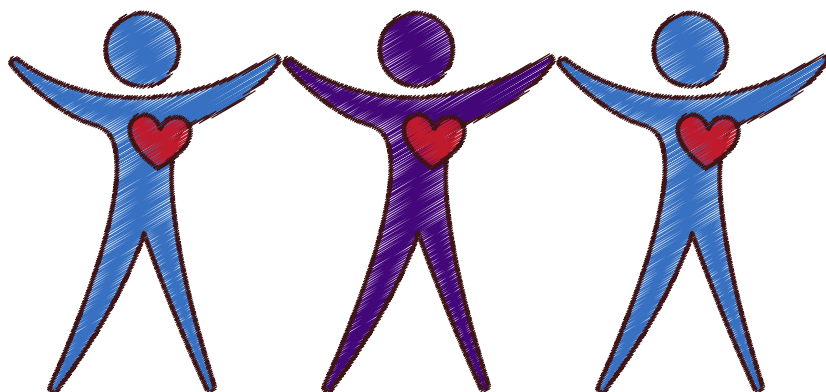


Mental Health and Wellness Resource Guide



School District of Beloit

7 Mindsets: Social emotional curriculum used in grades 9-12, delivered by teachers. 678.878.3144 | 7mindsets.com

Bullying Prevention Program: With the research-based Second Step Bullying Prevention Unit, Kindergarten–Grade 5 students learn to recognize, report, and refuse bullying. 800.634.4449 | cfcchildren.org

Child Protection Program: Teaches children to be safe by paying attention to their "Early Warning Signs" when a situation seems unsafe; delivered by elementary and intermediate school counselors/social workers to students in Pre-K through 5th grade. 800.634.4449 | cfcchildren.org

Positive Behavior Interventions and Supports (PBIS): A proactive systems approach to establish the behavioral supports and social culture in school needed for all students to achieve social, emotional, and academic success.

Parent/Teacher Conferences: Academic progress and school adjustment monitoring through the year at each school (or phone for additional conferences). 608.361.4000 | sdb.k12.wi.us

Second Step Skills for Social and Academic Success: Social Skills program delivered by teacher to Pre-K through 8th grade. 800.634.4449 | cfcchildren.org

Community

Boys and Girls Club: Homework help, recreation, and character development after school and during summers for ages 6-18. 608.365.8874 | statelinebgc.org

Clergy/spiritual leaders' guidance: Find support through your personal spiritual leader.

Rock-Walworth Comprehensive Family Services: Early Head Start, Home-Based and Center-Based Programs. Programs supporting families in their journey of educating & parenting their children during the infant & toddler stages of development. 608.299.1500 | rwcfs.org

YMCA: Family recreation, aquatic, and fitness opportunities to promote health and wellness. 608.365.2261 | statelineymca.org

Youth2Youth 4 Change: The mission of Youth2Youth 4 Change is to reduce substance abuse among youth and adults through positive social change. 608.530.7152 | y2y4c.com

Prevention Services

School District of Beloit

Individual counseling and support groups (i.e. family change, friendship, anger management, AODA, etc.) facilitated by school counselors/social workers. Parent meetings during which academic/behavioral problems are discussed and interventions explored. Contact your designated school or our District office.
608.361.4000 | sdb.k12.wi.us

Community

Beloit Domestic Violence Survivor Center: Domestic violence shelter for women and children. Support services include children's and teen's support groups, and child and family counseling.
Crisis Line: 608.365.1119 or 608.364.1065

(Beloit) Family Support Group and Grupo de Apoyo de Pares en Español: Offered 2nd Tuesday of each month, 6-7:30 pm at Central Christian Church, 2460 Milwaukee Rd, Beloit.
800.608.0104. | namirockcounty.org

Beloit Regional Hospice: Individual grief support as well as free groups for grieving children and adults.
608.363.7421 | beloitregionalhospice.com

NAMI (National Alliance on Mental Illness): Information on mental illnesses, medications, resources, support systems, etc.

Primary Care Physician: Contact your doctor.

Sexual Assault Recovery Program: Support groups, crisis intervention, and trauma counseling.
24 Hour Crisis Hotline: 1.866.666.4576
608.365.1244 | familyservices1.org/sarp

Support Groups: Peer groups facilitated by community mental health providers that have a specific focus (i.e. grief, friendship, social skills, etc.); contact specific mental health providers in the attached resources page.

Rock County Connections: Rock County Human Services Behavioral Health Division Program referrals.
608.757.5229 | co.rock.wi.us

S.M.I.L.E.S. Therapeutic Riding: A safe, therapeutic horseback riding program for individuals diagnosed with a developmental, physical, visual, cognitive, emotional, or social disability of all ages located in Darien, WI
262.882.3470 | smiletherapeuticriding.org

Pediatric and Adolescent Transgender Health (PATH) Clinic: The PATH Clinic in Madison, Wisconsin provides education about medical care options for gender-variant children and adolescents. We can provide the full spectrum of care, from simple observation and guidance to hormone suppression and hormone affirming therapy for children of all ages. Open Tuesday and Wednesday mornings.
608.263.7337 or 866.460.2324
uwhealth.org/genderservices

Support Services

School District of Beloit

Behavior Intervention Plan (BIP): Takes the observations and contributing factors found in the Functional Behavioral Assessment (FBA) and turns them into a concrete plan of action for managing student behavior.
608.361.4000 | sdb.k12.wi.us

Functional Behavioral Assessment (FBA): A problem-solving strategy used to identify significant social, affective, cognitive, and/or environmental factors associated with the occurrence of specific problem behaviors in students.

Student Health and Wellness Center: Mental health counseling services are provided on campus at Beloit Memorial High School. Appointments can be scheduled Monday through Friday from 8:30 am - 4:30 pm. The SHWC is closed on days when students are not in attendance.
608.361.3032 |

Student Intervention Team (SIT): School personnel and parents brainstorm and implement a plan of interventions with documentation and data collection to assist students in correcting academic and behavioral problems.

Community

Independent Living Program: A Dept. of Human Services drop-in transitional living facility program that teaches independent living skills (i.e. budgeting, cooking, job seeking skills, managing personal relationships, etc.) to adolescents “aging out” of foster care (and any adolescents needing guidance in these areas).
608.757.5229 | www.co.rock.wi.us/hsd-mental-health-aoda-services

Outpatient Counseling: Individual, family, and group therapy facilitated by community mental health providers. (see Resources)

Voluntary Support Systems: A variety of support groups are offered through Beloit Health Systems
608.364.5011 | beloithealthsystem.org/support-groups

Intermediate Services

School District of Beloit

Special Education Support: If the IEP Team determines that a disability exists and subsequently, that there is a need for special programming, then placement will occur in the appropriate program(s) with parent permission (i.e. emotional behavioral disability, learning disability, etc.). Contact your designated school or the Special Ed. Department. 608.361.4020 | sdb.k12.wi.us

Community

Beloit Counseling Care: Beloit Health System's AODA Intensive Outpatient Program helps people learn to cope with their addictions as they carry on their daily lives. The program can involve family and others who are close to the client and designs treatment plans to reflect the individual needs of each client. 608.364.5011 | beloithealthsystem.org/counseling-care-center-addictions

Medication Intervention: Psychotropic medications may be prescribed by a psychiatrist or primary care physician for various mental health conditions. 608.363.7421 | beloitregionalhospice.com

Rock County Crisis Intervention: Available 24 hours, 7 days a week, and staffed by trained crisis workers. 608.757.5025

Voluntary Outpatient Alcohol and Other Drug Abuse (AODA) Services: Lutheran Social Services Outpatient Addiction Treatment Certified, trained substance abuse counselors use a variety of evidence-based recovery strategies with the goal of assisting clients in achieving long-term sobriety. 608.752.7660 | lsswis.org/LSS/Programs-Services/Addiction_Corrections/Addiction

Intensive Voluntary Services

School District of Beloit

Special Education: Placement of a student with an emotional behavioral disability (EBD) in a self-contained classroom within the Special Education Program. Contact your assigned school for information or the Special Education Department.
608.361.4020

Beloit Learning Academy: A public, alternative school located within the District.

Community

Day Treatment: Daily, non-residential programming and treatment for children and adolescents with mental health concerns that may involve individual and group therapy, some schooling, and transition planning.

Mercy Health System:

800.341.1450 | mercyhealthsystem.org/service/mental-health-behavioral-health-services/

Crossroads Counseling Center

608.755.5260 | crossroads73.com

Department of Human Services (DHS): Services which may be court-ordered or offered on a voluntary basis to assist families in parenting and providing a safe, nurturing, and stable home environment.
608.757.5025

Involuntary Outpatient Alcohol and Other Drug Abuse (AODA) Services: Court-ordered assessment can be conducted by: Alcohol & Drug Abuse Resource Center (ADARC); also receives referrals from Juvenile Court Services.
608.757.5433.

Juvenile Justice Janesville & Beloit: Provides for screening and disposition of referrals to Juvenile Court Intake and authorization of temporary physical custody placements; provides supervision services to youth who are placed on informal or formal court-ordered supervision; develops a plan to prevent repeat offenses, hold the youth accountable for their actions, and develop personal competencies.
608.757.5433 | <https://www.co.rock.wi.us/hsd-children-youth-families>

Respite Care for Foster Children: Respite is provided by other licensed Rock County foster homes. The foster parent's contact number is (608) 757-5476, and they will assist the foster parents in obtaining respite services. Rock County will do its best to meet all respite requests, but requests need to be made at least 30 days in advance for respite to be assured.
608.929.3565 | <https://www.co.rock.wi.us/hsd-foster-care-respite>

Youth Services Center: Provides short-term residential care to juvenile offenders, delinquent youth, and victims of child abuse/neglect.
608.757.5433 | [co.rock.wi.us/hsd-children-youth-families](https://www.co.rock.wi.us/hsd-children-youth-families)

More Intensive and/or Involuntary Services

Community

DHS Foster Care: Typically court-ordered out-of-home placements in foster homes due to serious safety and maltreatment concerns.
608.757.5200 | co.rock.wi.us/hsd-children-youth-families

Hospital Emergency Room Visit: Beloit Health Systems
608.364.5011 | beloithealthsystem.org

Law Enforcement Involvement: Chapter 51 Emergency Detention – a law enforcement officer takes a child into custody because their recent actions pose a significant risk of harm to themselves or others; they may remain under the emergency detention for up to 72 hours during which time they are assessed at a mental health facility. Call 911.

Relative Placement: An out-of-home placement with a “fit and willing” relative due to serious safety and maltreatment concerns.
608.757.5200 | co.rock.wi.us/hsd-children-youth-families

Community

Dual Diagnosis Inpatient Hospital Program: Rogers Behavioral Health - Child & Adolescent Centers treatment Facility; alcohol/chemical dependency and mental health concerns.
800.417.4411 | rogersbh.org

Inpatient Hospital: Residential hospital setting for the intensive treatment of mental health diagnoses in children and adolescents who are deemed a danger to themselves or others (i.e. Winnebago, Mendota, St. Elizabeth's, Rogers Memorial, etc.); Chapter 51 emergency detention placements are at Winnebago and Mendota. Contact the Dept. of Community Programs regarding Chapter 51 detentions.
608.757.5200 | co.rock.wi.us

Residential Treatment: Intensive psychiatric treatment facility for children/adolescents with mental health/behavioral diagnoses (i.e. Eau Claire Academy, Rawhide, etc.); may be court-ordered or through private arrangements made by parents. Contact Dept. of Human Services Access Unit or Resource Unit for information.
608.757.5200 | co.rock.wi.us

UnityPoint Health: Meriter Child and Adolescent Psychiatry Hospital provides sensitive, responsive and innovative treatment for youth with mental health problems and disorders.
608.417.8777 | unitypoint.org

Beloit Mental Health Providers

Associates in Psychotherapy
608.363.4313
associatesinpsychotherapy.com

Beloit Psychotherapy
608.346.8315 | beloitpsychotherapy.com

Counseling Care Center: Beloit Health Systems
608.364.5686
beloithealthsystem.org/counseling-care-center

Family Services Association
608.365.1244

HOPE - Child & Family Counseling & Adolescent and Adult Therapy
815.601.4673
hopechildandfamilycounseling.com/

Lutheran Social Services
608.752.7660 ext. 5110

Mercy Options
608.363.5500 |
mercyhealthsystem.org/service/mental-health-behavioral-health-services/

Psychological Services
608.365.7078

Student Health & Wellness at BMHS
608.361.3032

Stateline Mental Health Services
608.368.8087 | statelinemhs.com

Beloit Medical Providers

AIDS Network Beloit Office:
Free HIV and Hepatitis C Testing
136 W. Grand Avenue | 608.364.4027

Beloit Area Community Health Center
Dental and Medical Services
74 Eclipse Center | 608.361.0311

Beloit Cancer Center/UW Cancer Center
1670 Lee Lane | 608.364.2200

Beloit Clinic
1905 E. Huebbe Parkway | 608.364.2200

Beloit Hospital
1969 West Hart Road | 608.364.5011

First Choice Health Center
Reproductive Health Center
20 Eclipse Center | 608.313.1305

Mercy Beloit Medical Center
12825 Prairie Avenue | 608.363.5500

Occupational Health, Sports, and Family Medicine
Dental and Medical Services
1650 Lee Lane | 608.364.4666

Rock County Health Department
61 Eclipse Center | 608.364.2010

West Side Clinic
1735 Madison Rd. | 608.363.7510

Resources