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New School Therapist Relieves Anxieties in East Jordan Public Schools

EAST JORDAN, Mich. – As students return to school in East Jordan this fall, they may notice a new face in the hallway: behavioral health therapist Rebecca Litzner, LMSW. East Jordan Public Schools has partnered with the Health Department of Northwest Michigan to launch the East Jordan Wellness Program to offer on-site behavioral health services for middle and high school students. Funding to launch this project was provided by the Charlevoix County Community Foundation and the Michigan Health Endowment Fund.

Through individual and group counseling sessions, Rebecca will provide support to students dealing with any kind of stressors in their lives. “I’m available to any student of East Jordan Public Schools who wants support. I can help kids with issues such as depression or anxiety, if they are dealing with difficult changes in their lives, or if they are experiencing conflicts with family or friends,” said Rebecca. “I’m looking forward to being in the school, where I will be more accessible to students and their families.”

By providing behavioral health services in schools, the East Jordan Wellness Program helps overcome barriers that may prevent students from accessing the support they need for mental and emotional wellness. Families will not have to worry about transportation, time, or payment; all students need is a consent form signed by a parent. Matt Stevenson, Superintendent of East Jordan Public Schools, explained that making counseling available for students at school is an investment in their futures. “There’s plenty of evidence that absenteeism goes down and graduation rates go up when students have adequate support and the chance to learn healthy coping strategies,” he said. “In short, healthy students learn better, and better learners graduate.”

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego counties. For additional information about the new behavioral health services, call the East Jordan Wellness Program at 231-536-2204 or pick up a brochure at school.