Warrior Counseling Newsletter

September 2026

This Month

September 8 | Link Day -- First Day of School for 9th Grade
September 9 | First Day of School Grades 10-12
September 11 | Counselor Connection with 9th Graders
September 16 | Counselors in English 12 Classes for College Application Support
September 17 | Picture Retake Day
September 21 | **NO SCHOOL** Teacher PD Day
September 25 | Warrior Rally 4:00 PM - 6:00PM
September 26 | Warrior 5K 9:00 AM - 11:00 AM
September 28 - October 3 | Homecoming Week



Meet the Counseling Team

The counseling services at Two Rivers High School is designed to support students with applying academic achievement strategies, managing emotions and applying interpersonal skills, and planning for postsecondary options, whether that is through higher education opportunities, the military, or work force. The vision of the Two Rivers school counseling program is for all students to be supported by a school counseling in their academic achievement, personal/social needs, and career plans. Students will be encouraged to set, pursue, and achieve their academic goals, graduate on time, and develop plans for their future career or college.

Website: https://tworivers.isd197.org/student-life/counseling-and-guidance
Phone: 651-403-7208



Beth Gjerde
Assigned students: A - Da
651-403-7203
elizabeth.gjerde@isd197.org
Onsite Availability:
M-F | 7:30 - 2:30



Jessica Grochowski
Assigned Students: De - He
651-403-7181
jessica.grochowski@isd197.org
Onsite Availability:
M-F | 7:30 - 3:30



Leah Erchul
Assigned Students: Hi - Mc
651-403-7245
leah.erchul@isd197.org
Onsite Availability:
M-F | 7:30 - 2:30



Margaret Citta
Assigned Students: Me - Sal
651-403-7202
margaret.citta@isd197.org
Onsite Availability:
M-F | 7:30 - 3:30



James Winkoski
Assigned Students: Sam - Z
651-403-7204
james.winkoski@isd197.org
Onsite Availability:
M-F | 7:30 - 3:30



Tricia Bluhm
Registrar
651-403-7207
tricia.bluhm@isd197.org
Onsite Availability:
M-F | 7:00 - 3:30



Savannah Jones
Counseling Office Administrative Assistant
651-403-7208
savannah.jones@isd197.org
Onsite Availability:
M-F | 7:30 - 4:00

Community Resources

Two Rivers High School

Community Resource Guide • Mendota Heights & West St. Paul

Need help finding the right resource? Start with 211. Call **211** or **651-291-0211** for free, confidential help connecting to food, housing, utilities, transportation, health care, child care and other local services.

FOOD & BASIC NEEDS	***HOUSING, FINANCIAL & COUNTY SUPPORT***
Neighbors, Inc. Food shelf, curbside pickup, delivery, clothing and emergency assistance. 222 Grand Ave W, South St. Paul, MN 55075 **651-455-5000** • neighborsmn.org	**Dakota County Social Services** Help with county benefits, financial assistance, family services and connections to community programs. Northern Service Center: 1 Mendota Rd W, West St. Paul, MN 55118 **651-554-6000** • co.dakota.mn.us
Rapid Mutual Aid MN Local resource hub for food, rent/utilities, health care, legal/immigration support and other South Metro needs. **rapidmutualaidmn.org**	**MNbenefits** Online application for Minnesota assistance programs, including food, cash and emergency assistance. **mnbenefits.mn.gov**
MENTAL HEALTH & CRISIS	***YOUTH, FAMILY & PARENT SUPPORT***
Dakota County Crisis Response 24/7 crisis support and referrals for Dakota County residents. **952-891-7171** For suicide or mental-health crisis: **988**	**District 197 Early Learning & Family Resource Center** Early learning, developmental screening and family support for young children. 1970 Christensen Ave, West St. Paul, MN 55118 **651-403-8390** • isd197.org
Associated Clinic of Psychology – West St. Paul Outpatient behavioral health services for children, adolescents and adults. 149 Thompson Ave E, Suite 150, West St. Paul, MN 55118 **651-450-0860** • acp-mn.com	**Guiding Star Wakota** No-cost pregnancy, parenting and family support resources. 1140 S Robert St, West St. Paul, MN 55118 **651-457-1195** • guidingstarwakota.org
EMPLOYMENT & ADULT SUPPORT	***COMMUNITY CONNECTION***
CareerForce – West St. Paul Job search, career planning, training and employment support. 1 Mendota Rd W, Suite 170, West St. Paul, MN 55118 **651-554-5955** • careerforce.mn.gov	**DARTS** Support for older adults and caregivers, including transportation and in-home/community services. 1645 Marthaler Ln, West St. Paul, MN 55118 **651-455-1560** • dartsconnects.org
District 197 Community Education Youth programs, adult education, adults-with-disabilities programs and enrichment opportunities. **651-403-8520** • isd197.org/community-education	**Additional local resource** Rapid Mutual Aid MN maintains city-specific listings for West St. Paul and Mendota Heights and updates local resource information. **rapidmutualaidmn.org**

Emergency: Call 911 for immediate danger. Call/text **988** for suicide or mental-health crisis support. Resource availability, eligibility and hours can change—call or check the organization's website before visiting.

Prepared as a family resource handout for Two Rivers High School • Local resources verified September 2026

Dakota County Resource Guide

English:
https://www.co.dakota.mn.us/HealthFamily/HealthServices/MoreLowCostServices/Documents/CommunityResourceGuide.pdf

Spanish:
https://www.co.dakota.mn.us/HealthFamily/HealthServices/MoreLowCostServices/Documents/CommunityResourceGuideSpanish.pdf

Somali:
https://www.co.dakota.mn.us/HealthFamily/HealthServices/Documents/CommunityResourceGuideSomali.pdf

---

College & Career Readiness

College Visits at Two Rivers

Admissions representatives from various colleges come to Two Rivers throughout the year to meet with interested students. This is a great opportunity to learn about the programs that different colleges offer as well as the application process.

Virtual College Tour



College Board College Search - Top Colleges in the USA | TheCollegeTour.com

Are you in the process of college research? Trying to discover what college is best for you? Take a virtual tour today!

thecollegetour.com

Scholarships

Student Scholarships

Great scholarship-search website, but treat this as a scholarship database/search tool rather than a source that independently verifies every scholarships. Remember to NEVER share private information to receive scholarship information; that is a scam!





A partir del otoño de 2024, el programa de becas North Star Promise (NSP) hará que la universidad sea más accesible y asequible para todos los habitantes de Minnesota elegibles que deseen obtener una acreditación. El programa cubrirá el costo total de las colegiaturas y cuotas para los habitantes elegibles de Minnesota en instituciones públicas y universidades tribales del estado.

NSP pretende lograr efectos positivos en varios frentes:

- Ayudar a estabilizar las inscripciones en las instituciones de educación superior de Minnesota;
- Servir como un motor económico para Minnesota al preparar a trabajadores calificados, que son muy necesarios para cubrir las vacantes en la fuerza laboral del estado;
- Crear una ruta viable a la educación superior para los residentes de Minnesota que antes pensaban que la educación no estaba a su alcance.

Requisitos de elegibilidad y académicos

- Debe ser residente de Minnesota
- Tener un ingreso bruto ajustado familiar menor a $80,000, según lo informado en la solicitud gratuita de ayuda estudiantil federal (FAFSA) o en la solicitud según la Ley Minnesota Dream.
- Asistir a una institución de educación superior pública o universidad tribal de Minnesota
- No haber caído en mora en un préstamo estudiantil estatal o federal
- Estar inscrito en clases equivalentes por lo menos a un crédito académico
- Cumplir con las normas de progreso académico satisfactorio (SAP, por sus siglas en inglés)
- No haber obtenido aún un título de licenciatura
- Estar inscrito en un programa académico que culmine en un título, diploma o certificado

¿Qué está cubierto?

NSP cubrirá la totalidad del costo remanente de colegiaturas y cuotas universitarias después de que se apliquen otras becas, subvenciones y condonaciones de colegiatura.

Instituciones elegibles

- ✔ Todas las universidades del Estado de Minnesota
- ✔ Todos los campus del sistema de la Universidad de Minnesota
- ✔ Todas las universidades tribales

Efectos de North Star

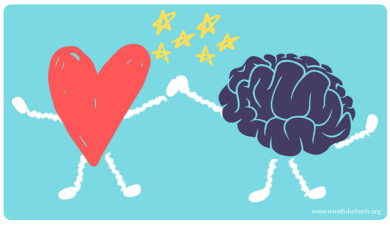
Se estima que 15,000 estudiantes se beneficiarán con el NSP en el primer año académico de implementación.



Escanee el código QR para ver más información

Mental Health Support

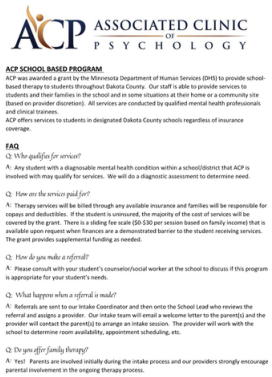
Social Emotionala



At Two Rivers High School, your school counselors are pivotal in helping students develop social emotional skills, collaborating with classroom teachers to provide social emotional curriculum, identifying interventions that support students' social emotional development, and referring students to resources that can better meet their social emotional needs.

Finding HELP:

If you feel that HELP is needed, please feel free to reach out to the Guidance Office Staff, most notably your assigned counselor. Associated Clinic of Psychology (ACP) Also offers counseling services through Two Rivers. If you feel you would benefit from counseling services, you can contact your counselor or access the referral form directly for ACP here: https://acp-mn.com/referral-form/



ACP ASSOCIATED CLINIC OF PSYCHOLOGY

ACP SCHOOL BASED PROGRAM

ACP was awarded a grant by the Minnesota Department of Human Services (DHS) to provide school-based therapy to students throughout Dakota County. Our staff is able to provide services to students and their families in the school and in some situations at their home or a community site (based on provider discretion). All services are conducted by qualified mental health professionals and clinical trainees.
ACP offers services to students in designated Dakota County schools regardless of insurance coverage.

FAQ

Q: *Who qualifies for service?*

A: Any student with a diagnosable mental health condition within a school/district that ACP is involved with may qualify for services. We will do a diagnostic assessment to determine need.

Q: *How are the services paid for?*

A: Therapy services will be billed through any available insurance and families will be responsible for copays and deductibles. If the student is uninsured, the majority of the cost of services will be covered by the grant. There is a sliding fee scale ($0-$30 per session based on family income) that is available upon request when finances are a demonstrated barrier to the student receiving services. The grant provides supplemental funding as needed.

Q: *How do you make a referral?*

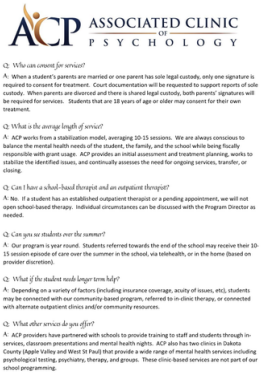
A: Please consult with your student's counselor/social worker at the school to discuss if this program is appropriate for your student's needs.

Q: *What happens when a referral is made?*

A: Referrals are sent to our Intake Coordinator and then onto the School Lead who reviews the referral and assigns a provider. Our intake team will email a welcome letter to the parent(s) and the provider will contact the parent(s) to arrange an intake session. The provider will work with the school to determine room availability, appointment scheduling, etc.

Q: *Do you offer family therapy?*

A: Yes! Parents are involved initially during the intake process and our providers strongly encourage parental involvement in the ongoing therapy process.



ACP ASSOCIATED CLINIC OF PSYCHOLOGY

Q: *Who can consent for services?*

A: When a student's parents are married or one parent has sole legal custody, only one signature is required to consent for treatment. Court documentation will be requested to support reports of sole custody. When parents are divorced and there is shared legal custody, both parents' signatures will be required for services. Students that are 18 years of age or older may consent for their own treatment.

Q: *What is the average length of service?*

A: ACP works from a stabilization model, averaging 10-15 sessions. We are always conscious to balance the mental health needs of the student, the family, and the school while being fiscally responsible with grant usage. ACP provides an initial assessment and treatment planning, works to stabilize the identified issues, and continually assesses the need for ongoing services, transfer, or closing.

Q: *Can I have a school-based therapist and an outpatient therapist?*

A: No. If a student has an established outpatient therapist or a pending appointment, we will not open school-based therapy. Individual circumstances can be discussed with the Program Director as needed.

Q: *Can you see students over the summer?*

A: Our program is year round. Students referred towards the end of the school may receive their 10-15 session episode of care over the summer in the school, via telehealth, or in the home (based on provider discretion).

Q: *What if the student needs longer term help?*

A: Depending on a variety of factors (including insurance coverage, acuity of issues, etc), students may be connected with our community-based program, referred to in-clinic therapy, or connected with alternate outpatient clinics and/or community resources.

Q: *What other services do you offer?*

A: ACP providers have partnered with schools to provide training to staff and students through in-services, classroom presentations and mental health nights. ACP also has two clinics in Dakota County (Apple Valley and West St Paul) that provide a wide range of mental health services including psychological testing, psychiatry, therapy, and groups. These clinic-based services are not part of our school programming.

Get Involved



How do I register for a sport/activity?

All students must register online before trying out or competing in any sport or activity.

- Registration Link: Register for Sports & Activities
- Students must have an up-to-date physical on file. Physicals are valid for three calendar years.
    - The required physical form can be found here.

Minnesota State High School League Rules: MSHSL Information
If you cannot pay for sports/activities contact dustin.boll@isd197.org to discuss a payment plan.

Where can I buy tickets for events?

Two Rivers High School uses GoFan for all activities. Using the link you can buy your tickets before events. Use the link below to access all sporting/activity events. **We do not accept cash at games.**
Ticket Link for sports & activities: https://gofan.co/app/school/MN99808

Where can I find the Two Rivers sports/activities schedule?

Two River's schedule can be found on the Metro East website.
Want to be notified of game or event changes, sign up for notify me!

I have a question or concern, who do I contact?

If you have a question or concern about a sport/activity, contact the athletics office either through phone or email. The following contact information can help direct you to the activities department.

Activities Director: Prentice Smith - prentice.smith@isd197.org, **651-403-7201**
Activities Coordinator: Katie Naughton - katie.naughton@isd197.org, **651-403-7020**
Activities Administrative Assistant: Dustin Boll - dustin.boll@isd197.org, **651-403-7206**

Leah Erchul
Leah is using Smore to create beautiful newsletters