

VEEMAH

Integrated Wellness and Consulting Services, LLC

Main Office: (763) 202-4767 - Fax: (763) 355-5718 - <https://veemah.com/>

Program Supervisor: Dr. Vivian Ballah-Swaray, PsyD, LP

School-Based Therapy Program

(Last Updated 5/1/2026)

VEEMAH is a private practice with licensed mental health professionals providing services for individuals of all ages, including school-based therapy. Our program offers personalized in-school mental health support for students experiencing emotional or behavioral challenges. Services are delivered during the school day to reduce disruption to learning.

Learn more here: <https://veemah.com/school-based-therapy>.

We Focus On

- Personalized interventions tailored to each child's unique needs
- Collaboration with school staff, families, and other providers involved in the child's care
- Empowerment and education to help children and families understand mental health needs and develop practical coping strategies

Cost and Insurance

Services are billed through your child's health insurance, similar to other medical or mental health appointments. Costs vary depending on your specific insurance plan. We encourage families to contact their insurance provider directly to understand coverage and any potential out-of-pocket expenses for psychotherapy services. Invoices are mailed to the student's address on file. Payment information can be found here: <https://veemah.com/pay>.

Year-Round Support

VEEMAH continues to provide therapeutic services during the summer months. Services may be offered in the school setting or at our clinic, depending on availability and the child's individual needs.

How to Get Started – Referral Process

- **School referral:** A school staff member or parent/guardian identifies a student who may benefit from additional support and submits a referral. Referral forms are available here: <https://veemah.com/forms>
- **Parental consent:** The school contacts the parent/guardian to obtain a signed Release of Information form, allowing communication between the school and VEEMAH.
- **Initial contact:** Once the release is received, VEEMAH staff contact the parent to gather intake information. A therapist will then schedule an initial intake appointment at the school or via telehealth. This appointment is also referred to as a Diagnostic Assessment.
- **Parent involvement:** Parents or guardians are expected to participate in the initial intake session and any follow-up sessions included in the treatment plan or recommended by the therapist.
- **Treatment collaboration:** The therapist reviews the treatment plan with the parent and provides relevant updates to school staff (with appropriate consent) to ensure coordinated support for the student.

VEEMAH

Integrated Wellness and Consulting Services, LLC
Tel: (763) 202-4767 - Fax: (763) 355-5718 - <https://veemah.com/>

School-Based Therapy Program Frequently Asked Questions

(Last Updated 5/1/2026)

What is school-based therapy? School-based therapy provides mental health support to students during the school day. Services take place at school so students can receive support without needing to leave campus.

Who provides the therapy? Each school is assigned a licensed VEEMAH therapist or a clinical intern under the supervision of Dr. Vivian Ballah-Swaray, PsyD, LP, owner and CEO of VEEMAH Consulting Clinic.

How is this different from outside therapy? School-based therapy functions similarly to therapy provided in a clinical setting, but services are delivered at school. The program supports students in succeeding not only academically, but also socially and emotionally.

Do parents/guardians need to be involved? Yes. A parent or guardian must complete an intake appointment and provide consent before services begin. Parent involvement is important for treatment planning and progress. Therapists will collaborate with and provide updates to parents throughout treatment, with appropriate consent.

What happens during the intake appointment? The intake is an initial meeting where the therapist gathers information about the student's history, current concerns, and goals for therapy. At least one parent or guardian must attend the intake for each student.

How often will my child receive services? Frequency depends on clinical need, but services are typically provided once per week during the school day. Sessions are scheduled during non-core instructional times whenever possible to minimize disruption to learning. Therapists coordinate with school staff to identify appropriate times.

Is there a cost for school-based therapy? School-based therapy is billed through the student's health insurance. Coverage and cost depend on the insurance plan. Some families may have no out-of-pocket cost, while others may have copays or fees depending on their benefits.

What if I don't want my child to continue services? Participation is voluntary. Parents may request to pause or discontinue services at any time by contacting the school therapist or calling VEEMAH at (763) 202-4767.

Who is VEEMAH Consulting? VEEMAH Consulting is a community-based mental health organization founded in 2018 and located in Brooklyn Center, Minnesota. We provide mental health services for children, adolescents, and adults. Services include in-clinic and virtual therapy, psychological and neuropsychological assessments, and additional supports such as school-based therapy programs. Learn more: <https://veemah.com/>