



youth service bureau

Youth Service Bureau's Chemical Health Specialist in ISD 622

Reem Elkaramany, Chemical Health Specialist, MA, LADC

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Mondays and Wednesdays – North High School

Tuesdays – Skyview Middle School

Thursdays and Fridays – Tartan High School

Reem is available to provide the following chemical health services:

Clinical Services (direct service)

- **Individual support** – provides individualized support to students who are involved with substances, at-risk for substance use, and/or impacted by a loved one's substance use. Assesses need and connects students to outside resources as appropriate. Services range from one session (education, resource connection) to several sessions based on need.
- **Support groups** – offers support groups such as sober support, awareness, skill-building groups (communication, managing emotions, stress management, etc.) and concerned persons groups. Groups are based on need.
- **Parent/caregiver engagement and support** – offers resources and guidance to parents/caregivers of students with substance use issues. Available to meet with parents up to 3 times to provide support if student is resistant to working with Chemical Health Specialist.

Prevention/education Services

- **Staff consultation** – available to consult with staff as needed. When requested, can attend student support meetings.
- **Staff trainings** – available to provide trainings to staff on topics such as 'how to identify students with chemical health needs' and 'substance use trends and ways the school can support chemical health'
- **Parent/caregiver presentations**
- **Classroom presentations**
- **Educational presentations** to high-risk/at-risk students
- **Update resource guides**
- **Partner and engage with community key stakeholders** – attend Ramsey County Coalition and Washington County CONNECT