



Thad Wilderson & Associates



A Collaborative Partnership between  
Thad Wilderson & Associates  
and the St. Paul Public Schools

## WHO WE SERVE:

Students from kindergarten through high school with mental health concerns that may be impacting learning and behavior at school



## COMMON CONCERNS:

- Change in child's behavior or mood, possibly in response to stress, change, grief/loss, or traumatic event(s)
- Hyperactivity, impulsivity, and attentional concerns
- Verbal or physical aggression in the classroom; oppositional or defiance toward authority figures
- Disruptive behavior that impacts learning (e.g. frequently sent out of class)
- Difficulties socially relating to peers, or struggles with making and keeping friends
- Lack of academic progress or regression of learned skills
- Depression or anxiety

"Servicing the Community  
Since 1975"

## IS THERE A COST FOR SERVICES?

There is no direct cost. We are able to provide services to students regardless of ability to pay using grant funds provided by MN DHS, a family's private insurance, or third-party payers.

## SERVICES OFFERED:

- Diagnostic assessment, review of findings, and development of a treatment plan
- Individual, family, or group counseling and skills training
- Student-specific and school-wide services such as care coordination, parent and teacher training, and consultation
- Referrals as needed for additional services such as psychiatry and case management

*\*Services are provided by Masters level mental health practitioners and professionals with experience working with culturally diverse children with emotional and behavioral concerns ranging from mild to severe.*



**Thad Wilderson, MA, Ed, LP**  
Clinical Director & Founder  
Thad Wilderson & Associates

## WHAT IS THE PROCESS?

1. Student Need Identified: A parent or caregiver may request services by contacting the school counselor or social worker (or by directly contacting Thad Wilderson & Associates).  
  
OR student needs may be identified by a teacher, school social worker, or counselor, with referral made upon approval of parent. A referral packet is completed with a release of information.
2. Parent/legal guardian is contacted by a Thad Wilderson therapist to offer more information, determine eligibility, and schedule an intake session to give consents for treatment, complete initial paperwork, and provide information as part of the assessment and treatment plan.
3. Therapist meets with the student to complete the diagnostic assessment and discuss goals.
4. Review of Findings: When the completed diagnostic assessment and plan is reviewed and signed by the parent/legal guardian, student will begin to receive direct services, typically once a week.
5. Every three months, families will be contacted to discuss progress toward goals, complete a Strengths and Difficulties Questionnaire (SDQ) and sign an updated plan for continued services during the year.

## WHAT IS REQUIRED FROM PARENTS?

- Complete all required paperwork to begin and continue treatment
- Participate in face-to-face meetings for intake/assessment and review of findings
- Participate in the development of treatment goals and review/sign treatment plan and updated plans (every 90 days)

## Thad Wilderson & Associates has offices within the following schools:

Barack and Michelle Obama Elementary

Benjamin E Mays International Magnet School

Galtier Magnet Elementary School

Jackson Elementary

Maxfield Elementary School

St. Paul Music Academy

Battle Creek Middle School

Central High School

Washington Technology Magnet

Humboldt Secondary School

Ramsey Junior High School

Farnsworth Middle School



Our main office is conveniently located and services are available year-round



Services for individuals and families in the St. Paul Metropolitan area, with a focus on children and youth in communities of color, especially the predominantly African-American community of St. Paul, where the agency is located.



Thad Wilderson & Associates

A Rule 29 Mental Health Clinic  
Individual and Family Counseling  
475 University Avenue W  
St. Paul, MN 55103

Phone: 651-225-8997

Fax: 651-225-1697

[www.thadwilderson.com](http://www.thadwilderson.com)