

Our schools and programs:

Kofi *(serving African American students):*

- Benjamin E. Mays IB World School
- Capitol Hill Gifted and Talented Magnet
- Central High School
- Farnsworth Aerospace Upper Campus
- Global Arts Plus Upper Campus
- Hidden River Middle School
- Maxfield Elementary

Hlub Zoo *(serving Hmong students):*

- Community School of Excellence
- Harding Senior High School
- Hmong College Prep Academy
- Humboldt Middle and Senior High School
- Txuj Ci Hmong Language and Culture
- Washington Tech Magnet School

Sembrando *(serving Latinx students):*

- Academia Cesar Chavez
- Wellstone Elementary

Generalist *(serving students of all cultural backgrounds):*

- Battle Creek Middle School
- Bruce F Vento A+ Elementary
- Cherokee Heights Elementary
- Crossroads Elementary Science and Montessori Schools
- Dayton's Bluff A+ Elementary
- Hazel Park Prep Academy
- High School for the Recording Arts
- Mississippi Creative Arts
- Riverview West Side School of Excellence
- Saint Paul Music Academy

- St. Paul City School
- Washington Tech Magnet School

ThayGeMoo *(serving Karen students):*

- Hmong College Prep Academy
- Humboldt Middle and Senior High School
- Washington Tech Magnet School

Unity *(serving high school seniors of all cultural backgrounds):*

- Only at SBMH high school sites

To learn more visit
www.wilder.org

The Amherst H. Wilder Foundation combines knowledge, compassion and action to improve lives today and for generations to come. We create lasting, positive change rooted in people through direct services, research and community building.



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SCHOOL-BASED
MENTAL HEALTH

Generalist

Washington Technology Magnet School



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School-Based Mental Health Services



The Wilder Foundation has collaborated with St. Paul Public Schools since 1991 in order to provide holistic mental health care for students and families.

Wilder's School-Based Mental Health providers deliver culturally-affirming, holistic therapeutic services and consultation for children and families in school, home, and community.

Our School-Based Mental Health programs include:

Kofi: a culturally specific program for African-American youth.

Hlub Zoo: a culturally specific program for Hmong youth.

Sembrando: a culturally specific program for Latinx youth.

Generalist: serves youth of all cultural backgrounds.

ThayGeMoo: a culturally specific program for Karen youth.

Unity: a multicultural program for all high school seniors.

Wilder School-Based Mental Health providers offer:

- Comprehensive evaluations
- Individual and family therapy
- Trauma-informed treatment
- Intensive school-based and in-home interventions
- Care coordination services
- Ongoing consultation for teachers and school staff

We also work with families to coordinate access to additional services, including:

- Child and adolescent psychiatry
- Medication management
- Psychological testing
- Basic needs support

Your school's Generalist provider:



Laura Okonek (she/her) is a Licensed Professional Clinical Counselor (LPCC) with a Master's Degree in Counseling Psychology. Laura provides school-based mental health therapy services for middle and high school students.

Laura approaches therapy through a holistic, person-centered lens focusing on relationships as the foundation of therapeutic work. Laura implements trauma-informed care, cultural responsiveness, and the belief that clients and families are the experts of their own experiences. Laura utilizes empirically based strategies such as Cognitive Behavioral Therapy, Solution-Focused Therapy, and Narrative Therapy as well as other forms of practice within her work. Laura is formally trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). She has been working with individuals and families since 2019.

Currently, Laura provides school-based and in-home therapeutic services for adolescents and families of all cultural backgrounds and identities. In her work, she integrates therapeutic models along with cultural and trauma responsiveness to assist individuals and families in increasing awareness of their internal strengths, guiding them to a deeper sense of self-discovery, and building peace and autonomy within their own lives and communities.