will need to complete an interview in person or over the phone with their county or tribe. Minnesotans who already receive food and cash assistance benefits must reapply annually. For 20,000 Minnesotans who recently received a notice in the mail, that renewal is due by Aug. 31 for September benefits.

- For help with SNAP, MFIP, and other programs and services: Visit the department's webpage, <https://mn.gov/dhs/>, and contact counties or tribes via the County and Tribal Information Directory, <https://edocs.dhs.state.mn.us/lfserver/Public/DHS-0005-ENG>

## **Food Resources**

### **SNAP-Supplemental Nutrition Assistance Program**

With SNAP, Minnesotans who meet income eligibility guidelines can get help to pay for groceries. Administered by counties and tribes, SNAP is an important supplement to families' food budgets. Complete the [online application](#) or call 612-596-1300 for an application to be mailed to you. Need Assistance completing the form? Contact [Second Harvest](#). Benefits can be used to purchase food online through Walmart and Amazon.

For the latest information on SNAP: Visit the "Changes and updates to the Supplemental Nutrition Assistance Program" page, <https://mn.gov/dhs/snap-changes/>, on the Department of Human Services website

### **Fare for All**

<https://fareforall.thefoodgroupmn.org/>

#### **2020 Site Schedule**

Fare for All is community-supported and open to everyone. Fare for All buys fruits, vegetables, and frozen meat in bulk to save you up to 40% off grocery store prices. We select the best food from our shipments, pre-packaging it to give you the greatest deals! Produce Packs, Meat Packs and combo packs available \$10-\$25/pack.

### **Free & Reduced Lunch/Breakfast**

Apply for the 2020-21 School Year for Free & Reduced Lunch/Breakfast with your school district Nutrition Services.

## Find Your Local Food Shelf

**Minnesota food shelves:** Minnesotans with low incomes can access free food – including some items that meet specific cultural diets – and other household items at food shelves in their communities. The Department of Human Services supports Minnesota’s seven regional food banks and more than 300 food shelves, all of which serve people regardless of their immigration status. Accessing food shelves does not count as public assistance under the federal Public Charge Rule.

Several resources are available to help individuals and families.

- For assistance with food resources contact Hunger Solutions Minnesota at <https://www.hungersolutions.org/> or 1-888-711-1151.
- For food resources and support: Visit the department’s “COVID-19 emergency food support” webpage, <https://mn.gov/dhs/food-emergency/>.
- Search for the local food shelf by zip code. Your local food shelf may offer fresh produce, meat, hygiene items, cleaning supplies, diapers and more. Contact provider for details/appointments <https://www.hungersolutions.org/find-help/>

## Free Meals

<https://www.hungersolutions.org/find-help/>

Grab & Go meal, lunch and dinner options. Free meals, no questions asked

## Free Produce Distributions

[Distribution Site List](#)

Various community Produce Distributions happen across the metro area. Call to confirm there hasn’t been a change since this document was updated.

## Loaves and fishes

<https://www.loavesandfishesmn.org/dining-sites/>

Grab & Go meal, lunch and dinner options. “We serve anyone in need.” Locations available across the metro area with various hours and days of operation.

## Robbinsdale Area Schools - FREE Breakfast and Lunch Meal Distribution

Check the RAS [Nutrition Website](#) for the latest distribution information and [sign up](#) for their newsletter to receive future communication about changes, monthly menus and seasonal recipes

Robbinsdale Nutrition Services is offering these free meal boxes to all children, 18 and under, through a short-term waiver issued August 31 from the U.S. Department of Agriculture. After the waiver is no longer in effect, Nutrition Services will continue to serve food to Robbinsdale Area Schools students and will inform the community of all changes. Contact Nutrition Services at 763-504-8050 for questions or email [Katie\\_m\\_Wahl@rdale.org](mailto:Katie_m_Wahl@rdale.org).

## Twin Cities Mutual Aid Map

<https://twin-cities-mutual-aid.org/>

Updated daily with locations in the Twin cities offering food, hygiene items, cleaning supplies and more. Site is accessible in multiple languages. You can search by items, zip code and more.

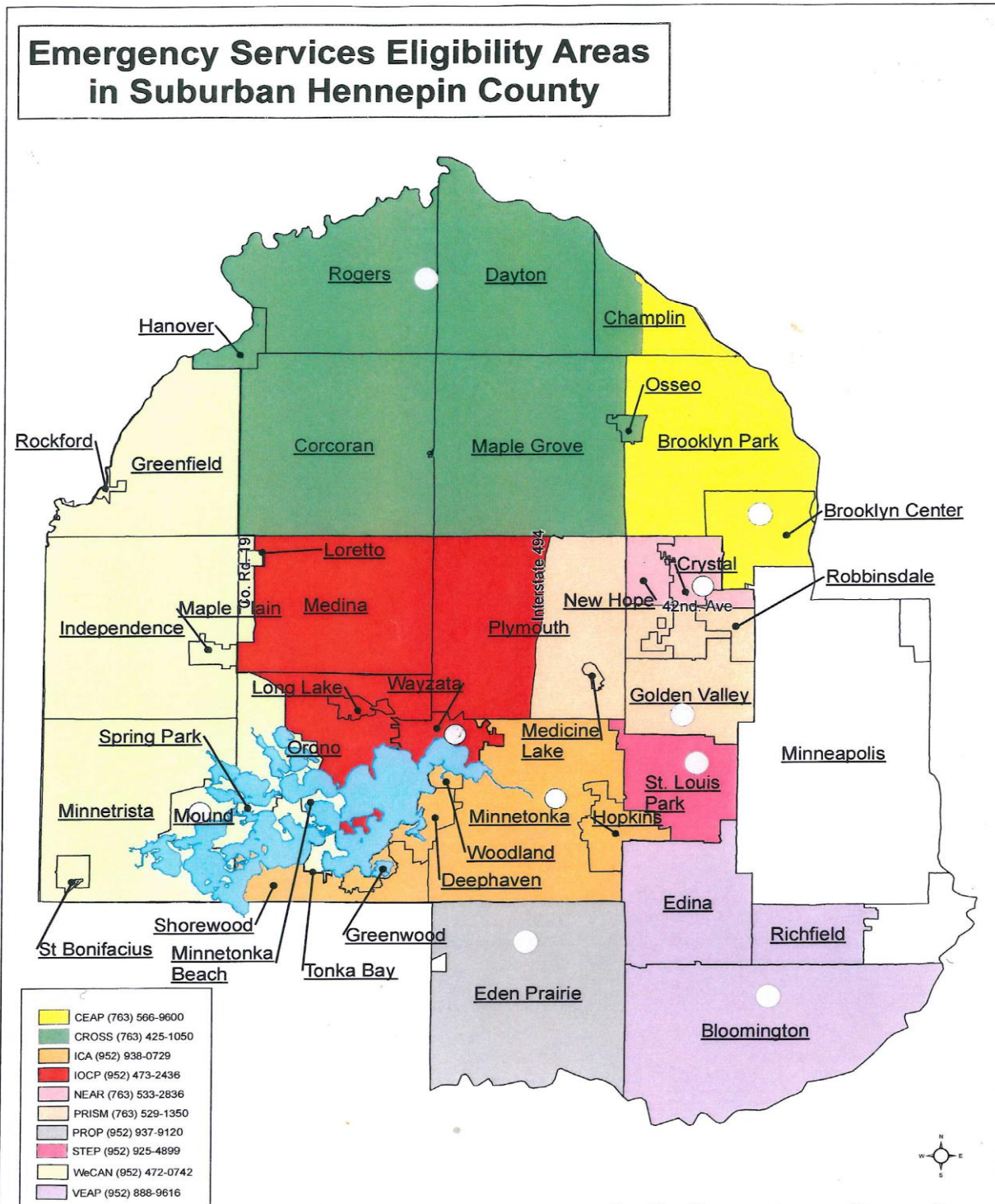
## WIC: Women, Infants and Children

WIC is a nutrition and breastfeeding program that serves pregnant women, new mothers, babies, and young children up to age 5. WIC **does not** require citizenship verification and does not ask about immigration status.

- Hennepin County Residents: [hennepin.us/residents/health-medical/wic-women-infants-children](https://hennepin.us/residents/health-medical/wic-women-infants-children)
  - Residents of Bloomington, Edina and Richfield contact the [Bloomington Public Health Department's WIC program](#) at 952-563-8993
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# ROBBINSDALE AREA SCHOOLS COMMUNITY RESOURCE LIST

LAST UPDATED: 1.11.2021



## **Housing Assistance (Rent/Mortgage)**

### **United Way (211)**

The COVID-19 Housing Assistance Program is now accepting applications! Call 211 (Toll Free: 1-800-543-7709; Local: 651-291-0211), visit [www.211unitedway.org](http://www.211unitedway.org), or text “MNRENT” or “MNHOME” to 898-211 to learn more.

- Renters and homeowners behind on housing payments can get help through the COVID-19 Housing Assistance Program. Learn more: Call 211 (Toll Free: 1-800-543-7709; Local: 651-291-0211), go to [www.211unitedway.org](http://www.211unitedway.org), or text “MNRENT” or “MNHOME” to 898-211.
- Falling behind on housing payments due to COVID-19? See if you’re eligible for help: Call 211 (Toll Free: 1-800-543-7709; Local: 651-291-0211), go to [www.211unitedway.org](http://www.211unitedway.org), or text “MNRENT” or “MNHOME” to 898-211.

## **What is the COVID-19 Housing Assistance Program?**

The COVID-19 Housing Assistance Program provides housing assistance payments to help prevent eviction, prevent homelessness, and maintain housing stability for eligible renters and homeowners. Local administrators will review applications from individuals and families requesting assistance, verify eligibility, and process payments for eligible expenses on behalf of households.

For complete details on who is eligible to apply and what costs are covered by the program, visit [www.211unitedway.org](http://www.211unitedway.org). Interested applicants may also call 211 (Toll Free: 1-800-543-7709; Local: 651-291-0211) or text “MNRENT” to 898-211 to learn more. *The 211 helpline has dedicated multilingual staff available to answer questions about the COVID-19 Housing Assistance Program, 8:00 a.m. – 8:00 p.m. Monday through Friday.*

## **Mortgage-Relief for Homeowners impacted by COVID-19**

[MN Mortgage Relief Support for Homeowners](#). Participating financial institutions will offer forbearance up to 90-days. Qualifying customers can apply for forbearance under this framework, starting on July 1, 2020, and ending on October 1, 2020. MN Homeownership Center can help navigate through the process. Apply before you get behind on payments. <https://www.hocmn.org/> 612-659-9336.

## **Emergency Housing Assistance due to Covid-19 – Hennepin County**

<https://www.hennepin.us/residents/human-services/emergency-housing-covid19>

Apply for assistance using the link above. Application will also be used to determine other benefits provided by Hennepin County.

## **Several cities have announced rental/mortgage assistance for residents**

Search your local city for any available funding. Many cities are working with their local food shelves on the rental/mortgage assistance for their residents. You may be able to receive help through the case managers within your local food shelf (see pages 3-5).

**People Serving People (PPL)** 614 3<sup>rd</sup> Street S., Minneapolis, MN 55415, Phone: 612-332-4500



**Community Mediation & Restorative Services, Inc.(CMRS)** Provides wraparound services to families experiencing housing insecurity: <https://cmrsmn.org/housing/> Requests for housing mediation services available by email: [referrals@CMRSmn.org](mailto:referrals@CMRSmn.org) or by phone: 763-561-0173

**Tennant Resource Center** is accepting phone calls from Monday – Friday at 612-302-3180. Resources include legal advice, mediation and emergency financial resources: <https://www.trc2020.com/>

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## YOUTH SERVICES (Includes Homeless Youth and Resources)

**Youth Services Network:** <https://ysnmn.org/>

Online resource of services for homeless youth including available shelters, drop in centers and medical care, etc.

**Youth Resource Line:** 763-493-3052 - operates from 8:00 am - 8:00 pm daily - For any youth that is homeless or is at risk of homelessness. Youth can leave a message and an outreach worker will contact them to assess needs and connect youth to needed resources.

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## TUTORING

Hennepin County Library provides [Homework Help](#) and live online tutoring through an Internet connection. Students have access to live online tutoring through [HelpNow](#), an online service staffed by live tutors each day, 1-11 p.m. Students will need a library card to access this service - if they have forgotten their account information or need a new library card, they can [Ask Us](#). Just select the grade level and subject matter and get connected to a live tutor through the chat right away! Spanish-speaking tutors are also available. Z

**HelpNow Writing Lab** Students can also submit their essays on HelpNow and get feedback within one to two days. Select "Writing Lab" on the left-hand menu, create a username and password (no email required), and attach the document for feedback.

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## Unemployment Benefits

**MN Unemployment:** <https://uimn.org/applicants/>

If you are unemployed or had your hours greatly reduced, complete an online application to determine if you are eligible.

## **Transit Assistance Program (TAP)**

Ride for \$1 with the Transit Assistance Program (TAP). The TAP program is designed to make public transit more affordable for lower income residents. TAP provides a reduced fare pass on a Go-To-Card. It allows customers to use a bus or train for just \$1 per ride—even during rush hour – with a 2 ½ hour transfer. Online: <https://www.metrotransit.org/tap-riders>

Sign up instructions:

1. Show a photo ID card or utility statement with your name and address and an accepted document (see below) to show that you meet the income guidelines.
2. Apply online or at one of the locations.
3. Once approved, Metro Transit will add the discount pass to a new Go-To card or your existing card. You may add additional value at any time.

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## **Diapers**

### **Augsburg Central Health Commons**

**All families** can receive diapers here. No appointment necessary.

Mondays and Thursdays 10 am – 11:30 am

333 South 12th Street, Minneapolis, MN 55404

Phone: 612-330-1209

### **HUG Program**

<https://www.helpingusgrow.org/>

For families in the home visiting program and families in need in Hennepin County.

Call for an appointment to pick up diapers.

3730 Toledo Ave N, Robbinsdale, MN 55422

English: 763-504-4983, Espanol: 763-504-4989, Somali: 763-504-4984

### **Mt Olive Church Diaper Depot**

<https://www.diaperdepotpgh.com/>

The depot offers diapers at low cost to **Minneapolis** residents only. It is open on Tuesdays from 4:30 to 6:30 p.m., and on Thursdays from 1:30 to 3:30 p.m. To register, please bring one form of identification for each child (medical ID, SS card, or birth certificate). Purchases of one pack per child can be made one time per month. Location: 3045 Chicago Ave S, Minneapolis, MN 55407

Other Locations: Check out the Diaper Bank of MN at: <https://www.diaperbankmn.org/find-diapers/>

OR Contact your local food shelf for possible diaper assistance.

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## **PARENT SUPPORT OUTREACH PROGRAM:**

Parent Support Outreach Program (PSOP): [www.hennepin.us/parentsupport](http://www.hennepin.us/parentsupport) 612-348-0211

The Parent Support Outreach Program can help you find support and provide assistance handling many types of issues, including:

- **Your Family's health:** medical needs, mental health and crisis counseling, resources to stay clean and sober, parenting help
- **Basic Needs:** Food and clothing, Housing resources, safety from violence at home, academic success
- **Financial Needs:** Financial assistance, job training and search, money management

**How the program works:** Participation is voluntary but getting help even for a short time can make a difference. We will help you find a case manager who will work with you at a time that fits in your schedule. Services can take place at home, at the agency or in the community.

### **To qualify, you need to:**

- Live in Hennepin County
- Be pregnant or have at least one child 10 years old or younger
- Need help with issues that make it hard to be a parent, such as money problems, addiction, domestic abuse, homelessness, abuse, neglect or behavioral
- health concerns

## **REFUGEE AND OTHER IMMIGRANTS COVID-19 HOTLINE**

Refugees and other immigrants can call **651-318-0989** from **9 a.m. to 5 p.m., Monday through Friday**, for information on:

- COVID-19 testing locations
- Food support
- Health care and mental health resources
- Housing

Online at <https://mn.gov/dhs/people-we-serve/children-and-families/whats-new/?id=1053-461380>

Hotline staff can speak Amharic, Anuak, Arabic, French, Hindi, Karen, Lingala, Luganda, Mashi, Oromo, Somali, Spanish and Swahili. Language line help is available for any other language.

Information is also available about additional services offered through Minnesota's Resettlement Network, which helps refugees and other humanitarian immigrants with schooling, employment and citizenship. Learn more about the Resettlement Network on [the department's refugee programs webpage](#).

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## **ADOLESCENT CHEMICAL HEALTH AND DUAL DIAGNOSIS SCREENING & ASSESSMENTS:**

Adolescent Chemical and Dual-Diagnosis screening and assessment by appointment only.

Contact: 763-541-4993.

Questions about chemical health? Contact Nikki Stout, Robbinsdale Area Schools Substance Use Specialist-LADC at 763-504-7089 or [Nikki\\_Stout@rdale.org](mailto:Nikki_Stout@rdale.org)

## HELP ACCESSING MENTAL HEALTH SERVICES AND/OR INSURANCE FOR MENTAL HEALTH SERVICES:

**Certified Community Behavioral Health Clinics (CCBHC)** CCBHC services are available to any individual, including veterans, those uninsured, on Medicaid or of low-income status, with serious mental illnesses, substance use disorders and/or chronic addictions. All CCBHC locations must provide the following nine offerings: mental health and substance use screening, risk assessments and diagnoses, 24-hour health crisis team availability, outpatient mental health and substance use services, outpatient primary care screenings, targeted case management, family support and counseling services, patient-centered, evidence-based treatment planning and services for veterans.

For more information on People Incorporated CCBHC services and locations, please call 651-774-0011 or email [info@peopleincorporated.org](mailto:info@peopleincorporated.org).

## Robbinsdale Area Schools

### School Linked Mental Health Therapists:

School linked mental health is a partnership with MN Department of Human Services, People Incorporated, Volunteers of America, MN and St. David’s Family Center. The partnership provides linked mental health services to schools and families with the goal of reducing barriers for accessing services and improving overall student support services. Parents/guardians may work directly with their school student support team or may self-refer to school linked therapists. Family insurance will be billed for school-linked mental health services, but no individual will be turned away for inability to pay.

**Central Access/Intake (All schools)**..... 651-774-0011

#### **High Schools:**

Armstrong High	Carla Sachiko Wilson, LICSW	763-504-8821 C: 651-368-1462
Cooper High	Jenna Seal, LMFT	763-504-8458 C: 651-368-2087
Robbinsdale Academy	Nathaniel Brueske, MA	763-504-8271 C: 651-368-0797

#### **Middle Schools:**

Plymouth Middle	Anna Heinzerling	763-504-8212 C: 612-512-8953
Robbinsdale Middle	Lyvong Vue, MS	763-504-4891 C: 651-368-3300
	Katie Donald, LMFT	763-504-4891 C: 651-368-3300
Sandburg Middle	Nathaniel Brueske, MA	763-504-8271 C:651-368-0797
FAIR-Crystal	Jodi Keller, MA	C:612-346-8839

#### **Elementary Schools:**

FAIR-Crystal:	Jodi Keller, MA	C: 612-346-8839
FAIR-Plymouth	Contact Central Intake	651-774-0011
Forest	Farah Noorani, LICSW	763-504-7893 C: 612-512-8965
Lakeview	Mari Uutala	C: 612-802-8618

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Meadow Lake	Samantha Zilverberg, LPCC	763-504-7717 C: 612-512-8958
Neill	Jodi Keller, MA	C: 612-346-8839
Noble	Contact Central Intake	651-774-0011
Northport	Keng Xiong, MA	763-504-7879 C: 651-368-2272
RSI	Contact Central Intake	651-774-0011
SEA	Kelsey Gaul, LICSW	763-504-7879 C: 612-512-8967
Sonnesyn	Glenna Colerider-Krugh	C:612-802-8618
Zachary	Contact Central Intake	651-774-0011

<b><u>Preschool</u></b>	Contact Jill Russel, School Social Worker	763-504-4164
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## SCHOOL LINKED MENTAL HEALTH THERAPISTS' BIOS AND HEADSHOTS

### Armstrong High School:

No Picture

#### **Carla Sachiko Wilson, MSW, LICSW**

Carla is a Licensed Independent Clinical Social Worker, who earned her Master's degree from the University of Minnesota. She started working as a School Based Mental Health provider at Robbinsdale Armstrong High School in 2015. Prior to starting with People Incorporated, she interned at a School Based Clinic within a Minneapolis Public School. She has always been passionate about early intervention and increasing children's access to mental health services. Carla has worked with clients on many different types of concerns, but some of the most common have been anxiety, depression, difficulties in relationships, and adjusting to a major change. She draws from various therapeutic approaches depending on a client's preferences and needs. She enjoys working as a team with her clients so they can achieve their goals in therapy.

### Cooper High School:

No Picture

#### **Jenna Seal, MA, LPCC**

Jenna earned her bachelor's Psychology at University of Wisconsin Eau Claire and her master's in Counseling Psychology at University of St. Thomas. She is currently a Licensed Professional Clinical Counselor. She has experience working with children, adolescents and adults in a variety of settings including clinics, schools, and in-home services. Her areas of interest and expertise include: Trauma Focus CBT, Exposure Therapy, Cognitive Behavioral Therapy, depression, anxiety and obsessive compulsive disorder. In her spare times she enjoys traveling, being with her family and being a mom to her 2 children. She has a Siberian Husky named Kato and loves to cook

### FAIR-Crystal:



#### **Jodi Keller, MA**

Jodi Keller earned her Master's degree from Argosy University and Bachelor's degree from University of Saint Thomas. She is currently a Clinical Trainee working towards her LPCC (Licensed Professional Clinical Counselor). Prior to working as a School Based Mental Health provider at Robbinsdale public schools with VONA, Jodi worked in a variety of settings. She worked both in Anoka Hennepin and St Paul Public Schools, and prior to that she has worked in office, in home, and in the community in mental health roles. Jodi is passionate about working with children and young adults who are experiencing all kinds of life stressors and assisting them in working through those stressors to the best of their abilities. Jodi has worked most extensively with children and families that have experienced trauma, anxiety, depression, life changes, emotional-behavioral difficulties, and ADHD. She understands that each child is their own person and works at their own pace and that their treatment approach should be treated that way.

### FAIR-Pilgrim Lane:

Referrals for FAIR-Pilgrim Lane are being accepted through People Incorporated's central intake number 651-774-0011. Students will be assigned to any of the therapists working within Robbinsdale Are Schools who have an opening in their caseload.

### Forest Elementary:



#### **Farah Noorani, MSW, LICSW**

Farah has been with the People Incorporated School Linked Mental Health Program since January 2018. She is a Licensed Independent Clinical Social worker, and has he Master's degree from the University of Michigan. She works part-time at Forest Elementary school where she provides therapy and support to K-5 students struggling with ADHD, Autism, Anxiety, developmental delays, emotional/ behavioral issues, school refusal, and depression. She works with families to provide psycho-education and support. Prior to this, Farah worked as a School Social Worker in the St. Paul Public School District. Her past experience in the school setting has provided her with a better understanding of the school system and knowledge of how to advocate for her clients to ensure their

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mental health needs are accommodated in the classroom. Believing that children learn, communicate, and develop skills best through play, Farah utilizes this medium along with other therapeutic modalities during therapy sessions. She is constantly researching and keeping up to date with best practice interventions for children's mental health.

## Lakeview Elementary:

### **Mari Uutala LPCC**

Mari has a Master's degree in Counseling Therapy with a grief, loss, and trauma emphasis earned from Southwestern College in Santa Fe, New Mexico. She has worked in the human services field over 20 years providing services to adults, adolescents, children, and families in a variety of settings including home, school, residential, hospital, shelter, and clinic. Prior to People, Incorporated, Mari worked at Ramsey County Children's Mental Health managing services for clients and families. She believes in the importance of building a team and support system around clients and helping clients identify strengths and abilities within themselves.

## Meadow Lake Elementary:



### **Jessie Niles Borg, MA**

Jessie has worked with People Incorporated within the Robbinsdale Area Schools for two years and has previously worked as an outpatient mental health practitioner. She has her Master's degree from Argosy University. Having experienced working in an office where clients come to hourly therapy appointments, Jessie loves the flexibility and coordination that is present be bring embedded in the school system. Jessie has experience working with clients from age 18 months to some in their 80's. She loves working with the elementary kiddos and their families in the Robbinsdale district and is honored to be a part of the Robbinsdale school community and lives of the families she serves.

## Noble Elementary:

Referrals for Noble Elementary are being accepted through People Incorporated's central intake number 651-774-0011. Students will be assigned to any of the therapists working within Robbinsdale Are Schools who have an opening in their caseload

## Northport Elementary:



### **Keng Xiong, MA**

Keng has his Master's degree in Marriage and Family Therapy from St. Cloud State University. He has worked previously as a CTSS worker and then served as a Lead Clinical Trainee for Helena Autism Therapy Center before coming to People Incorporated. At Helena Autism Therapy Center, Keng worked with children on the Autism Spectrum develop skills to help them manage symptoms related to Autism. Keng enjoys working with children and their families. During his time off, Keng enjoys playing video games, reading, traveling, fishing, and playing board games.

## Plymouth Middle School:



### **Anna Heinzerling, MSW, LICSW**

Anna is a Licensed Independent Clinical Social Worker. She received her Bachelor's degree from Carlton College and her Master's degree from Boston College. Anna provides psychotherapy for adolescents and families in the School Linked Mental Health Program at Plymouth Middle School. She has been working in the mental health field for over 10 years, in residential, outpatient, and school settings. Anna has extensive experience working with kids who have experienced trauma, children of all ages on the autism spectrum, and kids with a variety of other needs, including depression, anxiety, and ADHD. She recognizes that middle school is a time of transition that can be stressful for a lot of students and families. Therapy can be useful tool in navigating these changes. Anna utilizes a client-centered approach to meet kids where they are at and collaborate with them and their families to reach their goals.

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## Robbinsdale Middle School:

No Picture

### Lyvong Vue, MS

Lyvong is a Mental Health Professional with a passion for providing the utmost quality of services to individuals with mental health needs. Lyvong received his Master's of Science in Marriage and Family Therapy at Saint Cloud State University. Lyvong's vision is to ensure a safe atmosphere for clients to experience their vulnerabilities, share their stories, and learn new ways to manage their struggles. In his personal time, he enjoys traveling and sports.



### Katelyn Donald, MA, LMFT

Katelyn a licensed Marriage and Family Therapist who has been working in the mental health field for five and a half years. She received her Bachelor's degree at Minot State University in Minot, ND, and her Master's degree at Argosy University in Eagan, MN. She has worked in various settings and has spent the last 4 years in a school-based setting. Her therapeutic style is eclectic; however, it leans more toward Narrative and Cognitive Behavioral. The goal of Narrative therapy is to help clients re-author their stories (narratives) to construct new meanings for their experiences. The goal of Cognitive Behavioral therapy is to change distorted thoughts that lead to unwanted behavior and emotions. She believes change happens when we get the tools we need and are supported by healthy systems.

## Robbinsdale Spanish Immersion (RSI):

Referrals for Robbinsdale Spanish Immersion are being accepted through People Incorporated's central access number 651-774-0011. Students will be assigned to any of the therapists working within Robbinsdale Area Schools who have an opening in their caseload.

## Sandburg/Robbinsdale Academy (Highview):



### Nathaniel Brueske

Hello! My name is Nathaniel Brueske and I'm so excited to be starting at both Sandburg Middle School and Robbinsdale Academy! I recently graduated with a Master's in Counseling from St. Mary's University and almost all my work in the mental health field has been with children and adolescents. Additionally, I provided mental health services in the Anoka-Hennepin school district last school term. On a more personal note, some of my hobbies include rock climbing, roller blading, reading, cooking, and teaching my dog how to swim. Although native to Minnesota, I completed my undergraduate degree on the west coast and easily forgot what winter was like, so I am still trying to find fun ways to get outdoors during the colder months. I look forward to connecting with many of you and can't wait to start supporting the kids at Sandburg and Robbinsdale Academy! Please feel free to stop in to ask questions or simply say hi!

## SEA Elementary Magnet School:



### Kelsey Gaul, MSW, LICSW

Kelsey is a Licensed Independent Clinical Social Worker, and has her Master's degree from Boston University. She has worked for People Incorporated as a School-based therapist in two elementary schools for four years. Kelsey provides individual psychotherapy for children in kindergarten through 5th grade. She believes in a client-centered, relational approach to working with individuals. She often utilizes mindfulness, cognitive-behavioral, insight-oriented, and play therapy techniques with her clients.

## Sonnesyn Elementary:

### Glenna Colerider-Krugh, MSW, LGSW

Glenna is a Licensed Graduate Social Worker. She attended Grinnell College for her Bachelor's in Spanish and Sociology, and recently graduated with a Masters in Social Work from the University of Minnesota. Glenna operates from a playful, strengths-based approach, and believes in the innate resilience of every child and family. She recognizes the role of systemic injustice in her clients' lives and strives to provide immediate support while advocating for structural progress. Her previous experience includes bilingual early education with Spanish



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speaking families and permanency planning for older youth in the foster care system. She has done individual and couple's counseling at Walk-In Counseling Center. She believes that trust and fun are the basis of healing and can't wait to play Jenga with elementary schoolers again.

## **Zachary Lane Elementary:**

Referrals for Zachary Lane Elementary are being accepted through People Incorporated's central number 651-774-0011. Students will be assigned to any of the therapists working within Robbinsdale Area Schools who have an opening in their caseload.