

Oconto Unified School District - School-Based Mental Health Services

The Oconto Unified School District has partnered with Welk and Associates Family Therapy Center to provide School-Based Mental Health Services to elementary, middle, and high school students and their families. SBMH therapy is separate from our school counseling services but aligns with our goals of providing social-emotional, behavioral, and mental health support to achieve success academically. SBMH therapy sessions will be individualized for each student to address mental health concerns, increase engagement in learning, minimize classroom behavior issues and help improve the overall well-being of each student.

Why provide school-based mental health services?

- Remove barriers for students to access needed mental health services
- Provide services to students in a familiar and comfortable setting
- Reduce out of school time related to travel to therapy appointments
- Increase opportunities to coordinate services with school, staff, and family
- Creates a connected network of caring adults to support the ongoing mental health of students

How do I arrange for school-based mental health services for my child?

Parents and guardians may request SBMH services for their child through completing the School-Based Mental Health Referral Form by clicking the link below or they may contact one of the following school counselors directly.

Click on the counselor's name for email or click the Referral form link below

[Dennis Miller](#) - **Oconto Middle School Counselor**, SBMH Coordinator, (920) 834-7806 x2112

[Pebbles Peterson](#) - **Oconto Elementary School Counselor**, (920) 834-7808 x3117

[Sarah Learst](#) - **Oconto High School Counselor**, (920)834-7812 x1151

[School-Based Mental Health Referral Form](#) or Scan QR Code >



Is there a cost for this service?

Yes. Therapy sessions are fee-based but may be covered in full or in part through your health insurance plan including BadgerCare. Private pay and reduced fee services are also available.

Who is the mental health provider that will be working with my child?

[Amanda Swisher](#) from Welk and Associates in Green Bay will be working with our students to provide counseling services. Amanda is dedicated to helping our students on their journey of healing through building resilience and helping them grow while developing a safe space and fostering a strong therapeutic alliance.

The first appointment with Amanda will be 60 minutes (in person or online) and then follow-up online/Zoom sessions will be 45 minutes.

What's the difference between a school counselor and a family counselor/therapist?

School counselors provide Solution-Focused Brief Counseling intended to help students identify strategies and solutions they can use immediately to manage symptoms and overcome challenges. The SBMH therapists will have more time to spend with individual students and provide more in-depth counseling services over a longer period of time.

