



Therapy+ Collaborative Supports

An enhanced SLMH model that connects students and their families with a team of clinicians, family support specialists, and peer coaches who offer Rapid Access and Short Term Therapeutic Services as well as FREE whole-family supports.

Mental health services are provided by a diverse pool of BIPOC, bilingual, LGBTQ, and specialty clinicians who provide a wide range of therapies for early childhood through 12th grade. Services will be available year-round, day/evening and weekends, in-clinic, virtually, in-home and in-community.

Our target population is youth who are struggling with emotions/behaviors and would benefit from a "whole family" care-team approach. In particular: families with complex needs or multi-system involvement, families experiencing barriers to service, underserved, under-supported, and marginalized families.



One point of access: RCCMHC Family Support Specialists will follow up on your referral within 24 hours (M-F.)



We provide a psycho-social family assessment to determine the best service path, set therapy appointments, and make basic needs or other referrals. Transportation and flex funds as-needed.



Care Team coordination with School, RC Crisis, Hospitals, CPS, Public Health, Case Management & Basic Needs Providers etc.



FREE resource navigation, resilience coaching, youth skills groups, parent psychoeducation, peer support, holistic wellness programs, and more!



RAPID ACCESS: up to 3 FREE sessions, pre-DA, short wait times, youth assessment, coping skills, referral to therapy and/or other supports.



THERAPY: 6 to 16 sessions, Diagnostic Assessment, individualized psycho-ed, coping skills, youth and/or family therapy. (3rd party billing and/or sliding fees)

Online Referral: <https://www.rccmhc.org/referral>

Our Clinical Partners

Do you have a referral question or need a professional consultation?

- Call or text the RCCMHC **Resource Line 800-565-2575**
- Or, email RCCMHC at family@rccmhc.org

Crecer
Fraser
Metro Social Services
Natalis Counseling

Peak Behavioral Health
Roots Wellness Center
Winston Behavioral Health

For emergency, safety concerns or crises that need same-day response: dial 911 or call the Ramsey County Mobile Crisis Team 651-266-7878

