



The South Washington County School District (ISD 833) has partnered with Youth Service Bureau, Inc. (YSB) to add a Chemical Health Specialist at the middle school level.

The Chemical Health Specialist, **Meghan Heffner, LISW**, provides direct chemical health support services to students and families at the four middle schools. She can be reached at mheffner@sowashco.org or **612-888-7391**. Her services include:

- **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 a focus on connecting families to resources
- **Parent and staff consultation**
- **Chemical Health Screenings and pre-assessments**
- **Referrals** to outside resources and follow-up support

Meghan's weekly schedule:

Monday: Cottage Grove Middle School (virtual)

Tuesday: Oltman Middle School

Wednesday: Lake Middle School

Thursday: Woodbury Middle School

Friday: Float/virtual appointments