



School-Based Mental Health Services

Do you have concerns about your child's mental health? Have you seen changes in their sleep, eating habits, peer interactions, behavior, or adjustment to difficult life events? If so, you may be interested in learning more about your school's mental health therapy program. Early identification and intervention can improve a child's school adjustment and increase their ability to succeed. Mental health services co-located in the school setting have been shown to improve academic, social and home functioning.

The Byron Public Schools has a partnership with Family Service Rochester (FSR) to provide mental health services in the school setting. The Minnesota Department of Human Services is supporting this endeavor for the purpose of building and supporting academic success and overall student functioning. Co-located services will increase the accessibility for students to receive needed help by eliminating barriers such as transportation and lack of/inadequate insurance.

School-linked services means that your child would meet with the FSR therapists at the school. There may be times when the therapist will also request to meet with your entire family to ensure consistency around your child's treatment plan. This is a year round program, so meeting with your child/family during the summer months and over school breaks is also a possibility.

Referral process:

The first step is to connect with the school counselor/school social worker to talk about your concerns for your child's mental health. They will help you look at all the school resources and make the referral to FSR with you. Next, the FSR therapist will contact you and will all gather information to decide what services might be helpful to improve your child's ability to cope, learn and grow at home and at school. This is called the diagnostic assessment. After the assessment is completed, recommendations are made for possible services. A plan is developed to support your child and family in learning new skills and strategies to meet developmental goals. Typical services might include; individual, family and group counseling and skill building. If recommended, services can also be provided in the home.

Family Service Rochester's services will be billed to your child's Medical Assistance or private insurance plan. If you do not have insurance, The Minnesota Department of Human Services has provided grant money to assist in reducing economic barriers. Information about how to apply for Medical Assistance is available upon request. SBMH therapist will provide a diagnostic assessment, psychotherapy sessions, collaborate with school staff and assist in finding addition resources and support for families and students.

About us:

Family Service Rochester is a nonprofit 501(c)(3), founded in 1965 and located in Rochester, Minnesota. Today, our vision is "a safe, vital community that fosters strong, healthy families and capable children." We directly impact approximately 3,500 families annually by offering services to meet the ever-changing community needs. Our staff of over 100 delivers a wide range of human services that educate, strengthen, support, protect, and empower individuals and families in more than 30 different program areas.

For more information, call Byron Public Schools:

High School Contacts: Danielle Gavin, Becky Martin, and Andrew Petersilie (507) 624-0354

Middle School Contacts: Christine Jostock and Patrick McCarthy (507) 775-2189

Intermediate School Contact: Senja Smith (507) 775-6620

Primary School Contact: Jennifer Finch-Mitchell (507) 624-0311

Family Service Rochester, SBMH Therapists

Jordan Leonhardt: Preschool and Primary School- (507) 624-0311

Emma Weatherly: Primary and Intermediate School- (507) 775-6620

Aly Tointon: Middle School-(507) 775-2189 and High School- (507) 624-0354