



# Lighthouse Child & Family Services

Thank you for your interest in Lighthouse Child and Family Services's (LCFS) School Linked Mental Health Program! Because of a grant through the Minnesota Department of Human Services, LCFS is able to provide psychotherapy to students right at the school. LCFS therapists work with school staff to identify students with mental health needs, and provide mental health assessment and psychotherapy to students in need.

This letter will outline some information that is helpful to know if you are considering this service for your child.

- Mental health services are provided only with parental consent. This means, if you would like your child to receive psychotherapy, you will need to do one of two things:
  - Complete a Consent for Release of Information between LCFS and the school so school staff can refer your child for services, **or**
  - You can call LCFS directly [320-983-8016](tel:320-983-8016) to schedule an appointment
- If LCFS receives a referral from the school, you can expect a call within one week to schedule an intake appointment. At that time, you will also be asked for your insurance information. (If you call directly, this will be taken care of during that initial call.)
- The mental health services we provide are billed through your medical insurance. Our office staff will work directly with your insurance company to determine coverage for mental health services. If you do not have insurance, or have co pays or deductible payments that would keep you from accessing services, please let intake staff know and we will discuss several options we have available so your child can still get mental health services.
- Most services are provided in the school building, during the school day. Therapists work closely with school staff to identify the best times to pull a student out of class for therapy appointments. Services may also be provided in your home, or in the community, as appropriate. Services are provided year round- even during school breaks and in the summer.
- The initial intake appointment, as well as treatment planning appointments approximately every 3 months, are minimum requirements for parent/guardian involvement/attendance in psychotherapy services for your child.

If you have any further questions about your school's School Linked Mental Health services, please contact your school social worker or school counselor, or call our office at 320-983-2335.

We look forward to working with you!