

# COTOPAXI CONSOLIDATED SCHOOLS

Fremont County School District RE-3



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Cotopaxi, CO 81223

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[www.cotopaxire3.org](http://www.cotopaxire3.org)

Mrs. VanEsselstine - Superintendent

Mr. Eckelberry - Principal

Dear Cotopaxi School Families –

We want to share an exciting partnership we have developed with Solvista Health. For years, Solvista Health has been offered early childhood-specific support to our staff and students and will continue to do so this next academic year. We have now strengthened our partnership and will be adding some additional supports for students of all grade levels. To start this will include having a Solvista Health team member, Nicole Ortega, MA, available on campus one day a week to offer both individual and group supports for students as identified. As in previous years, Heather Zimmerman, our Early Childhood mental health specialist will also be providing support to preschool/kindergarten children and staff.

In our district, Nicole will support students, their families and staff with needs related to social-emotional learning, emotional well-being, and mental health. She will additionally help make connections to the whole array of services available through Solvista Health both virtually and in-person. We are thrilled to offer this in our schools and are hopeful that this partnership can make a difference for our students by reducing any barriers they may experience to care and also the amount of time away from class in order to access mental health services!

If you have any questions or would like support for your student, please contact our school counselor, Mrs. Christensen at 719-942-4131 x234. You may also reach out directly to Solvista Health at 719-275-2351.

Sincerely,

Ken Eckelberry- Principal