Thad Wilderson & Associates

**School-Linked Mental Health Counseling Services**

A Collaborative Partnership between Thad Wilderson & Associates and the St. Paul Public Schools

**WHO WE SERVE:**
Students from kindergarten through high school with mental health concerns that may be impacting learning and behavior at school

**COMMON CONCERNS:**
- Change in child’s behavior or mood, possibly in response to stress, change, grief/loss, or traumatic event(s)
- Hyperactivity, impulsivity, and attentional concerns
- Verbal or physical aggression in the classroom; oppositional or defiance toward authority figures
- Disruptive behavior that impacts learning (e.g. frequently sent out of class)
- Difficulties socially relating to peers, or struggles with making and keeping friends
- Lack of academic progress or regression of learned skills
- Depression or anxiety

**IS THERE A COST FOR SERVICES?**

There is no direct cost. We are able to provide services to students regardless of ability to pay using grant funds provided by MN DHS, a family’s private insurance, or third-party payers.

**SERVICES OFFERED:**
- Diagnostic assessment, review of findings, and development of a treatment plan
- Individual, family, or group counseling and skills training
- Student-specific and school-wide services such as care coordination, parent and teacher training, and consultation
- Referrals as needed for additional services such as psychiatry and case management

*Services are provided by Masters level mental health practitioners and professionals with experience working with culturally diverse children with emotional and behavioral concerns ranging from mild to severe.*

“Servicing the Community Since 1975”

Thad Wilderson, MA, Ed, LP
Clinical Director & Founder
Thad Wilderson & Associates
What is the Process?

1. Student Need Identified: A parent or caregiver may request services by contacting the school counselor or social worker (or by directly contacting Thad Wilderson & Associates).

OR student needs may be identified by a teacher, school social worker, or counselor, with referral made upon approval of parent. A referral packet is completed with a release of information.

2. Parent/legal guardian is contacted by a Thad Wilderson therapist to offer more information, determine eligibility, and schedule an intake session to give consents for treatment, complete initial paperwork, and provide information as part of the assessment and treatment plan.

3. Therapist meets with the student to complete the diagnostic assessment and discuss goals.

4. Review of Findings: When the completed diagnostic assessment and plan is reviewed and signed by the parent/legal guardian, student will begin to receive direct services, typically once a week.

5. Every three months, families will be contacted to discuss progress toward goals, complete a Strengths and Difficulties Questionnaire (SDQ) and sign an updated plan for continued services during the year.

What is Required from Parents?

- Complete all required paperwork to begin and continue treatment
- Participate in face-to-face meetings for intake/assessment and review of findings
- Participate in the development of treatment goals and review/sign treatment plan and updated plans (every 90 days)

Thad Wilderson & Associates has offices within the following schools:

Barack and Michelle Obama Elementary
Benjamin E Mays International Magnet School
Galtier Magnet Elementary School
Jackson Elementary
Maxfield Elementary School
St. Paul Music Academy
Battle Creek Middle School
Central High School
Washington Technology Magnet
Humboldt Secondary School
Ramsey Junior High School
Farnsworth Middle School

Our main office is conveniently located and services are available year-round

Thad Wilderson & Associates
A Rule 29 Mental Health Clinic
Individual and Family Counseling
475 University Avenue W
St. Paul, MN 55103

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