SEED’s Frequently Asked Questions

The SEED program is part of St. Paul Public Schools Community Education. SEED offers enrichment and lifeskills courses for adults living with mental illness.

1. Who can enroll and attend SEED classes?

   Adults:
   a. who are at least 18 years of age and are not currently enrolled in high school,
   b. who have a primary diagnosis of mental illness and are actively managing their disease and are working with a case manager/social worker or support system.
   c. who have not been convicted of arson, or a violent or sexual offense
   d. who are able to participate independent of an aide
   e. who are able to learn alone and in groups
   f. who can comply with behavior expectations
   g. who can maintain consistent attendance

2. How does a person enroll into the SEED Program?

   An intake appointment is made by calling SEED at 651-228-3655. Potential participants and perhaps his/her case manager meet with an intake staff member for approximately 45 minutes. We ask that potential participants bring documentation of diagnosis, medication lists, emergency contacts and any goals that they may be working on. If SEED is a good fit, students will begin class when space is available. We often have a waiting list.

3. What types of courses does SEED offer?

   Courses fall into one of five categories: Adult Basic and Continuing Education, Technology, Independent Living Skills, Expressive Arts, and Physical Movement.

4. How long does a course last and when can students enroll?

   SEED classes run on a 6-10 week format and align with the St. Paul Public Schools schedule. Classes are held on Tuesday, Wednesday and Thursday from 10:00AM-2:30 PM. Registrations close the third week of the session.

5. Are there specific goals established for each student?

   Students may set goals that address their needs for lifeskills or practical academics and enrichment. Student goals specific to courses are created for each student by course instructors.

6. What happens if a student misses many consecutive class periods?

   Students are encouraged to call SEED in the event that they are unable to attend class. However, the unique challenges our students face, sometimes inhibit their ability to contact us. Once a person is enrolled as a SEED student, he/she is always welcomed back into the program after a period of prolonged absence. A short appointment may be needed to re-register for classes. We do have waiting list for the program and those students who we do not hear from after repeated attempts to contact may be dropped.
7. **How is SEED funded and do the classes cost money?**
The SEED program is funded by the St. Paul Public Schools. Qualifying Ramsey County residents attend free of charge. Residents of other counties pay a nominal fee $25.00 per class per session –up to 4 classes maximum.

8. **How large are the SEED classes?**
On average, classes tend to have seven students in attendance. Seldom do class sizes exceed 14 students.

9. **Who are the teachers?**
Highly qualified and experienced instructors make up the teaching staff at SEED. Each teacher brings a unique area of expertise to the program.

10. **Do you have any programs for adults with cognitive or physical disabilities?**
Community Education has two programs that serve people with those needs. Community Culture Club and CLEAR. Both programs charge a small fee and both meet in the evenings. For more information call 651-228-3655 or 293-5272.

11. **How do students get to the SEED building?**
The SEED building shares a parking lot for those who drive to school. For those who ride the Metro Transit, bus number 54 stops one block away from the SEED. Metro Mobility riders are dropped off at the east side of the building.

12. **Can my friend or family member come to school with me?**
A fundamental quality to the SEED Program is confidentiality. SEED respects our students’ need for privacy and therefore politely requests that only currently enrolled students enter the building.

13. **What types of mental illnesses do the SEED students live with?**
SEED enrolls the chronically ill to those who are temporarily experiencing mental illnesses. SEED students cope with various types of mental illnesses, such as Depression, Anxiety, Bi-Polar disorder, Schizo-Affective disorder, Schizophrenia, and Personality disorders.

14. **What is SEED’s history?**
SEED got its start in 1972 in preparation for the closing of the Hastings State Hospital. At that time the St. Paul School Board of Education established the program to provide community living skills for adults experiencing mental illness. In 1984, the name SEED was adopted and expanded to include classes in arts, academic brush-up. Since its inception, SEED has enrolled more than 12,000 community members.