



youth service bureau

Chemical Health Program

In collaboration with the Stillwater Area High School and St. Croix Valley Area Learning Center (ISD 834), Youth Service Bureau delivers school-based chemical health services that focus on prevention, education, and support services.

To comprehensively prevent and reduce youth substance use, YSB provides an on-site Chemical Health Specialist. She offers direct-services to students and families, and develops, coordinates, and promotes prevention efforts.

Chemical Health Specialist and Program Supervisor: *Julia Geigle, MSW, LICSW.* Julia can be reached at 651-351-8198 or by email: geiglej@stillwaterschools.org

Julia helps students and families access confidential services, including:

- **One-on-one support** for students who use substances, have a history of substance use, and/or are impacted by others' substance use, such as family members or friends
- **Support groups** such as concerned persons and sober support (offered depending on student need)
- **Family sessions** regarding youth substance use with focus on connecting families to resources
- **Parent and staff** consultation
- **Substance use screenings and pre-assessments**
- **Referrals** to outside resources and follow-up support

If you have concerns regarding a student, please contact Julia by phone or email. A referral form is available and can be sent to her by e-mail.

Julia provides services at:

- **Stillwater Area High School:** Wednesdays and Thursdays 7:30 AM – 3:30 PM
- **St. Croix Valley Area Learning Center:** Tuesdays 7:30 AM – 3:30 PM

Please see reverse side for more information on Prevention services.

Youth Service Bureau helps youth and families learn the skills they need to be more successful at home, in school and throughout the community.

*Referrals are welcome from parents, youth, organizations, schools and law-enforcement.
Visit ysb.net for more info.*



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Julia helps students, families, and staff access a variety of preventative chemical health efforts, delivered district wide, including:

- **Newsletter to parents/staff** on chemical health issues (prevention, education, resources, etc.)
- **Student/parent presentations and resource sharing** on chemical health issues such as brain development, prevention tools for parents, peer pressure and refusal skills, and more
- **Staff workshops and trainings** such as the relationship between mental health and chemical health; signs, symptoms, and trends of youth substance use; how to approach a student about their chemical health; etc.
- **Prevention projects** such as Public Service Announcements/educational videos/presentations/posters created with students, implementation of prevention curriculum, school-wide events around substance abuse education and prevention
- **Student groups** that are time-limited and skills focused (stress management, asset building)
- **Review** school policies and procedures regarding chemical health
- **Webpage** on school's website with resources for students and families – mental health too!
- **Chemical and mental health community collaboration** – involvement in Washington County CONNECT, coordination of YSB Chemical Health Advisory Board

Julia also supervises and coordinates the YSB chemical health team which consists of Chemical Health Specialists in ISD 622 and ISD 833

Working together, we can prevent and reduce youth chemical use and infuse wellness into our communities!

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