


# Supports for Students and Their Families At Central High School



The following are additional resources that students and families can access for additional support with academics, mental health, physical health, behavioral challenges, conflict resolution, attendance concerns, etc.

*If you are concerned about your child but are not sure where to start, contact your student's counselor or our school social worker for assistance with connecting to additional resources and supports.*

<p><b>Central's Student Resource Website</b></p> 	<p><b><u>Physical and Mental Health</u></b> <b>School District of La Crosse: Mental Health Resources and Support</b> <a href="https://www.lacrosseschools.org/couleebridges/">https://www.lacrosseschools.org/couleebridges/</a></p> <p><b>La Crosse County Mobile Crisis Program</b> 24 Hours/day, 7 days/week 608-784-HELP</p>
<p><b>La Cocina Food Pantry</b></p> <p>LA COCINA is our school / community food pantry for all Central and community families in need.</p> <p>La Cocina features a variety of packaged, canned and other non-perishable food items, frozen proteins, toiletries, hygiene products as well as gently used clothing items. La Cocina is located adjacent to the single-doored entrance off the administrator parking lot bordering the intersection of Travis Street and Losey Boulevard. While any staff member can assist students in accessing La Cocina during school hours, additional after school hours will be published in the school bulletin – always open to all students, family and community members.</p> <p>Contact: Sheila Wirkus, Room 207, <a href="mailto:swirkus@lacrossesd.org">swirkus@lacrossesd.org</a></p>	<p><b><u>Western Region for Economic Assistance:</u></b> Medicaid, Foodshare, Foodshare Employment Training (FSET) Program, Child Care, Wisconsin's Caretaker Supplement (CTS), etc.</p> <p>How To Apply for Any of the Above Services: To apply online, go to: <a href="https://access.wisconsin.gov">https://access.wisconsin.gov</a> To apply by phone or to get a paper application, call 1-888-627-0430</p> <p><b><u>Energy Assistance: Wisconsin Home Energy Assistance Program (WHEAP)</u></b> Heating, electric, crisis, furnace, weatherization assistance To Apply For Energy Assistance Call 608-784-HELP (4357)</p> <p>For After Hour Crisis or Furnace Assistance: 608-782-6126</p>

### **New Horizons**

Provides safety and services to adults and families who have experienced intimate partner violence, sexual assault, stalking and harassment so that they can make decisions about their lives in a supportive, nonjudgemental and empowering atmosphere.  
608-791-2610

#### **24-Hour Crisis Line and Shelter**

608-791-2600  
1-888-231-0066

### **School Family Assistance Program**

The Student and Family Assistance Program (SFAP) consists of a team of professionals who provide confidential counseling, consultation, intervention and referral services to students and families in need.

Our team of professionals can assist students and families who struggle with concerns like these:

- Alcohol/drug issues
- Anxiety and depression
- Academic pressure
- Family crises
- Grief
- Peer and relationship struggles
- Parenting issues
- Personal, family, or environment factors that impact academic performance and personal wellbeing

### **Where Can I Go for Help at Central High School?**

#### **If you are in need of social emotional support...**

Talk with a trusted teacher or other staff member and/or Visit Student Services (2nd floor near Losey Blvd.)

Mr. Schaller (last names A-Fo)  
[rschalle@lacrossesd.org](mailto:rschalle@lacrossesd.org)

Mrs. Jandrin (last names Fp-Lh)  
[kjandrin@lacrossesd.org](mailto:kjandrin@lacrossesd.org)

Mrs. Tomesh (last names Li-Sb)  
[mtomesh@lacrossesd.org](mailto:mtomesh@lacrossesd.org)

Ms. Welter (last names Sc-Z)  
[awelter@lacrossesd.org](mailto:awelter@lacrossesd.org)  
Mrs. Wolf (Social Worker)  
[twolf@lacrossesd.org](mailto:twolf@lacrossesd.org)

#### **If you need help with physical needs...**

Visit the health office (2nd floor near Losey Blvd.)

**Sara Lieurance, RN**  
[slieuran@lacrossesd.org](mailto:slieuran@lacrossesd.org)  
608-789-7948

#### **If you have a concern about the school, your safety, or need help resolving a conflict...**

Mr. Axness, Principal  
[jaxness@lacrossesd.org](mailto:jaxness@lacrossesd.org)

Mx. Saurer, Associate Principal  
[msaurer@lacrossesd.org](mailto:msaurer@lacrossesd.org)

NEW HIRE. Dean of Students

#### **If you have questions or concerns about school related activities and sports...**

Mr. Ambrose, Activities and Athletics Director  
[mambrose@lacrossesd.org](mailto:mambrose@lacrossesd.org)