



## Therapeutic Assistance Program (TAP) *providing school-based mental health*

# 2021-2022 SCHOOL YEAR

As your school's mental health therapists, we understand that this school year will be challenging for all of us—no matter our district, building, or plans. We remain committed to supporting students, families, teachers, and administrators in your school.

Please reach out any time using the below contact information. We are working closely with your schools to provide services in the way that makes the most sense for students. We will be providing services in person as well as via telehealth, which is accessible by computer, tablet, or smartphone.

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TAP therapist for students enrolled at Forest View Elementary and Forest Lake Elementary



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**(612) 364-4902**

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## SERVICES & SUPPORT

- Your school's therapist can provide mental health services to students during the school day or after school. We can help students work through things like depression, anxiety, trauma, relationship issues, behavioral issues, and more.
- Our therapists also work collaboratively with others in the school, offering consultation services to school administrators, teachers, and other treatment providers.
- Parents, legal guardians, and caregivers also can access support from the therapist by scheduling a telehealth appointment. During these sessions, the therapist can provide support and strategies for helping the child at home.
- Uninsured families can apply for grant funding to help cover the cost of TAP therapy/support.