

CRITICAL EVENT RESOURCES AND SERVICES

Available Through Telehealth and
Telephonic Communication

AVAILABLE NOW

CONTACTS:

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At this time, due to the current pandemic Lee Carlson Center for Mental Health & Well-Being is expanding our critical event services to telehealth video and telephonic communication. We believe that it is important to provide support and immediate intervention for staff and students in the event of a critical incident. Even in this time of social distancing, we are still available to provide supports through telehealth.

Lee Carlson Center can respond in the event of a critical incident and provide a number of services. These services can be preventative/preparatory in nature and can be dispatched following a critical incident through telehealth video or telephonic communication.

School districts can choose to opt-in to one or multiple service options.



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For Mental Health & Well-Being

HOPE. HEALING. HEALTH.

SERVICES AVAILABLE

Staff Workshop: Talking to Students about Difficult Topics

In the event of an anxiety-inducing time such as a pandemic, it can be difficult to address the many questions and concerns that families and students express. When encountering these difficult questions and concerns, it is important for staff to feel comfortable and confident in creating a space for healthy discussion. Lee Carlson Center staff can guide school staff in fostering an environment where students can express their concerns and staff feel they have the skills needed to respond.

\$250 estimated cost

Staff Workshop: Talking to Students Following a Tragedy

Oftentimes in the event of a critical incident, students and families have questions that front line staff are not prepared to explore with them. In order for staff to feel more prepared, comfortable, and confident in approaching these matters, mental health counselors will come to your school and facilitate a workshop for staff on how to talk to students and families in the event of a critical incident.

\$250 estimated cost

Administrative Planning Meeting:

A Lee Carlson Center therapist will conduct online meeting(s) with school administrators to determine the following:

- Who activates services and under what circumstances.
- Who is the on-site point person determining whether to increase/decrease services.
- How much will Lee Carlson Center drive activation of services, and how much will school staff drive activation of services.

\$125 estimated cost

Lee Carlson Center already offers the following services as part of our collaboration through School Linked Mental Health.

- Online or telephonic meetings with parents to describe mental health services or assist with applying for financial aid.
- Consultation with school staff regarding student mental health.
- Attendance at school meetings such as Student Assistance/Intervention Team, IEP team, or other meetings discussing the needs of students.
- Presentations for school staff describing mental health conditions and/or describing SLMH services through telehealth or telephonic support.



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SERVICES AVAILABLE THROUGH TELEHEALTH FOLLOWING A CRITICAL INCIDENT

Daily Check-In and Check-Out

Meetings with Point Person:

The therapist responsible for facilitating these services will perform daily check-in and check-out meetings with the designated point person via Microsoft Teams in order to ensure the level of need is assessed accurately and responded to with the appropriate services as determined by the designated school point person and the mental health professional. These meetings will also address times of groups, workshops, and crisis counseling, start and stop dates of services, and how many therapists will be needed in the event of a critical incident.

\$125 estimated cost

Crisis counseling:

Students and staff in need of crisis counseling can meet with a mental health counselor individually to receive support and/or assessment if needed. This can also be an opportunity for individuals to access their own long term mental health services if needed.

\$125 per hour per therapist

Check-ins/reflective consultation:

Following a critical event and the immediate supports offered by Lee Carlson Center, the team can offer 2 week, 1 month, and 3 month check-ins with impacted staff and students to ensure that needs are being met. These check-ins can be used to identify needs that may have surfaced after the immediate reactions to the critical event and/or to facilitate follow up support groups for affected staff/students.

\$125 per hour per therapist

Grief or support groups for staff:

Staff can access support in a group setting following the occurrence of a critical event. These groups are supportive in nature and facilitated by a mental health counselor.

\$125 per hour per therapist

Grief or support groups for students:

Students can access support from peers and a mental health counselor in the form of a support group that can be offered in the event of a critical incident.

\$125 per hour per therapist

Art therapy grief or support group:

Students and staff in need of support in a creative group setting following the occurrence of a critical event. These groups are supportive in nature and allow for non-verbal creative processing. These are facilitated by a registered art therapist.

\$125 per hour per art therapist

\$80 per ten people for supplies



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RESOURCES

Lee Carlson Center Intake Line for Therapy Services : (763) 780-3036

Canvas Health Crisis Line: (800) 273-8255

NAMI Crisis Text Line: Text NAMI to 741741

NAMI Helpline: 1-800-950-NAMI (6264)

National Suicide Prevention Hotline: 1800 - 273 - 8255

National Domestic Violence Hotline: 800-799-SAFE (7233)

National Sexual Assault Hotline: 800-656-HOPE (4673)



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