

# Improved access to mental health care

**Peshtigo School District contracts with outside firm**

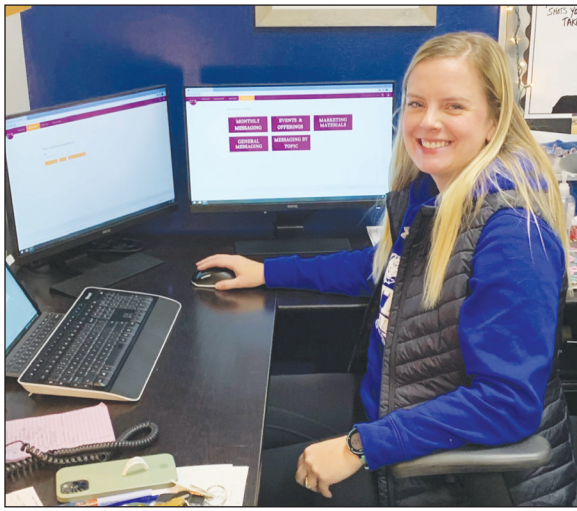
PESHTIGO — The Peshtigo School District is helping families access mental health care faster.

More than 50% of Americans will experience some degree of mental illness at some time in their lives, with 1 in 5 will experiencing mental illness in any given year, according to the Centers for Disease Control (CDC).

Now, Peshtigo School District families have improved access to mental health care services by contracting with a company called Care Solace (caresolace.org)

“The Peshtigo School District received a grant from the state to help offset the cost of mental health support for districts,” said Julie Williams, the director of student services in Peshtigo. Care Solace works with more than 600 school districts. Over 15 million American students, family members and school staff have received help through Care Solace. Mental health issues can vary from the need for help with ADHD issues, substance abuse issues, or assistance with depression or trauma.

“Did you know that finding the best counselor or medical professional, people on average, send out over 60 emails, texts, or phone calls?” Williams said,



SUBMITTED

Peshtigo guidance counselor Erin Fisher demonstrates the use of the Care Solace website portal.

“This service will cut wait times for families. It can take 60-90 days to get your first appointment in many cases. Using the support from Care Solace cuts helps students and families navigate the initial process in 3 to 4 weeks.”

“Parents are able to access someone at

CareSolace during weekends, long breaks, and over the summer when Guidance Counselors are typically not accessible to get a care partner to help them secure a mental health professional,” middle school guidance counselor Angie Matykowski adds. Everything done through

Care Solace is through a confidential portal. It’s available anytime, day or night, every day of the year.

The company will help families coordinate with mental health providers and treatment options matched to their needs, regardless of their circumstances. “There are so many difficult things that families here and everywhere have gone through, over the last few years especially,” said elementary guidance counselor Katie Seidler. “All of us could benefit from having support to work through these things and the way they affect our well-being so that we can be our best selves.”

*This article was submitted by the Peshtigo School District.*

# Youth Fishing Derby at Red Arrow on Saturday

MARINETTE — Come out on the ice Saturday for the Youth Fishing Derby from 11 a.m. to 1 p.m. at Red Arrow Park.

At 1:30 p.m., awards and trophies will be distributed, and raffle winners will be announced. All 100 fishing spots have been claimed, so no further registration is accepted, but raffles are open to the public. No need to register for a chance to win — just come down to Red Arrow Park.

“It’s so great to see the kids with their families doing something positive like that,” said Cindy Grabowski, prevention services coordinator at Menominee County Intermediate School District. “We’re very based on having drug- and

alcohol-free events.” She said a food truck would be on-site for the event, Jack’s Fry Shack, a first for the event. Only cash will be accepted for raffles and food.

Some prizes for raffles include a Yeti cooler, an underwater fishing camera, an ice auger, Amazon Fire tablets, and a YMCA or REC Center membership.

The proceeds go to Communities That Care and the Healthy Youth Coalition of Marinette and Menominee Counties, the event’s sponsors. HYC is a youth-led group that focuses on drug and alcohol prevention. CTC is the adult-led version of HYC that attempts to make a change in both counties for youth drug and alcohol prevention.

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