



2024 - 2025

# PATH IMPACT OVERVIEW

Providing Access to Healing (PATH) - A Sheboygan County School-Based  
Mental Health Community Impact Program





# OVERVIEW

PATH is a school-based mental health initiative that places licensed therapists directly in schools to remove financial and geographic barriers to care for students in 3K-12. Clinicians support youth experiencing depression, anxiety, ADHD, and other emotional or behavioral challenges while partnering with families, schools, and community providers to strengthen overall well-being.

Building on its core therapy services, PATH has begun expanding into school-based yoga in select schools to help students build focus, resilience, and emotional balance. PATH also supports districts with mental health crisis response and postvention efforts, helping schools and families navigate critical moments with coordinated care.

Since its start in 2015, PATH has grown from a small pilot to serving all nine public school districts, Head Start, St. John (Plymouth), St. Paul Lutheran (Sheboygan), and Boys & Girls Clubs of Sheboygan County, creating accessible, collaborative mental health supports for youth and families.





# PARTNERS IN PATH

## MENTAL HEALTH PROVIDERS

During the 24-25 school year, 20 full-time equivalent therapists from Access Community Therapies and Lakeshore Community Health Care provided services to 53 partnered schools throughout Sheboygan County.



## EXTENDING THE HEALING

Partner in "Breathe & Believe", a school-based yoga program which provides students with additional tools to care for their mental health and whole person care.

## YOGA ON THE LAKE

## PARTICIPATING LOCATIONS

Schools: Cedar Grove-Belgium, Elkhart Lake-Glenbeulah, Howards Grove, Kohler, Oostburg, Plymouth, Random Lake, Sheboygan, Sheboygan Christian, Sheboygan Falls, St. John Lutheran, St. Paul Lutheran, Plymouth & Head Start

Community: Boys & Girls Clubs of Sheboygan Co.



# FILLING A CRITICAL NEED IN MENTAL HEALTH

Many PATH families can't afford mental health care due to high deductibles or other barriers. PATH fills that gap. With nearly two-thirds of families relying on Medicaid or PATH financial assistance, upcoming 2026 cuts put this access at risk, making continued community support essential.

BARRIERS  
TO CARE



Nearly one in four PATH students last school year reported thoughts of suicide, self-harm, or feeling "better off dead" – underscoring the critical need for accessible school-based mental health care.

1 IN 4

THOUGHTS  
OF HARM



43% of PATH students **struggled with anxiety** during the 24/25 school year. In just six months, symptoms of students with severe anxiety fell by 22%, demonstrating the program's effectiveness in supporting mental health.

43%

ANXIETY



75% of PATH students **struggled with depression** during the 24/25 school year. In just six months, symptoms of students with severe depression fell by 20%, demonstrating the program's effectiveness in supporting mental health.

75%

DEPRESSION



Adverse Childhood Experiences (ACEs) are stressful/traumatic events that can have lasting effects on children's health and well-being and are linked to a higher number of risk factors for leading causes of death in adults. Studies show that adults with **four or more ACEs** – compared to those with none – are at **greater risk of negative health outcomes**. Among PATH students, nearly **half experienced four or more ACEs**.

TRAUMA





# THE IMPACT OF PATH ON OUR CHILDREN



**STUDENTS  
SERVED**

**716**

students received therapy services during the 24/25 school year. The highest number of students served in a single school year since the PATH began in 2015.



**SESSIONS  
PROVIDED**

**11,786**

An increase of over 12% from the previous school year!



**TRUST**

**100%**

100% of PATH students reported if they were hurt, in trouble, or needed support, they would reach out to their PATH therapist. Research shows that having at least one trusted adult in a child's life significantly benefits mental health and reduces risk factors.



**HOPE**

**96%**

PATH students last school year reported greater hope and life satisfaction after participating in PATH, giving youth the optimism and support they so desperately need to thrive.



**RESILIENCE**

**95%**

of PATH students responded positively to their capacity to access supportive resources that bolster well-being.



# VOICES OF SUPPORT



**JASON LEDERMANN**

Director of Special Ed. &  
Pupil Services, SASD

"PATH has been an incredible support for our students, staff, and families. Their personalized services strengthen our community, provide vital mental health care, and connect families with resources. Their partnership truly makes a difference and ensures everyone in our district feels valued and supported."



**PAM ROGERS**

School Counselor,  
Random Lake School District

"The School District of Random Lake highly values the PATH program as a vital resource for students, families, and educators. PATH provides early support, improves academic performance, and builds healthy coping skills, with strong collaboration between families, educators, and therapists that supports each student's well-being."



**ASHLEY HINZE**

Director of Pupil Services,  
Oostburg School District

"Programs like PATH reduce barriers to care and ensure students receive support when they need it. By promoting early intervention, they help students manage stress, build resilience, and develop strong coping skills that support long-term well-being and success."



**NATALIE BILLER**

School Social Worker,  
Sheboygan Area School District

"PATH helps students feel seen and heard while supporting their whole-person growth. Making referrals to PATH gives me confidence and hope that students will get the quality care they need."



**KASEY LEPAK**

School Social Worker,  
Sheboygan Area School District

"Having mental health services in schools lets students access care early, consistently, and without stigma, building a foundation for academic success and lifelong well-being."



**UNITED WAY**  
Sheboygan County



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CAUSE**



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MORE**

