



School Year 2026 – 2027

Dear Families and Caregivers,

Welcome back to the 2026-2027 school year! We are excited to reconnect and see students back at school. We are looking forward to continuing our partnership with the H.D. Cooke community.

Christina Hoehner is a licensed School Based Mental Health Therapist from Mary's Center, and offers individual, group, and family therapy to students and families experiencing mental health stressors and needs, such as anxiety, depression, disruptive behavior, trauma, hyperactivity, grief/loss etc. while striving to increase success at school and home. Ms. Christina is eager to support caregivers and parents in talking about parenting skills and empowering parents to engage in the therapy process with their child. Ms. Christina is available for caregiver consultations should you have questions about supporting your child or about mental health therapy!

In addition to therapy services, Mary's Center offers social services for students receiving therapy and their caregivers and families, such as referrals to community resources, support with food, legal support, insurance enrollment, and connection to medical and dental services.

Please reach out to Mary's Center staff and/or the school's Wellness Team, including school social workers, counselors, and administrators, should you believe your child or family may benefit from support services provided by Mary's Center. We are here to support your child and family as we reintegrate back to school and make strides together to connect and grow.

We look forward to meeting you and to another year of partnership with H.D. Cooke.

Sincerely,

Mary's Center School-Based Behavioral Health Team



Mary's Center

Below are some common questions that many caregivers have about mental health services.

Why may my child/student benefit from mental health services?

A lot of children, like adults, can benefit from therapy. Significant life events - such as the death of a loved one, divorce, a move, a separation from a caregiver, exposure to community violence, a major illness, or another traumatic event - can cause stress that interferes with a child's behavior, mood, sleep, appetite, and overall functioning. Therapy can help children work through these challenges as well as develop problem solving skills that can help improve behavioral functioning, success in the classroom, family relationships, and peer relationships.

Which students can receive therapy at H.D. Cooke?

Any student that is enrolled at H.D. Cooke and is not currently receiving therapy elsewhere or behavioral support services (BSS) at the school as part of an IEP/504 is eligible to receive therapy from the Mary's Center School Based Mental Health Therapist. The following health insurances are accepted: Medicaid (Trusted, Medstar, AmeriHealth Caritas DC, Health Services for Children with Special Needs); Straight Medicaid; DC Healthcare Alliance; Medicare; and private insurances.

Can I receive support for community resources?

Mary's Center offers social services for students receiving therapy and their caregivers and families, such as referrals to community resources, support with food, legal support, insurance enrollment, and connection to medical and dental services.

How do I obtain therapy services for my student?

If you believe that your student would benefit from therapy, please contact:

Ms. Christina at choehner@maryscenter.org. You can also reach out to a member of H.D. Cooke's school's wellness team about making a referral for therapy.