

## Office of Student Wellness and Supports

Division of College, Career, & Student Success

*The Office of Student Wellness & Supports provides assistance and resources for all students to learn, thrive, and grow.*

### Contact List

Contact	Title	Email	Phone
Laura Scheibe	Division Director	<a href="mailto:Laura.Scheibe@state.sd.us">Laura.Scheibe@state.sd.us</a>	605-773-7006
Andrea Effling	School Counseling & Student Support Administrator	<a href="mailto:Andrea.Effling@state.sd.us">Andrea.Effling@state.sd.us</a>	605-220-3813
Sarah Easter	Administrative Assistant	<a href="mailto:Sarah.Easter@state.sd.us">Sarah.Easter@state.sd.us</a>	605-773-3423
Kristin Larson	GED Administrator	<a href="mailto:Kristin.Larson@state.sd.us">Kristin.Larson@state.sd.us</a>	605-773-4726
Kara Schweitzer	SDMyLife and Career Development Specialist	<a href="mailto:Kara.Schweitzer@state.sd.us">Kara.Schweitzer@state.sd.us</a>	605-280-7501

Topic	Contact
ACT test prep (Methodize via SDMyLife)	Kara Schweitzer
Community-Based, Clinical Mental Health Counselors & Social Workers Liaison	Andrea Effling
High School Equivalency/GED®	Kristin Larson
K-12 Career Development	Kara Schweitzer Andrea Effling
Personal Learning Plans (PLPs)	Kara Schweitzer
School-Based Mental Health Providers	Andrea Effling
School Counseling Specialist	Andrea Effling
School Psychologists Liaison	Kara Schweitzer
School Safety (Safe2Say.sd.gov)	Laura Scheibe
School Social Workers Liaison	Kristin Larson
SDMyLife	Kara Schweitzer
Soft Skills	Kristin Larson
Suicide Awareness & Prevention	Andrea Effling Kara Schweitzer
Suicide Awareness & Prevention Training Approval	Andrea Effling
Telemental Health Liaison	Andrea Effling