



Who is an appropriate client for the Therapeutic Education Collective?

The Therapeutic Education Collective (TEC) program provides mental health child day treatment service to students from ISD 622 ages 12-17 who have struggled significantly with mental health symptoms for more than 6 months. Some examples of these struggles are symptoms of:

- Depression
- Anxiety
- Suicidal thoughts and actions
- Trauma symptoms (hypervigilance, triggered over small things, difficulty sleeping, avoidance, eating difficulties, shuts down, dysregulates easily)
- Severe difficulty in relationships
- These symptoms may have led to the student needing to be hospitalized

How can an integrated mental health classroom help students?

- The classroom will assist students, their families, and school staff in gaining greater understanding of how their mental health symptoms are impacting their ability to engage in academic work, school activities, relationships, and engage in community activities.
- Mental health treatment goals will assist the student and their family in learning multiple skills for managing and coping with their mental health symptoms.
- The TEC Program provides an environment for the student to experience their symptoms in an academic setting with mental health support so that they can learn new skills to manage their symptoms and put these skills into practice.

Referral process

Referrals can come from school social workers and/or school counselors, school principals. Students appropriate for this level of mental health care will most often have had engaged in other levels of mental health services, such as individual therapy, medication management, family therapy, etc. To qualify for this service, the student will need to either have a diagnostic assessment indicating day treatment services or a willingness to engage in completing a diagnostic assessment with program mental health staff prior to their admittance into the program.

Contact information

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