

# REFLECTIONS

DAY TREATMENT PROGRAM  
SOUTHWEST METRO INTERMEDIATE DISTRICT 288

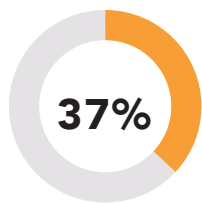
## ACCESSIBLE MENTAL HEALTH

Reflections is a Day Treatment program for students aged 10 to 19 which addresses mental health needs of adolescents and children who require intense therapeutic services. Referrals are made through the Scott County Mental Health Center.

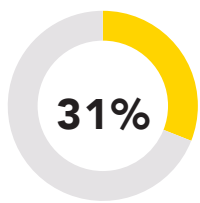
Public schools have become the frontline of children's mental health services, especially for Minnesota's 125,000 students who receive special education services.

Reflections Day Treatment allows students to have their mental health needs appropriately addressed without falling behind on their education.

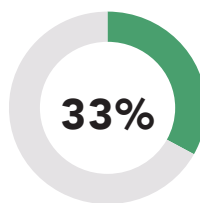
## VARIED BACKGROUNDS



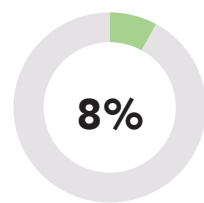
Have a Primary Disability



Students of Color\*



Not yet in High School



Eligible for Free / Reduced Meals

AVERAGE TIME SPENT AT  
REFLECTIONS IS  
**6 TO 9 MONTHS**



Students are able to get the care that they need in a reasonable amount of time without missing out on credits.

We are able to serve a large population of students without turning anyone away.

**DARREN KERMES**  
SUPERINTENDENT

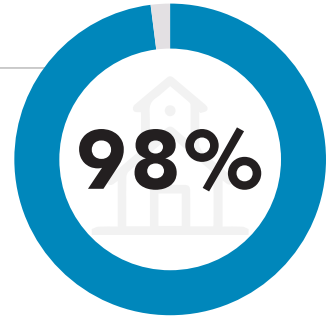
(952) 567-8102 | [dkermes@swmetro.k12.mn.us](mailto:dkermes@swmetro.k12.mn.us)

\* Students of color were defined as students who identified themselves as African American, Asian/Pacific Islander, Hispanic/Latinx, and/or Native American/Alaska Native. Students can self-identify in multiple categories of ethnicity.

## EDUCATIONAL SUCCESS RATE

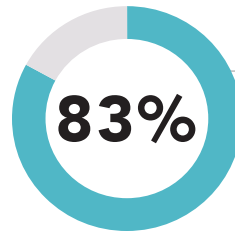
Our goal is to equip students with what they need to be successful.

In the 2018-2019 school year, **98%** of our 52 students were able to manage their symptoms and transfer back to their home districts after time spent at Reflections.



## CLINICAL SUCCESS RATE

An average of 83% of students showed improvement with psychiatric, substance use, medical and/or developmental concerns upon discharge when using the industry-standard CASII tool for measurement.<sup>1</sup>



**SOUTHWEST  
METRO** INTERMEDIATE  
DISTRICT 288



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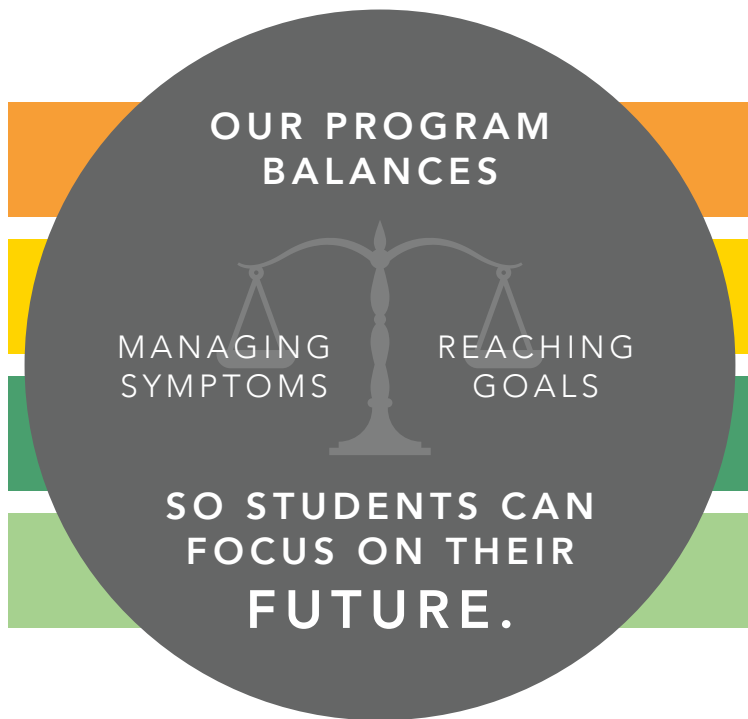
@SWMetro



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“WE PUT 30 STRANGERS IN A ROOM TO TALK ABOUT THEIR FEELINGS, **AND IT WORKS.**”

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## OUR STUDENTS

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### FEARFUL

A 13-year-old female was referred to Reflections because she would have frequent panic attacks at school, avoided class, stopped socializing, and felt fearful in public places. She restricted her food daily due to fear of germ contamination and fear of vomiting. Her first few months at the program were tough as she was still irritable and withdrawn.

Through therapy, she began to identify intrusive and bothersome thoughts and explore the benefits of her emotions. She engaged in gradual exposure of things that previously disgusted her and was able to practice acceptance. Upon leaving the program, she was excited to return to her home school and felt confident working through her discomfort with a positive attitude.

### SELF-HARM

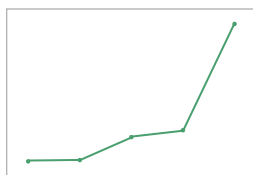
A 17-year-old transgender male was referred to Reflections after multiple hospitalizations for suicidal ideation and self-harm. This student met criteria for Major Depressive Disorder, Generalized Anxiety Disorder, and Autism Spectrum Disorder. Through group therapy, he faced his fears of rejection and developed confidence in social interactions.

This student has reported being free from self-harm for the past several months after the program, and has been reported as feeling happy, has reconnected with family, and attends community events to build meaning and a sense of belonging.

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## INCREASED NEED

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Reflections is enrolling **4 times** as many students in 2019 as it was in 2014.

33 students attended Reflections throughout the 2014-2015 school year. Now we are seeing more than 130 students attending this vital program.

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## GROWTH POTENTIAL

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Some students are still not being reached.

At Reflections, the proportion of students of color and students who are eligible for free and reduced lunch do not match the local demographics. We are working to increase accessibility to mental health resources and reduce the cultural stigma of mental illness in our communities so that everyone has access to the education they deserve.

<sup>1</sup> The Child and Adolescent Service Intensity Instrument (CASII) is a standardized assessment tool that provides a determination of the appropriate level of service intensity needed by a child or adolescent and his or her family. [AACAP. "CASII." AACAP, American Academy of Child & Adolescent Psychiatry, [https://www.aacap.org/AACAP/Member\\_Resources/Practice\\_Information/CASII.aspx](https://www.aacap.org/AACAP/Member_Resources/Practice_Information/CASII.aspx).]