

STRONGER TOGETHER



Mental Health Support at Crosslake Community School

Presented by:

Amy Miller, Student Services Manager

Tia Dvorak, ReGroup President

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CCS CARES

At Crosslake Community School, we believe success is about more than academics. It's about caring for the whole student. We are committed to supporting not only learning, but also the well-being and mental health of every student. Through strong relationships, accessible resources, and a focus on social-emotional growth, we work to ensure that all students feel valued, supported, and equipped to thrive both in school and in life.



1. CCS Online

2. CCS In-Person

3. ReGroup
Partnership

MEET OUR TEAM

SCHOOL SOCIAL WORKERS



**Amy
Miller**

In this role, Amy helps lead and coordinate social-emotional and mental health supports for students across both the online and in-person schools. She supports and collaborates with school social workers and counselors to help ensure Pre-K–12 students have access to strong, consistent support systems. Amy also helps lead district mental health initiatives, builds partnerships with outside agencies and resources, and works to support student well-being, engagement, and success while helping create a caring and inclusive school community for all students.



**Calli
Walker**

Calli serves as a School Social Work Assistant, supporting students' well-being and success within our virtual learning environment. She helps with attendance interventions, provides social-emotional support, to elementary and middle school students, and collaborates with families, staff, ReGroup, and community partners. Calli also helps provide interventions, encouragement, and strategies to support students in reaching their goals and finding success. In addition, she shadows and partners with Amy Miller as part of her school social work MSW program.

MEET OUR TEAM

ONLINE SCHOOL COUNSELORS



**Natalie
Grady**

Natalie is the full-time school counselor. This is her 5th year at CCS and her 8th year as a counselor. She loves to get to know the amazing students at our school and learn about their passions and plans for their future. Her main role at the school is credit tracking for 9-12 grade students, scheduling, PSEO support, and career/college planning, and mental health support for students in grades 9-12.



**Erin
McCullough**

Erin serves as a .5 School Counselor and .5 Learning Coach and is currently in her 4th year at CCS. Building relationships with students and supporting them however she can is what brings her the most joy. In her role as School Counselor, Erin supports students in grades 9-12 through 504 plans, individual counseling, small group counseling, college and career planning, SEL curriculum, and serving on the MTSS lead team. She collaborates closely with school staff, students, families, and community organizations to help create a supportive educational environment while advocating for and supporting student needs and well-being.

MEET OUR TEAM

In Person Student Support



Kris Fjelstul

School Social Worker

Kris serves as a school social worker, supporting students' social-emotional well-being, mental health, and overall success in school. She provides support to students helping them navigate challenges at school and at home,. She connects families with resources when needed. Kris also collaborates closely with staff, families, and community partners to create supportive plans that help students feel safe, regulated, and ready to learn.



Rebekka Sievert

Behavior Interventionist

Rebekka supports students by helping them develop positive behavior skills, emotional regulation, and coping strategies that support success in school. She works closely with students, staff, and families to identify behavior needs, implement individualized supports and interventions, and create consistent, supportive plans that improve engagement, learning, and overall well-being.

MEET OUR TEAM

ReGroup Counseling



Tia

Dvorak

Tia is the President and Founder of ReGroup Counseling, a valued partner of CCS that provides therapy and mental health support services for students and families. With extensive experience supporting children and families, Tia is passionate about helping students feel safe, connected, supported, and understood. Through CCS's partnership with ReGroup, Tia provides an incredible amount of support to our staff through bi-weekly live webinars, attendance and contributions at student support team meetings, and Invaluable professional development opportunities and relevant trainings.



Kelsey

Larson

Kelsey is a Licensed Marriage and Family Therapist with ReGroup Counseling, which partners with CCS to support students, families, and staff. She specializes in trauma-informed, play-based therapy and works with children, adolescents, and families to support emotional regulation, healing, and growth.

Through our partnership, Kelsey is an integral part of our school community and is available to staff in a variety of ways, including professional development, consultation, and weekly book clubs, helping strengthen understanding of mental health and trauma-informed practices across CCS.

OUR NEWEST TEAM MEMBER

Hailea Theien

Hailea will be joining our in-person team this fall as a therapist at our in-person school.

ReGroup has provided teletherapy support to our in-person students over the past few years, and in response to the growing need for an in-person model, ReGroup has expanded services by hiring Hailea to provide on-site therapy directly at the school.

Hailea comes to us with extensive experience working with children, families, and diverse populations. She has a strong background in early childhood mental health, therapeutic group services, and individualized counseling. Hailea will be at the school on a part-time basis and we will monitor needs and increase her time as necessary.

Hailea will work with students but also be immersed in the school culture and be available for staff and consultation. Hailea is a ReGroup employee, but we are receiving her services because of our ongoing partnership and contract with ReGroup.

CCS + REGROUP

Our goals are to continue supporting our staff, students, and families in authentic, creative, and meaningful ways that help students grow into healthy, strong, and well-rounded individuals. We also hope to expand and strengthen these practices to reach even more students and deepen our impact across our school community.

Student Support

- Therapy for both In-person and online students
- Support Groups offered throughout the year

Staff Support

- Therapy offered to staff
- Professional Development
 - Live Webinars
 - Case Consultation
- Student Team Support
- Professional Book Clubs

OUR GOALS

Our goals are to continue supporting our students, staff, and families in creative, out-of-the-box ways, as we have been doing. Next year, we hope to expand our support and increase our presence with in-person staff by offering professional development opportunities that fit into their schedules. These opportunities will help equip staff with tools and strategies to better support students who need additional care related to mental health, home challenges, and behavioral needs. In addition, we are planning to offer more opportunities for caregiver support and connection!





"It takes a village
to raise a child."

-African Proverb

Children thrive best when supported by a whole community: family, schools, caregivers, and neighbors working together.

MAY IS MENTAL HEALTH AWARENESS MONTH



**be seen,
wear green
mental health matters**

on May 19

CCS Students and Staff:
Wear green.
Spread hope.
Support mental well-being.



THANK YOU FOR SUPPORTING THE WELL-BEING OF OUR STAFF + OUR STUDENTS!

IT IS MAKING A DIFFERENCE IN SO MANY LIVES!❤️

