

## **Outside Mental Health Options with School**

- Services go through family insurance
- Education is provided- hours will transfer into credits
- Transportation to/from provided on days that Shakopee has school

### **Prairie Care/PHP:** Chaska & Edina

#### Mental Health

The Partial Hospitalization Program (PHP) for youth provides multi-specialty treatment through group, individual, and family therapy sessions. PHP is a helpful level of care for students who are struggling with symptoms of mental illness that interfere with their ability to function in their daily tasks for childhood or adolescence tasks like; going to school, progressing academically, making and keeping friends, and participating in family life.

Free Needs Assessment: 1-888-977-2474

They will schedule the free intake meeting to determine best recommendations, whether that is Prairie Care or a different program

### **Reflections Day Treatment:** Shakopee

#### Mental Health

Reflections addresses the mental health needs of adolescents who require intense therapeutic services but whose needs can be met without 24 hour out-of-home care. The goals of the program are to enhance social and academic skills and to strengthen the emotional health and support systems of the participants. A diagnostic assessment is completed by the day treatment therapist when a child is admitted to the program and each child has an individual treatment plan developed to address goals related to their emotional concerns. Academic instruction is individualized for all students.

To apply: Scott County Mental Health Center Intake  
(952) 496-8481

### **Options Family & Behavioral Services Day Treatment:** Burnsville

Chemical and mental health

Day Treatment Program uses Cognitive Behavioral Therapy to provide mental health and substance abuse services to adolescents ages 12-19 who have a diagnosis of mental health, substance abuse, or a combination of both.

Call 952-564-3000 or email [info@Optionsminnesota.com](mailto:info@Optionsminnesota.com)

## **School Based Mental Health Support**

### **Connect Therapy:** SHS

Scott County Mental Health therapists are based in Shakopee High School. To receive services, family must fill out application and submit to School Social Worker. Services are billed through insurance. There is Connect grant money to help cover costs if there is a financial need. A diagnostic assessment will be completed by therapist, treatment goals are set and student will receive services at Shakopee High School during the school day. Services are provided on first come, first serve and often there is a waiting list.

Contact student's School Counselor or School Social Worker for more information.

### **Catalyst:** Chaska

\*Based through Southwest Metro High School/ALC

\*Must provide own transportation to/from

The Catalyst program is designed for students who attend SouthWest Metro High School and have chemical dependency or mental health needs that impact their academic success. The program includes two mental health therapists who work with students in general education and special education, in conjunction with other SWMHS staff. Students work individually and in group sessions with the therapists on identifying self-awareness of their mental health needs and

developing positive coping and self-advocacy skills. The SWMHS team consists of general education teachers, special education teachers, and mental health therapists. Students must be enrolled at SouthWest Metro High School and have a current diagnostic assessment (within 12 months).

For more information contact:

Cindy Walters

952.567.8035

[cwalters@swmetro.k12.mn.us](mailto:cwalters@swmetro.k12.mn.us)