

OCTOBER 2022

SCHOOL MENTAL HEALTH SPOTLIGHT

Rural Community Collaboration



STRIDE of Door County

INTRODUCTION AND BACKGROUND

STRIDE stands for Strengthening Trust & Resilience, Instilling Independence, and Discovering Empowerment.

STRIDE is a collaborative school-based mental health program established to address the growing need for mental health care for students in Door County. Members of the collaborative include all five Door County public school districts, seven local mental health providers, and the United Way of Door County. We all work closely and cooperatively to address the unique barriers that limit access to essential mental health services in our area.

STRIDE offers one-on-one mental health services on-site in each of the Door County schools. STRIDE mental health providers dedicate one or more days a week, to provide one-on-one services for students or education/training for school staff regarding school-based mental health.

STRIDE also works closely with an art therapist to offer programming that aims to empower Door County youth through creativity and wellness education called STRIDE Creative. STRIDE Creative offers virtual programs that combine positive psychology and art therapy.



NAVIGATING REFERRALS

STRIDE was able to hire a full-time Mental Health Navigator to provide in-school office hours for each of the mainland schools. The new Mental Health Navigator has been in the school since the middle of January and has been using that time to develop relationships with the students, staff and school resource officers.

It is through these relationships that STRIDE is able to better determine the specific needs of each school when it comes to the mental health needs of the students.

The Mental Health Navigator communicates more effectively with school staff and counselors in order to ensure that STRIDE receives referrals and documentation necessary for understanding the progress being made.

ACCESSIBILITY

The ultimate goal of STRIDE is to provide mental health services for all youth regardless of where they live, attend school, or their financial status. As a peninsula, the geography of Door County presents a unique set of barriers when it comes to accessing services. By bringing the community mental health professionals into the schools, STRIDE has been able to offer students the one-on-one counseling they need but may not have otherwise been able to access.

MIGHTY TEENS

The STRIDE Creative provider developed a nine-week, online art journaling program called Mighty Teens to help pre-teens and young adults manage stress and anxiety through creativity. The program is self-paced, online and free—all of which lend themselves to easier access for all interested parties regardless of location, availability and financial limitations.

The Mighty Teens and other resources can be found at stridecreativcdc.com



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