

NEWS RELEASE HUDSON CITY SCHOOL DISTRICT

FOR IMMEDIATE RELEASE

Mental Health Support Reached Every Campus at Hudson City School District

A partnership with Cartwheel has proven to connect students and families to virtual care quickly

HUDSON, NY — June 3, 2026 — Since 2024, Hudson City School District has partnered with Cartwheel, a virtual mental health provider, to expand access to mental health support for students across the district. This past school year, every school in the district referred students for care for concerns ranging from anxiety and academic stress to depression, self-esteem challenges, and school avoidance. The district also exceeded its referral goal, a clear signal that when access is easy, community needs can be met.

Families have also reached out for support directly. Through Cartwheel's [Family Interest Form](#), parents and caregivers can request mental health support for their child without waiting for a school referral.

Cartwheel's care model was built to remove the barriers that typically keep students from getting help: transportation, insurance gaps, language, and waitlists that can last for months. With Cartwheel, care is delivered virtually by New York-licensed clinicians, and students are matched within days. Services are free for families on Medicaid, and Cartwheel accepts all major insurance plans. For students whose first language isn't English, Cartwheel matches them with a clinician who speaks their native language.

"As an educator, I know that a student who is struggling emotionally cannot reach their full potential in the classroom," said Alyssa Sabbatino, Interim Executive Director for Curriculum and Instruction at Hudson City School District. "Partnering with Cartwheel means that students and families in every building have a path to support and we've seen what that access means for kids."

"Mental health is the hidden driver of the challenges that schools are trying to solve like attendance, behavior, academic performance," said Joe English, CEO of Cartwheel. "Hudson City Schools is a clear example of what happens when a district is genuinely committed to getting kids the support they need."

Support Continues Through Summer

As the school year comes to a close, Hudson City School District wants families to know that these services continue throughout the summer. Students currently receiving care will remain in the program and families who haven't yet connected can still do so. Parents and guardians can submit a [Family Interest Form](#) at any time to request mental health support for their child.

About Hudson City School District

Located in the heart of Columbia County and overlooking the scenic Hudson River, the Hudson City School District's three schools cover 50 acres on two campuses approximately half a mile apart. HCSD has nearly 600 employees and serves a diverse student population of about 1,700 (K-12).

HCSD provides a variety of academic, extracurricular and civic opportunities to help students develop the essential skills they need to lead successful futures. The school district strives to support students as they develop the skills needed for success as college students, working professionals and responsible, contributing citizens.

About Cartwheel

Cartwheel is the nation's largest telehealth provider for PreK-12 schools, students, and families. Cartwheel partners with 350 school districts across 15 states to deliver comprehensive mental health services to students, families, and school staff. Founded in 2022 by educators and clinicians, Cartwheel combines evidence-based clinical care with technology to ensure every child has access to high-quality mental health support. Cartwheel accepts all major insurance plans including Medicaid and provides care at no cost to uninsured families.

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Contact

Daniela Carrillo

Questar Communication Specialist

carrillod@hudsoncsd.org

Hudson District Office: Mon, Wed, & Fri

Ext. 2142

Alyssa Sabbatino

Interim Executive Director for Curriculum & Instruction

Hudson City School District