

United Way of Cass-Clay Bold Goal: Help People Be Independent



FOCUS: STUDENT MENTAL HEALTH



My name is David. I am a 12 year old and I go to school in West Fargo. I am in the 6th grade. I live over by the high school in West Fargo with my dad. My mom died when I was just a baby, so it has just been my dad and I growing up.

My dad told me that when I was a baby, he and my mom struggled with addiction. Both of them had quit drinking, but on Thanksgiving when I was just a few months old, they had a relapse and child services came to our house and they both went to jail. My mom died while she was in jail. So it is just my dad and I.

Sometimes I feel sad and get angry at school. For a while, I was getting kicked out of class because I would get so angry that I couldn't control it around all the other kids. I tried to hide it, but one of the counselors at the school talked to my dad during parent teacher conferences and said that I needed to have therapy.

I didn't tell my dad that I needed therapy because I knew that we wouldn't be able to afford it and that he wouldn't be able to take me to appointments since he has to be at work all day and can't leave work. He was pretty stressed out when he came home from conferences that time. He said he didn't know where he was going to get the money for therapy and who was going to drive me there since he can't leave work.

Then my counselor told my dad and me about Lindsay. She is the SWF at our school. SWF stands for Student Wellness Facilitator. Now I go to talk to Lindsay every Thursday at 9 a.m. I have been going for about 3 months now. Her office is right by the library. I don't have to leave school and my dad doesn't have to leave work. We talk about my dad, why I feel so angry sometimes, and all sorts of other stuff.

Ever since I have been talking to Lindsay, I haven't gotten angry in class or gotten kicked out. My dad is happy, too, because last time he came to parent teacher conferences they told him I was one of the best kids in the class. We were both pretty happy about that.

- David, West Fargo



BOLD COMMUNITY GOALS

1 REDUCE HUNGER & HOMELESSNESS

2 PREPARE CHILDREN TO SUCCEED

3 HELP PEOPLE BE INDEPENDENT

4 LIFT PEOPLE OUT OF POVERTY