



Greetings parents and guardians~

Your student has been referred for school-based therapy through our program. All services are conducted by qualified mental health professionals and clinical trainees. Let me share a little bit about what to expect:

Next Steps/Course of Treatment:

- **Intake:** The therapist will call you to schedule an intake session. Both you and your child will attend this session. During this meeting, the therapist will ask you many questions to help determine the clinical needs and how we can best help. This session lasts approximately 90-120 minutes and is normally held at the school.
- **Therapy:** We provide a stabilization model of therapy focused on treatment plan goals. We average approximately *10-15 sessions* per episode of care. As needed, the therapist will work with you to determine appropriate options for longer term services/supports based on your insurance coverage and clinical needs.
- If you have a shared legal custody arrangement, both parents must sign consent paperwork. If you have sole legal custody, please bring a copy of appropriate court documentation to be shared at the intake appointment.
- With a signed release of information, the therapist will communicate as needed with school counselors, social workers and teachers for collaboration of care.
- Family involvement is a critical component of our services. As your student moves through therapy, family sessions are encouraged to best support lasting change.

Delivery of services:

- We can provide individual and family therapy at the school, at your home (*based on need and provider availability*), and/or via telehealth as needed.

Financial considerations:

- Services will be billed through any available health insurance and families will receive a bill for their co-pay and deductible.
- Grant support is available *upon request* via a sliding fee scale program based on need. Contact us at 612-455-8643, option 2 with further questions.

Please consult our website at [www.acp-mn.com](http://www.acp-mn.com) for further information about ACP programming. We look forward to working with you.

*Kelly Johnson, LMFT*

Director of Community and School-Based Services