



# Cardinal Care Mental Health Supports



**Building a Strong Community  
Because You Matter**

## Student and Family Assistance Program (SFAP)

The Chippewa Falls Area Unified School District has partnered with REALiving and Group Health Cooperative of Eau Claire to offer a Student and Family Assistance Program. This program, offered at no cost to our students or their family members, will provide up to **4 free counseling sessions AND EITHER 4 free Parent Coaching sessions OR 4 free Youth Coaching sessions** to each family in the school district. Please call REALiving at **855-838-7170** OR contact our Mental Health Navigator at [mentalhealthnav@chipfalls.org](http://mentalhealthnav@chipfalls.org) for assistance in setting up the free sessions.

## School Based Mental Health (SBMH)

The Chippewa Falls Area Unified School District partners with several community mental health agencies to provide school based mental health via in-person and telehealth. The therapists are able to meet with a student at school during school hours. Visit [www.cardinalcare.info](http://www.cardinalcare.info) for an up-to-date list of agencies and therapists available in each school.

## Interconnected Systems Framework (ISF)

This program allows the community clinicians to come into our school buildings in order to co-facilitate small groups for students, provide staff members consultation, provide staff professional development, and more. One of our co-facilitated small groups utilizes a miniature therapy horse.

## Project AWARE Grant

The Project AWARE grant, provided through the Substance Abuse and Mental Health Services Administration (SAMHSA) promotes awareness among students, provides training to school staff, and provides families with community resources. This grant funds things such as the BARR program, staff PD, focus groups, Cardinal Care pop-up booths, resilience supplies, and more.

## Mental Health Navigator

The Mental Health Navigator is able to assist families to get set up with the Student and Family Assistance Program, School Based Mental Health services, telehealth, as well as other services. Please contact [mentalhealthnav@chipfalls.org](mailto:mentalhealthnav@chipfalls.org) for help and support.

[www.cardinalcare.info](http://www.cardinalcare.info)

