



## EDUCATIONAL LEARNING CENTERS

# ELC - Windom ALC - Windom SEL Resources & Information

### School Contact Information

1454 6th Avenue, Windom MN 56101  
507-831-6935

#### Site Administrator

Jason Kratochvil, [jason.kratochvil@swwc.org](mailto:jason.kratochvil@swwc.org)

#### Administrative Assistant

Lisa Paplow, [lisa.paplow@swwc.org](mailto:lisa.paplow@swwc.org)

#### Transition Case Manager

Greg Scheitel, [greg.scheitel@swwc.org](mailto:greg.scheitel@swwc.org)

#### School Counselor

Stacy Baedke, [stacy.baedke@swwc.org](mailto:stacy.baedke@swwc.org)

#### School Social Worker

Paige Spielman, [paige.spielman@swwc.org](mailto:paige.spielman@swwc.org)

#### ALC School Social Worker

Nicole Larson, [nicole.larson@swwc.org](mailto:nicole.larson@swwc.org)

#### Behavior Analyst

Alicia Patterson, [alicia.patterson@swwc.org](mailto:alicia.patterson@swwc.org)

We will be using JMC alerts for larger school announcements, and email/phone calls for other information.

### Talking Tips for COVID-19

#### Be Informed and Accurate

Sticking to the facts can help with anxiety and keep you safe. Use sources like the CDC ([www.cdc.gov](http://www.cdc.gov)) or the Minnesota Department of Health ([www.health.state.mn.us/diseases/coronavirus](http://www.health.state.mn.us/diseases/coronavirus)).

#### Create a “Normal” Routine

Creating a daily schedule (as much as possible) can be reassuring and keep them from becoming more overwhelmed.

#### Hold Family Meetings

This is a chance to give information and check in with your children about how they are doing and questions they might have. Remember to be as calm and reassuring as possible.

#### Review Basic Hygiene & Know COVID-19 Symptoms

Reviewing basic hygiene and giving reminders can help stop the spread. Fever, cough and shortness of breath are all possible symptoms of COVID-19. If you notice these symptoms, contact your health care provider.

### Mental Health & Crisis Resources

**24-Hour Crisis Text-Line:** Free support and information over text. Text MN to 741741

**United Way 2-1-1:** Free and confidential assistance connecting to local health and human services information. Dial 2-1-1

#### Local Mental Health Agency

Cottonwood, Nobles, Jackson, Pipestone & Rock Counties (Southwestern Mental Health): 800-642-1525

#### Local Human Services/Family Services Agencies

Cottonwood County (DVHHH): 507-831-1891

Lyon County (SWHHH): 800-657-3760

Nobles County: 507-295-5213

Redwood County (SWHHH): 888-234-1292

Jackson County (DVHHH): 507-847-4000

Murray County (SWHHH): 800-657-3811

Pipestone County (SWHHH): 888-632-4325

Watonwan County: 507-375-3294