



Update: CUSD Mental Health Supports

October 24, 2019

Presentation to the Governing Board
Rosanna Palomo, Student Services Director

Mental Health Supports

- School Counselors
- School Psychologists
- Licensed Marriage Family Therapist
- CASSY - Counseling and Support Services for Youth
- Uplift
- First 5

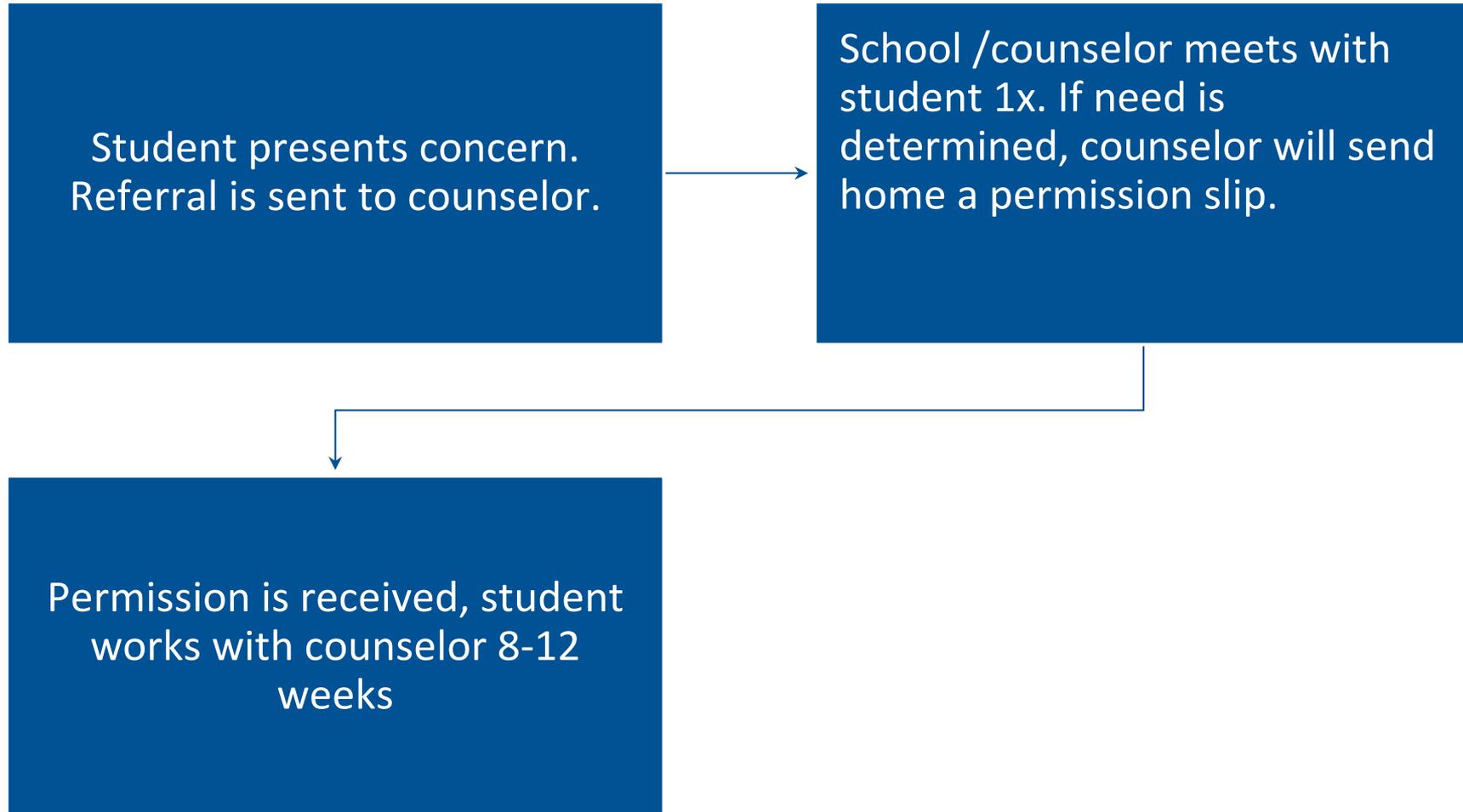
Mental Health Referral Data 2018-2019

Organization	Number of Referrals Received	Number of Students Served
First 5	39	33*
CASSY	195	195
Uplift	135	132**
Call Center	3	3

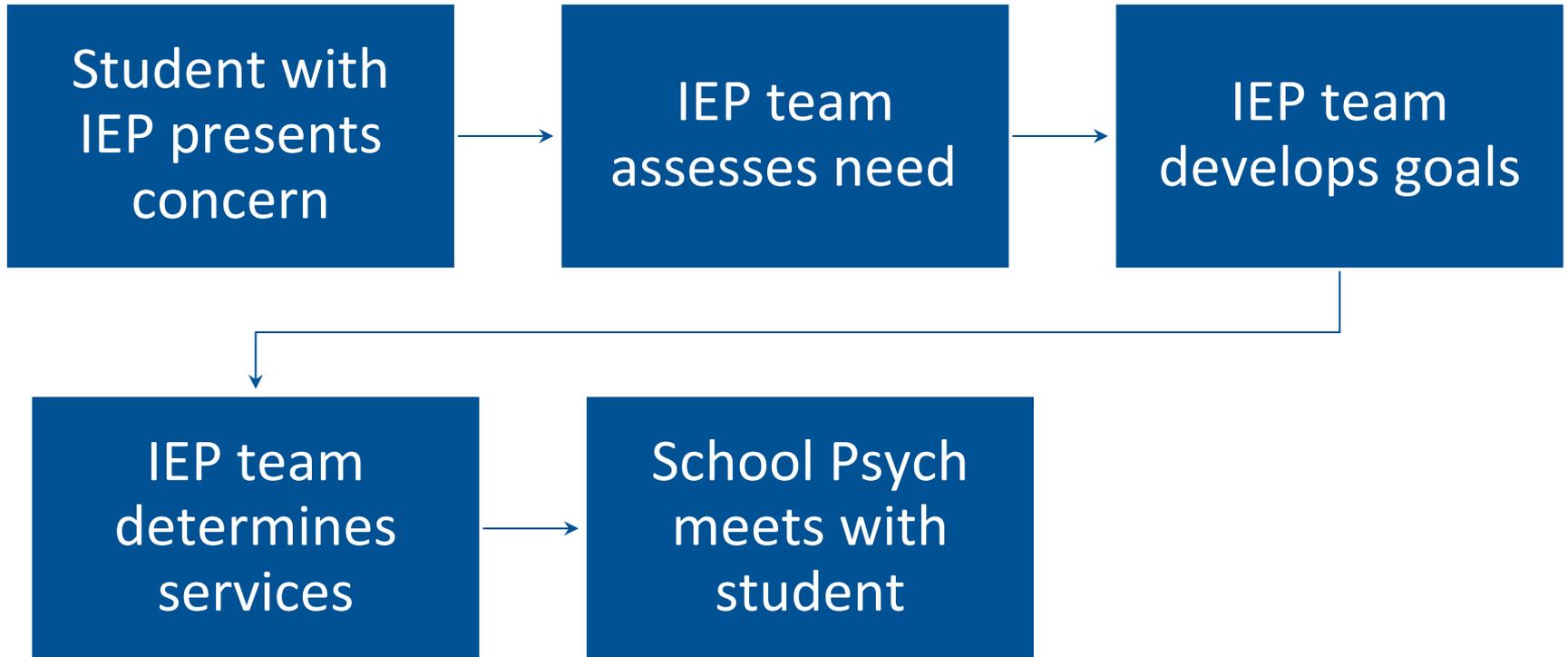
*Students either declined or First 5 was unable to link to services

** 3 students were unable to link to services

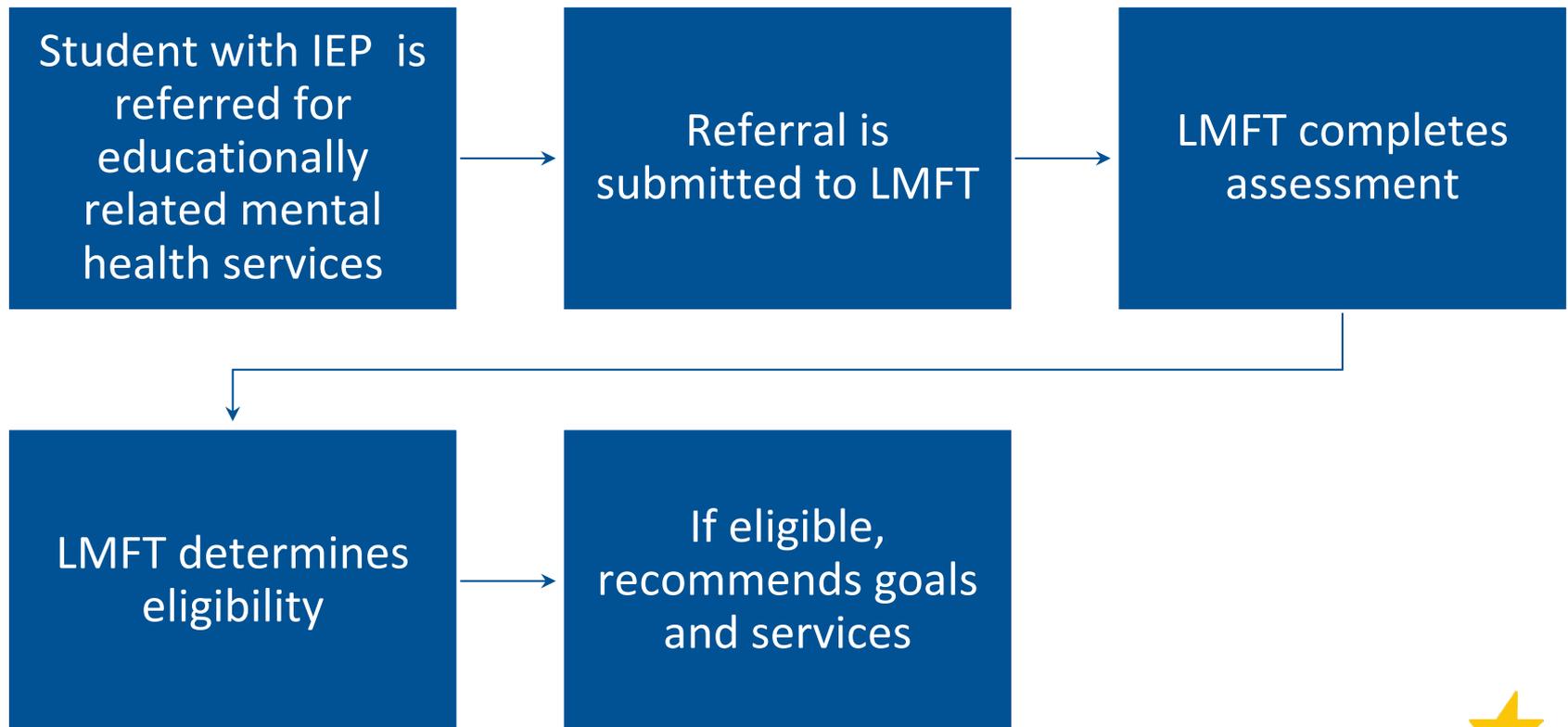
Referral Process: School Counselor



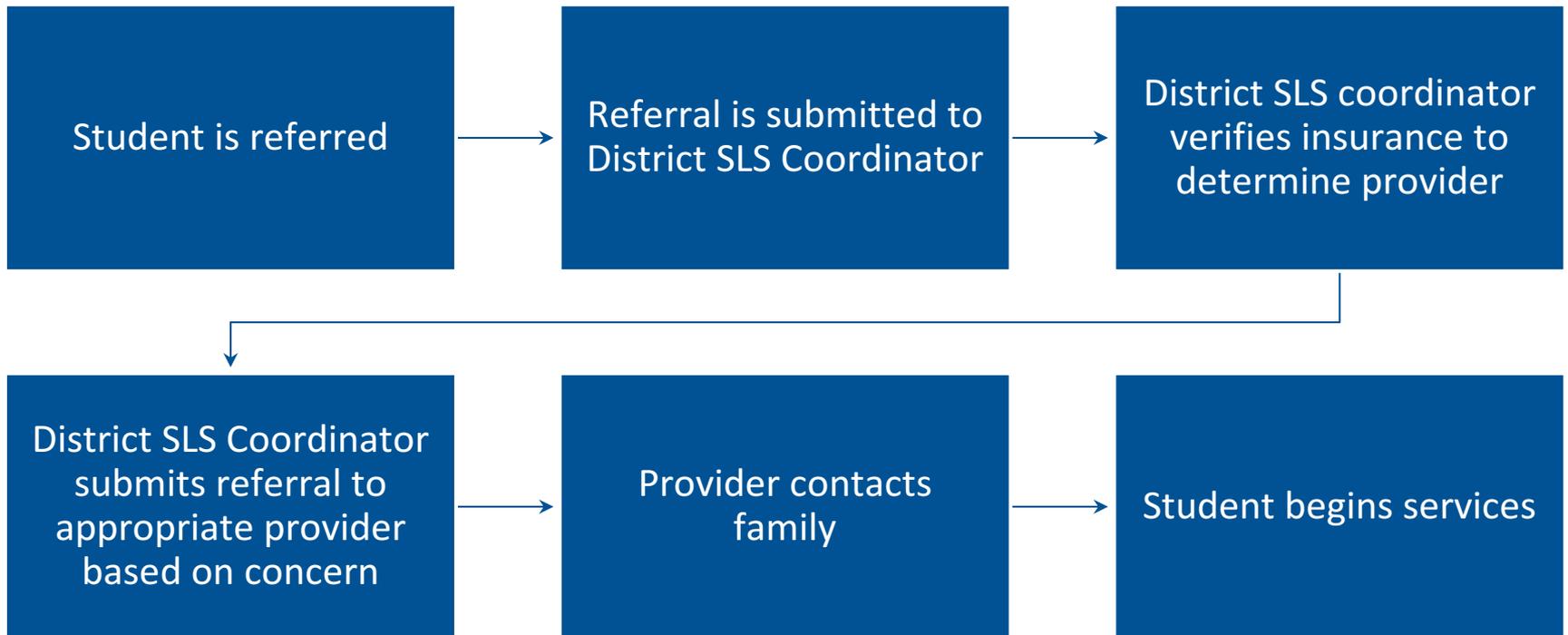
Referral Process: School Psychologist



Referral Process: Licensed Marriage Family Therapist (LMFT)



Referral Process: Outside Provider



Program Descriptions

Provider	Insurance	Level of Care	Program	Suitable youth	Services	Referral docs
FIRST 5	Medi-Cal or Healthy Kids	All levels of care	Varies on family need	Child between 0-5 years 7 mo.	<ul style="list-style-type: none"> . Therapy . Case Management . Behavior Support 	<ul style="list-style-type: none"> . STARTS referral form . Exchange of information
CASSY CSI, Capri Castlemont Lynhaven Monroe Rolling Hills Rosemary	NA	Mild to moderate	Brief therapy up to 12 wks	<ul style="list-style-type: none"> . K-8th grade . Youth is having distress (social and/or emotional) 	<ul style="list-style-type: none"> . Individual therapy . Group therapy . Classroom presentations * . Parent presentations * . Staff presentations* . No summer services 	<ul style="list-style-type: none"> . Referral form . Exchange of information . CASSY consent form

Program Descriptions

Provider	Insurance	Level of Care	Program	Suitable youth	Services	Referral docs
Uplift PEI Blackford Capri Monroe Rosemary	No insurance	Mild to moderate	Short term support 3-6 mo.	.K-8th grade .Prevention and early intervention services	.Individual therapy . <i>PEI family partner</i> : case management/linkage and referrals, parent coaching, community resources . <i>PEI Family Specialist</i> : Behavioral Support in the classroom and/or at home 1-2 times a week. .Family therapy through Strengthening Families Program (SFP)* & Triple P* .Classroom presentations skills streaming*	. Referral form . Exchange of info. form

Program Descriptions

Provider	Insurance	Level of Care	Program	Suitable youth	Services	Referral docs
Uplift SLS Blackford Capri Castlemont Lynhaven Monroe Rosemary Sherman Oaks	Medi-Cal only	Moderate to severe	Long-term support 6-12 mo.	.K-8th grade .Youth is having significant level of distress, trauma and needs deeper therapeutic support	.Individual therapy .Family therapy .Medication support .Psychiatric support .Support at breaks: winter, spring, summer	.Referral form .Exchange of info. form
Counselors Blackford Castlemont Lynhaven Monroe Rolling Hills Rosemary	NA	All levels of care	Brief support up to 10 weeks	.K-8th grade .Youth is experiencing academic, social/emotional or behavioral challenges	.Indiv. counseling .Group counseling .Classroom lessons .Academic support .Check in/Check out .Crisis assessment .Conflict Mediation .SST .504's	.Self, Parent, or Teacher Referral .Students receiving services have signed parent permission on file

School Counselor Support

- ❑ Group counseling
- ❑ Classroom presentations
- ❑ Check In and Check Out
- ❑ Individual Counseling
 - ❑ Meetings with parents and teachers
- ❑ Alum Rock Counseling Center- *MMS only*
- ❑ Safe Schools

Classroom Presentations

Presentations Conducted by CASSY

Introduction to feelings/emotions (Kimochis, The Way I Feel)	Empathy (Have you filled a bucket? How Do I Stand in your Shoes, etc)	Growth vs Fixed Mindsets (The Dot)	Whole Body Listening/Social Explorer's Curriculum (K-1st lessons on "school" skills)
Emotional Regulation/Calming Strategies: Anger, Anxiety, Hyperactivity	Kindness (each kindness)	Perspective Taking/Gratitude (Last Stop on Market Street)	Healthy Relationships (Middle/HS)
Coping Skills	Mindfulness	Friendship/Pro-social skill building (The Invisible Boy)	

Additional Classroom Support

- PBIS
- Toolbox
- Kimochis
- Lifeskills Curriculum
- Panorama
- Insights to Behavior
- Zones of Regulation

Staff and Parent Presentations

Presentation Topics by CASSY

- Introduction to School Based Services
- Teens and General Mental Health Issues
- Impulsivity and the Teen Brain
- Parenting Topics
- Social Media and Mental Health
- Trauma Informed Care

Presentation Topics by Uplift

- Stress Management for Caregivers
- Self-Harm in Adolescents
- Best Practices for Positive Parenting
- Accessing Community Resources
- Trauma Informed Care for parents and victims

QUESTIONS

