What is School Based Mental Health Counseling?

School Based Mental Health Counseling (SBMHC) is a service provided to students at Shawano School District in which community mental health providers locate a clinic within a school and provide direct mental health services to students. These providers are licensed mental health counselors or therapists and are not employed by the school district. There is a mutual agreement between the clinic and the district to provide direct services to students.

Who Pays for School Based Mental Health Counseling

Typically, providers will bill the family in the same way they would if the student was being scene in their clinic. Most providers we work with accept Medicaid (BadgerCare), private insurance, or private pay. In some cases, there may be additional options available. Please ask your building school social worker for more information.



Community Resources

If you or someone you know is having a **mental health crisis** please contact the Shawano County Crisis line 24 hours a day, 7 days a week, 365 days a year.

715-526-3240

For a comprehensive list of community providers and contact information please refer to our Shawano School District Student Services School and Community Resources page!

Building Contacts

Hillcrest Primary School
Mikaela Lee, School Social Worker
715-524-2134 ext. 5602
mlee@shawanoschools.org

Olga Brener Intermediate School
Dani Zurakowski, School Social Worker
715-524-2131 ext. 4205
dzurakowski@shawanoschools.org

Shawano Middle School
Jodi Guenther, School Social Worker
715-526-2192 ext. 8158
jguenther@shawanoschools.org

Shawano High School
Cora Heindel, School Social Worker,
715-526-2175 ext. 8123
cheindel@shawanoschools.org

Shawano School District

School Based Mental Health Counseling

Promoting access and providing comprehensive mental health services to Shawano School District

Who Is the District Partnering With?

Currently, Shawano School District partners with two different mental health providers. SSD is always looking to bring more providers into our district to increase the number of students that we are able to support.

Do They Offer Family or Group Sessions?

While some providers do offer family counseling or therapy, this is not something we typically support during the school day. However, we know that students operate within their family system and that each case is unique and different. We are happy to work with you to find out how we can best support the student and the family. We can also help you connect with a provider for family therapy outside of school hours.

Our School Based Mental Health providers are able to support students in groups with the support of our school social workers, school counselors, or school psychologists. In order to provide this service, we need to identify students who have similar needs and work with parents and students regarding confidentiality and consent. Groups are not offered at all times. If you have an interest in your student joining a group, please contact your school social worker or district mental health navigator.

Why Is This Being Offered?

Mental health is a dimension of overall health and includes a continuum from high level wellness to severe illness. School based mental health includes practices to address this continuum from high level emotional well-being to significant student mental health challenges. As with the continuum of mental health need, there is a continuum of mental health services available to your student. School Based Mental Health Counseling is one piece of a robust system to support students emotional well-being.

The Benefits of School Mental Health

School mental health services and supports are an effective means of addressing the mental health needs of children and improving the learning environment. Partnerships between schools, youth, families, and mental health providers can result in improved academic outcomes through:

- School engagement with children being better prepared and able to concentrate on learning
- Preparation of school staff to address students' mental health needs
- Emphasis on school attendance and reductions in dropouts
- Efforts to reduce stigma associated with mental illness by offering examples of people similar to students who share their personal stories of success and recovery
- AND MORE!

Mental Health was considered the most important health problem in our community, per the 2019 Shawano-Menominee Community Health Survey.

How Can My Student Access These Services?

If you would like your student to start receiving School Based Mental Health Counseling, please reach out to your school social worker or district mental health navigator.

Once you talk to your school social worker or mental health navigator, you will receive referral information on the agency that is available in your students building. This packet will consist of intake information and a release of information. The release is necessary for the district to work with this provider for scheduling, continuity of care, and to better understand the needs of your student.

Once the referral is completed and returned to the school, the school social worker or mental health navigator may meet with the student to gather more information on behalf of the agency. Once all the information is shared with the mental health counselor or therapist, an appointment will be scheduled, typically during the school day unless the first appointment requires family involvement.

What Happens Over School Breaks?

Under the Department of Public Instruction School Based Mental Health Grant, we are able to provide gas cards for students to continue seeing their provider over breaks, in the providers office, during the 2021-2022 & 2022-2023 school years. Please contact your school social worker or district mental health navigator for assistance with this.