

## **Children and Youth with Emotional & Behavioral Needs:**

Have unique needs that require individualized services

Must be respected for their rights, preferences, values, strengths, cultural and racial backgrounds and receive what is necessary to achieve their full potential

Need enduring relationships with adults

Make positive contributions

## **Mental Health Related Services in Our Schools**

District 742 Mental Health Related Services promote a healthy start and a bright future for the youth of our community. We provide support to students, families and educators.



City Life 742  
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## **WHAT IS CITY LIFE 742?**

City Life 742 is a separate, public day school for St. Cloud School District students in grades 7-12+ with behavioral, emotional, and sometimes academic needs. City Life 742 offers social behavior instruction and intervention, as well as mental health related services, and is based on the fundamental belief that all students can learn and contribute to their community.

**Academics** are based on Minnesota State Standards and individualized to meet each child's educational needs as indicated in the individual education plan.

**Mental Health Skills Training Group**, provided daily, focuses on mental health, coping skills, and emotions management through cognitive-behavioral, expressive, and psychodynamic approaches. Individual sessions are available, as well.

**Data** is collected on a Daily Point Card, tracking a student's use of skills and demonstration of responsible behaviors. The data is used both by the student for self-monitoring and by the team to make educational and treatment decisions.

**The goals** of the City Life 742 Program are to help students obtain skills necessary to successfully reintegrate to their home schools and community, support families, and identify interventions and accommodations that help children be successful. The program also utilizes Health Realization Principles and Restorative Justice.

## **REFERRAL CRITERIA & PROCESS**

The student must be eligible for special education services and have a current Individual Education Plan (IEP). Typically students would have demonstrated an inability to make progress on IEP goals despite receiving the full range of services provided in their home school.

Referrals to the program must come through an IEP staffing from the student's home school. Mental Health Facilitators at each school coordinate the referral process as well as a student's transition back to his or her home school.

## **FAMILY INVOLVEMENT**

City Life 742 staff provide structure and support for students, and believe families are an integral part of the learning process. Support is available for parents and guardians, as well as siblings, and monthly family nights are scheduled throughout the school year.

From the referral and initiation of services, families are closely involved in planning educational and mental health related services and goals.

Information on community programming as well as educational resources related to mental health issues are available to families from staff and through the district's mental health related services website:

<http://isd742.org/~mentalhealth>

## **WORK EXPERIENCE**

Students at City Life will receive job skills training as part of the daily curriculum. As students progress in the program they will participate in volunteer work settings in the community. The goal of the work experience classes is to prepare students for real world job opportunities.

## **OUR 18-21 PROGRAM**

City Life 742 is also the home for the district's 18-21 program for students with Emotional, Behavioral, and Cognitive needs. The program focuses on building independent living and transition skills, and has a strong work experience and vocational component. Mental health related services are also available to eligible students on a group and individual basis.

## **ABOUT THE EXCHANGE CITY LIFE BUILDING**

The Exchange City Life Center is owned by Youth For Christ, and provides a safe environment where teens can feel comfortable, where they feel that they are in "their world" connecting with "their needs". A collaboration of many agencies and services are housed in the building,, including programs such as the Teen Parents, Wheels auto mechanics, coffee shop, Portable Vision art mentoring,, Hoop Time basketball league, Band of Brothers, and Rock Out outdoors adventure.