



LEE CARLSON CENTER™
For Mental Health & Well-Being

OUR MISSION

Since 1979, Lee Carlson Center's mission is to provide exceptional and affordable mental health services to families, children, youth and adults.

To schedule or to make a referral for any program, call our INTAKE LINE at 763.780.3036.

Fridley Clinic

7954 University Ave. NE
Fridley, MN 55432

Coon Rapids Clinic

10091 Dogwood St. NW, Suite 110
Coon Rapids, MN 55448

Brooklyn Center Clinic

5540 Brooklyn Blvd.
Brooklyn Center, MN 55429

St. Louis Park Clinic

7104 W. Lake St.
St. Louis Park, MN 55426

Bridgeview Drop-In Center

7920 University Avenue NE
Fridley, MN 55432

CALL 763.783.7440 to schedule an intake

Lee Carlson operates a school-based program across 8 school districts. Ask school staff to be connected with your school-based therapist or call 763.780.3036.

CONTACT US

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Critical Event Resources

Preventative Services

QPR Training

A Lee Carlson Center staff member will come to your school and train your staff in utilizing QPR to help keep students safe. QPR as described by the QPR Institute: "QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor."

Staff Workshop: How to talk to students about 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.

Current Services Provided by School Linked Mental Health

- 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.

Lee Carlson Center for Mental Health and Well-Being believes that it is important to provide support and immediate intervention for staff and students in the event of a critical incident.

Oftentimes in a school building, the people who are in need of support the most are called upon to support their peers following a tragedy. For example, school counselors may be in the position of leading a grief support group for their co-workers while experiencing significant grief and shock themselves after a critical incident.

A critical incident may be anything that requires staff, students, or families to need immediate support, such as the serious injury or death of a student or staff member. Although it's painful to think about these tragedies, we can best offer support and even preventative strategies when we are prepared in advance.

Lee Carlson Center can step in 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.

Services Following a Critical Event

On Site Support for Staff and Students

A team of mental health counselors will be dispatched to your school in the event of a critical incident. Counselors can provide:

- **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.
- **Grief groups for staff and/or students**
Staff and/or students 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.
- **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.
- **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 on-site in order to ensure that 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 time and place 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.