



ACP SCHOOL BASED PROGRAM

ACP was awarded a grant by the Minnesota Department of Human Services (DHS) to provide school and community-based therapy to students throughout Dakota County. Our staff is able to provide services to students and their families in their home/community (school-linked program) or in the school (school-based). All services are conducted by qualified mental health professionals and practitioners.

ACP offers services to students in designated Dakota County schools regardless of insurance coverage.

FAQ

Q: Who qualifies for services?

A: Any student with a diagnosable mental health condition within a school/district that ACP is involved with may qualify for services. We will do a diagnostic assessment to determine need. We encourage family involvement.

Q: How are the services paid for?

A: Therapy services will be billed through any available insurance and families will be responsible for copays and deductibles. If the student is uninsured, the majority of the cost of services will be covered by the grant. There is a sliding fee scale (\$0-\$25 per session based on family income) that is available upon request when finances are a barrier to the student receiving services. The grant provides supplemental funding as needed.

Q: How do you make a referral?

A: Please consult with your student's counselor/social worker at the school to discuss if this program is appropriate for your student's needs.

Q: What happens when a referral is made?

A: Referrals are sent to our Intake Coordinator and then onto the School Lead who reviews the referral and assigns a provider. The provider will call the referral source to acknowledge receipt of the referral and will work with the parent(s) to arrange an intake session. The provider will work with the school to determine room availability, appointment scheduling, etc.

Q: Do you do family therapy?

A: Yes! Parents are involved initially during the intake process and our providers strongly encourage parental involvement in the ongoing therapy process.



Q: *Who can consent for services?*

A: When a student's parents are married or one parent has sole legal custody, only one signature is required to consent for treatment. When parents are divorced and there is shared legal custody, both parents' signatures will be required for services. Students that are 18 years of age or older may consent for their own treatment.

Q: *What is the average length of service?*

A: ACP works from a stabilization model, averaging 15 sessions. We are always conscious to balance the mental health needs of the student, the family, and the school while being fiscally responsible with grant usage. ACP provides a quality initial assessment, works to stabilize the identified issues, and then reassess the need for ongoing services, transfer, or closing.

Q: *Can you see students over the summer?*

A: Our program is year round. Students referred towards the end of the school may receive their 12-15 session episode of care over the summer in the school or home setting.

Q: *What if the student needs longer term help?*

A: Depending on a variety of factors (including insurance coverage, acuity of issues, etc), students may be connected with our community-based program, referred to in-clinic therapy, or connected with alternate community resources.

Q: *What about COVID-19?*

A: ACP is able to provide services on-site at the school, at the home and via telehealth. Our providers will utilize safety precautions as recommended by the CDC and ACP's COVID-19 preparedness plan.

Q: *What other services do you offer?*

A: ACP providers have partnered with schools to provide training to staff and students through in-services, classroom presentations and mental health nights. Topics have included anxiety, stress, Make It OK anti-stigma training, and many others.

ACP also has two clinics in Dakota County (Apple Valley and West St Paul) that provide a wide range of mental health services including psychological testing, psychiatry, therapy, and groups.

Q: *Who do I call if I have questions/concerns?*

A: Kelly Johnson, Director of School and Community Based Services

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