



# School Linked Mental Health Therapy+ Collaborative Supports

An enhanced SLMH model that connects students and their families with a diverse pool of clinicians and whole-family support specialists who offer free Collaborative Supports, Rapid Access, and Short Term Therapeutic Services.

**Mental health services** are provided by a diverse pool of BIPOC, bilingual, LGBTQ, and specialty clinicians who provide a wide range of therapies for early childhood through 12th grade. Services will be available year-round, day/evening and weekends, in-clinic, virtually, in-home and in-community.

**Our target population** is youth who are struggling with emotions/behaviors and would benefit from a "whole family" care-team approach. In particular: families with complex needs or multi-system involvement, families experiencing barriers to service, underserved, under-supported, and marginalized families.



**One point of access:** RCCMHC Family Support Specialists will follow up on your referral within 24 hours (M-F.)



We provide a psycho-social family assessment to determine the best service path and set appointments. Transportation and interpreter services are offered as long as grant funding is available.



Care Team coordination with School, RC Crisis, Hospitals, CPS, Public Health, Case Management & Basic Needs Navigators etc.



Free resource navigation, resilience coaching, youth activities, group psychoeducation, peer support, holistic wellness programs, and more!



**RAPID ACCESS:** up to 3 FREE sessions, pre-DA, short wait times, youth assessment, coping skills, referral to therapy and/or other supports.



**THERAPY:** 6 to 16 sessions, Diagnostic Assessment, individualized psycho-ed, coping skills, youth and/or family therapy. (3rd party billing and/or sliding fees)

Online Referral: <https://www.rccmhc.org/referral>

## Our Clinical Partners

If you have a referral question or if you need a free consultation

- Call or text the RCCMHC **Resource Line 800-565-2575**
- Or, email RCCMHC at [family@rccmhc.org](mailto:family@rccmhc.org)

Creعر  
LifeStance  
Metro Social Services

Natalis Counseling  
Peak Behavioral Health  
Winston Behavioral Health

For emergency, safety concerns or crises that need same-day response: dial 911 or call the Ramsey County Mobile Crisis Team 651-266-7878

