

LUB 9 HLIS NTUJ 2021

Back to School... Based Mental Health

Peb rov qab mus kawm ntawv dua thiab, cia siab tias, yuav zoo li txhua xyoo. Txawm yuav zoo ib yam los, nws kuj tseem zoo li yog lub sij hawm muaj kev hloov ntau yam. Cov me nyuam kawm ntawv yuav tau rau daim ntaub npog qhov ncauj qhov ntswg mus sij hawm ntev, lawv yuav rov ntsib lawv tej phooj ywg tim ntsej tim muag dua, thiab yuav tau rov zaum rau hauv chav kawm mus sij hawm ntev. Txoj kev hloov pauv yog ib qho nyuaj rau txhua tus, tsis hais nws yuav yog qhov ua kom zoo dua rau sawv daws, thiab yuav cuam tshuam rau lub hlwb kev noj qab nyob zoo. Lub hlis no peb xav tham txog qhov peb yuav pab tau koj thiab peb cov me nyuam kawm ntawv li cas xws li muab ib cov tswv yim pab qhia txog txoj kev rov mus kawm ntawv thiab qhia paub txog cov kev pab rau lub hlwb kev noj qab nyob zoo hauv tsev kawm ntawv.



Cov Tswv Yim Pab Qhia Txog Kev Rov Mus Kawm Ntawv

- Saib xyuas koj tus kheej! Koj yuav pab tau koj tus me nyuam kawm ntawv zoo dua yog koj pab koj tus kheej kom noj qab nyob zoo tshaj plaws.
- Pib sim ua tej yam uas lawv ib txwm ua rau hnuv ntawd, xws li, sawv tib lub caij kom pab tau lawv lub hlwb thiab lub cev hloov pauv tau mus raws tej hauj lwm tom tsev kawm ntawv uas yuav muab rau lawv ua.
- Qhia rau tus me nyuam kom tso siab tias nws tej kev xav tsis hais yuav xav txog dab tsi yeej OK thiab muaj nqis. Yog ib qhov keev muaj tsis txawv txav li thaum yus muaj qhov hnov ntshai los yog tsis paub tseeb nrog rau muaj kev zoo siab heev los yog nyob ntsiag to.
- Yog koj pom zoo li koj tus me nyuam muaj kev nyuaj siab, tshwj xeeb yog hais txog kev kawm ntawv, koj yuav tau qhia rau nws kom nco ntsoov tias muaj koj nyob ntawd yog nws xav tau kev pab, tab sis kuj muab sij hawm rau nws los daws nws tus kheej thiab.
- Muab lus qhuas thiab hais lus txhawb siab thiab qhia rau nws nco ntsoov tias nws tau ua tej yam zoo yav dhau los thaum muaj ib qho hloov pauv.
- Tham txog tus kab mob Covid-19 thiab yam nws yuav tau ua kom raws cov cai kom muaj kev kaj huv. Tham txog cov txiaj ntsim yuav tau txais thaum yus ua raws cov cai no xws li, muaj lub siab xav txog lwm tus – es tsis yog tsuas xav txog qhov kev pheej hmoo ua nkaus xwb.
- Yog pheej muaj kev txhawb xeeb mus ntxiv, nyeem cov lus hauv qab no thiab mus koom rau cov kev pab rau lub hlwb kev noj qab nyob zoo (School- Based Mental Health services).



SBMH Yog Dab Tsi?

School-Based Mental Health (SBMH) pib ib txoj dej num los muab cov kev pab rau lub hlwb kev noj qab nyob zoo rau cov hluas. Minnesota tau tsim muaj ib txoj cai School-Linked Mental Health, uas kheev muab hu tias yog, rau cov tsev kawm ntawv los muab kev koom tes ua ke nrog cov kws kho lub hlwb kev noj qab nyob zoo thiab cov kws ua hauj lwm nyob sab hauv lawv cov tsev kawm ntawv. Lub ntsiab yog los txo kom tau cov kev thaiv txoj hau kev los mus nrhiav tau cov kev pab fab kev nyuaj siab mob hlwb rau cov hluas kom lawv noj qab haus huv thiab kawm tau ntawv zoo dua qub. Qhov no yog txoj kev uas coob tus hluas tau txais cov kev pab rau lub hlwb kev noj qab nyob zoo nyob rau niaj hnuv tam sim no. Muaj ntau cov chaw kuaj mob (clinics) thiab kws kho mob muab SBMH cov kev pab nyob thoob plaws Minnesota. People Incorporated ua hauj lwm rau Robbinsdale/Intermediate District 287/Osseo/Anoka-Hennepin Districts.

Tus Xa Tuaj Rau Peb Yog Tus Zoo Li Cas?

Ib tus me nyuam kawm ntawv twg uas muaj teeb meem fab kev nyuaj siab mob hlwb thiab ho tuaj mus kawm ntawv rau ib lub tsev kawm ntawv uas koom rau qhov no, yog tus haum zoo heev rau qhov kev pab cuam no. Peb muab kev pab hais txog ntau yam kev txhawj xeeb rau sab siab ntsws thiab kev coj tus cwj pwm. Cov me nyuam kawm ntawv uas paub tias muaj teeb meem yog thaum lawv pib ua tsis tau ntau yam thiab ntau zaus – qhov no yog nyob hauv tsev kawm ntawv. Cov me nyuam kawm ntawv uas cia li poob qib qhab nias (grades) tam sid, tus kheej muaj kev hloov pauv ntau yam, tsis tuaj mus kawm ntawv thiab zam tsis mus kawm rau qee cov kev kawm (subjects) yog cov uas zoo xa rau SBMH.



Nws ua hauj lwm li cas?

Nram qab no yog piav txog tus txheej txheem txij thaum nrhiav paub tus me nyuam kawm ntawv tias yog leej twg mus txog rau qhov pib cov kev pab:

- Cov neeg ua hauj lwm hauv tsev kawm ntawv xws li cov kws pab tswv yim (guidance counselors), cov neeg khiav hauj lwm pab tib neeg (social workers) los yog cov kws qhia ntawv yog cov qhia paub tus me nyuam kawm ntawv tias yog leej twg. Tab sis li cas los, txhua tus tsis hais leej twg los kuj qhia tau thiab xa tau tus me nyuam kawm ntawv. Yog hais tias koj yog leej niam los yog leej txiv/tus saib xyuas uas tsis paub zoo txog qhov kev pab cuam no, txoj kev yooj yim tshaj plaws, yog tham nrog koj tus me nyuam kawm ntawv tus kws pab tswv yim (guidance counselor) los yog tus neeg khiav hauj lwm pab tib neeg (social worker). Koj kuj tseem xa tau koj tus me nyuam kawm ntawv tuaj rau peb uas yog hu xov tooj ncaj nraim rau peb ntawm 651.774.0011. Peb pab neeg ua hauj lwm (Central Access team) yuav sau koj lub npe thiab xov tooj cia, teem ib lub sij hawm tuaj rau npe, thiab xa cov ntaub ntawv rau koj ua kom tiav ua ntej tuaj ntsib peb.
- Kauj ruam tom ntej yog rau tus me nyuam kawm ntawv thiab leej niam los leej txiv/tus saib xyuas tuaj mus ntsib tus kws kho mob nyuaj siab (therapist) txhawm rau los ua kom tiav ib qho kev ntsuam xyuas txhij txhua (evaluation) thiab tsim kom tau ib daim phiaj npaj kho qhov mob (treatment plan). Qhov no yuav pub rau tus me nyuam kawm ntawv thiab tus kws kho qhov mob los sib paub. Kev sib paub sib raug zoo yog ib qho tseem ceeb heev.
- Thaum ua daim phiaj npaj kho qhov mob thiab qhov kev ntsuam xyuas tiav lawm, tus kws kho qhov mob yuav teem cov sij hawm ntsib tus me nyuam kawm ntawv nyob rau hnuv kawm ntawv. Cov kev sib ntsib kheev yog ib lim piam (week) ib zaug thiab siv sij hawm li 30-60 feeb (minutes), li cas los, tus kws kho qhov mob yuav ua hauj lwm nrog tus me nyuam kawm ntawv los muab kev kho tus mob kom nyob rau theem zoo tsim nyog tshaj plaws.