



Dear Tiger Families & Staff,

We are committed to the well-being of our students, staff, and families to create a safe and healthy learning environment. In support of our ongoing commitment, Lake City Public Schools partnered with Care Solace to provide an additional layer of care for our community.

Care Solace is a complimentary and confidential care coordination service that can help you quickly find mental health or substance abuse treatment options matched to your needs regardless of circumstance.

With Care Solace, families and staff gain access to a dedicated Care Companion™ to navigate the mental health care system on their behalf by calling providers to find the right fit and availability. They help families with private insurance, Medicaid, and those with no insurance, and are available 24/7/365 in any language.

Students, staff, and families may access Care Solace services in two ways:

CALL (888) 515-0595 at any time. Support is available in 200+ languages. A dedicated Care Companion™ will help you every step of the way to research options, secure appointments, and follow up to make sure it is a good fit.

You will be asked to answer a few anonymous questions to get matched with an extensive list of care providers at [www.caresolace.com/lcps](http://www.caresolace.com/lcps)

Care Solace is available for use at no cost to you. They will connect you with providers accepting all medical insurances including Medicaid, Medicare, and sliding scale options for those without insurance. All information entered on the Care Solace platform is completely confidential and securely stored.

Students, staff and families that would like assistance in using Care Solace are asked to contact Kris Fuglestad, school social worker, at (651) 345-7018 [kfuglestad@lake-city.k12.mn.us](mailto:kfuglestad@lake-city.k12.mn.us)

## GO TIGERS!

Ariana Wright

Superintendent Lake City Schools

*The Lake City Public Schools is dedicated to education as a life-long process to develop the potential of each student.*



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