

All Ages

Some parenting questions aren't limited to a certain age or developmental stage. Our BHCs are here to help you with issues such as:

- The challenges of being a single parent
- Parenting across households
- Appropriate, effective discipline



- Sibling concerns
- Learning challenges
- Behavior issues
- Autism
- Trauma and chronic stress
- Difficulties at school
- Screen time and technology use
- Help for children with complex medical needs

Appointments & Insurance

- If you're at the clinic for a well-child or other appointment, Behavioral Health Consultants are usually available without prior scheduling. All you have to do is ask!
- Same day appointments are often a possibility.
- Sawtooth Mountain Clinic's sliding fee scale is available for those who qualify, and several types of insurance are accepted. For questions, inquire at the front desk.

Our Behavioral Health Consultants

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Sawtooth Mountain Clinic
Together Through Life
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Behavioral Health Consultants



Support for Families

The wellbeing of your family is impacted by more than just each person's physical health - everyone's mental and emotional health is important too.

As an integral part of Sawtooth Mountain Clinic's patient care team, Behavioral Health Consultants (BHCs), can help provide you with the information, tools, and support you need to feel better, manage life's changes, and move toward a healthier, happier future, individually and as a family.

This pamphlet will give you an idea of some subjects with which our BHCs can help. You're certainly not limited to these topics. If you have other questions or concerns, just ask!

We're here to help.

Sawtooth Mountain Clinic

Together Through Life



Infants

Babies don't come with instructions, but our BHCs are here to help you learn to navigate the early days and months of parenthood.

They're available to help with topics such as:

- Bonding with your newborn.
- Sleeping through the night.
- "Spoiling" your baby.
- Sharing parental responsibilities.
- Feeling isolated and lonely.

Toddlers & Preschoolers

As babies start to be more mobile, new questions start to crop up.

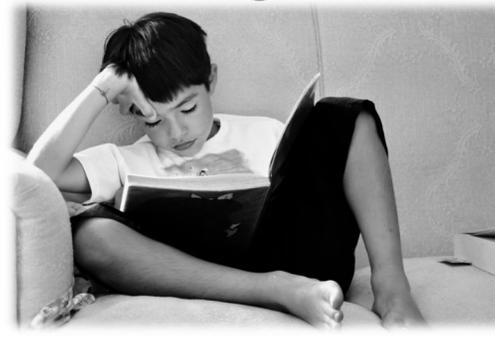
- Potty Training
- Sleep schedules
- Sleep locations
- Discipline and Behavior Modification
- Picky eating
- Playing
- Daycare concerns

Elementary - Age

Life in first through fifth grades brings lots of changes, to both parents and children.

You can visit with a BHC about:

- Parent/child relationships
- Introducing technology
- Screen time
- Healthy eating
- Physical activity
- School avoidance
- Organization
- Study skills
- Grades
- After school activities
- Approaching puberty
- Friendships
- Bullying
- Managing emotions
- Controlling behaviors
- Dealing with learning challenges
- Navigating family changes
- Developing good habits



Tweens & Teens

The middle and high school years can be both challenging and exciting, and sometimes all in the same day. Our BHCs are here to help, as you and your child ride this "roller-coaster" together.

- Smart phone and internet usage
- Puberty
- Emotional and behavioral maturation
- Healthy romantic relationships
- Sexually active teens
- Issues of gender and sexuality
- In-person and cyber bullying
- Feelings of isolation
- Worry
- Sports or competition anxiety
- Healthy nutrition and exercise choices
- Concern about drug or alcohol use
- G.P.A.
- Time management
- Goals
- College and career decisions