



SCHOOL LINKED MENTAL HEALTH

Central Minnesota Mental Health Services has partnered with your school district to provide outpatient mental health services for students for a number of years. This information will assist families in understanding how to continue and/or access mental health supports for their students in this time of school closings and shelter at home in response to COVID-19. We will continue to provide mental health services through tele-video options where your student can meet with a therapist in their own home through Zoom, which is a tele-video platform which is HIPPA compliant.

- New Client Intake – All intake forms are found on our website www.cmmhc.org. The therapist will walk you through completing these forms and can obtain verbal consent during this time and determine the best and easiest way for you to consent for services. Therapist will call to gather additional information regarding your student and schedule the intake appointment (again either in person or via Zoom)
- Individual/Family Therapy – Individual and family therapy are available through tele-video. We understand that this is a difficult time and want to help support skills and strategies to manage the multiple changes/stressor we are facing. The therapist will be able to email you an invitation to join them in a Zoom platform for the session and there is flexibility in scheduling. Also, as we have been a service provided in the schools for many years, schools support your student accessing these services during their day as we would if we were seeing the student in their school building.
- While we have a therapist assigned to each district, please note that we also work as a team and in times of crisis, we will work to ensure your student/child's mental health needs are supported. If you have further questions about how to access or service delivery, please feel free to contact Sheri Tesch MS LMFT at stesch@cmmhc.com or 612-716-1276.

More about the therapist in your student's building:



Nancy Gohl – MA, LMFT, LADC

Nancy completed her master's degree in marriage and family therapy from St. Mary's State University. She is a Licensed Marriage and Family Therapist and a Licensed Alcohol and Drug Counselor. Nancy has experience as an inpatient chemical dependency therapist, an outpatient therapist, and an in-home skills worker. She is currently a School Linked Mental Health Therapist. Her expertise include trauma, grief, loss, depression, anxiety, addiction, co-occurring disorders, attachment disruptions and communication using a trauma informed, integrative approach. Contact Nancy at 320-423-8601 or ngohl@cmmhc.com.



Jamie Peterson – MSW, LGSW

Jamie completed her master's degree in social work from the University of Wisconsin – Madison. She is currently working toward a license to be an Independent Clinical Social Worker and is a Licensed Graduate Social Worker. Prior to joining the CMMHC team in 2019, Jamie was a case manager and a school social worker. She is currently a School Linked Mental Health Therapist in the Buffalo- Hanover- Montrose schools. Her expertise include providing trauma informed, evidence based intervention to work with those that have experienced depression, anxiety, ODD, ADHD, trauma, Autism Spectrum Disorder, and adjustment disorders. She is also a Certified Yoga Calm instructor. Contact Jamie at 320-249-6511 or at jpeterson@cmmhc.com.



Sheri Tesch, MS LMFT is a Licensed Marriage and Family Therapist and the Program Manager for SLMH at Central MN Mental Health Center. Sheri has

been a SLMH provider for over 10 years in the Buffalo Hanover Montrose School District. She currently provides services to students at Tatanka Elementary School. Her areas of expertise are attachment disorders, trauma, ADHD, anxiety, depression, Autism Spectrum Disorder and behavioral disorders.