

Mental Health Supports in the FUHSD

August 12, 2021

Presented by

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Mental Health/Wellness - What we are really talking about...

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.
- Social and Emotional Learning (SEL) competencies help students manage the difficulties life brings and maintain good mental health.



These Parent Supports were offered last year by FUHSD:

- 6-week series of Parenting Classes offered by Rebekah Children's Services
- Two Webinars by Silicon Valley Teen Therapy Center
- A 2-part Webinar by My Digital Tat2
- A webinar on Eating Disorders



Students received several Advisories over the course of last year.

- Managing Stress during Remote Learning
- Effective Communication
- Goal Setting
- Problem Solving



Most Advisories - regardless of topic- used "Openers" or "Community Builders" focused on Wellness and Social Emotional Learning

20-21 Advisory Example... What is Stress?

★ **Stress** is a feeling of emotional or physical tension that can come from any event, situation, or thought that makes you feel frustrated, angry, or nervous.



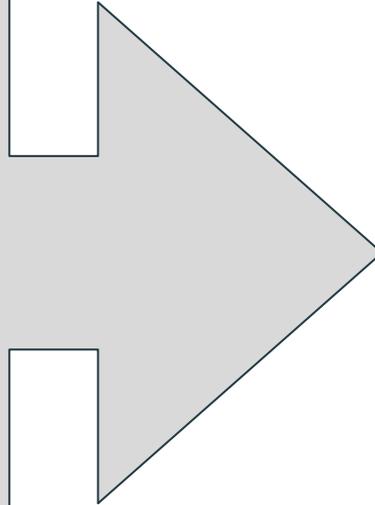
20-21 Advisory Example...

Causes of Stress



Symptoms of Stress

- Homework/Academic Stress
- Fighting with friends and loved ones
- New online learning environment
- Pressure (from self and others)
- High expectations (from self and others)
- Overscheduled/Overloaded
- Death (or change) in family
- Fear of failure
- Uncertainty about future
- Change in routine



- Physical ailments: headaches, stomachaches, muscle pains, difficulty breathing, trembling hands
- Feeling nervous or jumpy
- Feeling overwhelmed
- Feeling tired all of the time
- Trouble concentrating
- Irritability and moodiness
- Difficulty sleeping or sleeping too much
- Difficulty eating or eating too much
- Feeling sad, depressed, hopeless

20-21 Advisory Example... Coping Strategy Focus Today: 3 R's

➤ Relationships



➤ Routine



➤ Resilience



Ongoing Mental Health Interventions

Wellness Check-In Form

School-Linked Services

Care Solace

Short-Term Intensive Behavioral Support Services (STIBS)

School-Based Therapists, School Psychologists, Guidance Counselors



What is a school based therapist? What do we do?

A school based therapist is a licensed marriage and family therapist or a licensed clinical social worker. They provide individual and group school-based mental health services to students.

- Therapy Services
- Intervention meetings
- Staff and parent consultation
- Classroom support



Site Resources

Alpha Group Assistant Principal

Guidance Counselor

School Psychologist

School-Based Therapist



District Resources

School Linked Services

Jasmine Kroner

School Linked Services Specialist

408-522-2288 x 4056

jasmine_kroner@fuhsd.org

Care Solace

www.caresolace.com/FUHSD.



COUNTY OF SANTA CLARA

Behavioral Health Services

Isaac Gutierrez, LCSW



COUNTY OF SANTA CLARA

Behavioral Health Services

SUBSTANCE USE TREATMENT SERVICES (SUTS)
CHILDREN, FAMILY, & COMMUNITY SERVICES DIVISION (CFCS)

**Clinicians provide Substance
Use Treatment for Medical and
non- insured families**



Current drug trends in the County of
Santa Clara:

- Fentanyl
- Marijuana, “wax”, other forms of THC
- Prescription pills (Percocet, Xanax)
- Alcohol

HOW TO ACCESS SUTS TREATMENT ?

- ❑ Contact our Referral Coordinator
at : **408-272-6518**

YSOCSUTSREFERRAL@hhs.sccgov.org

- ❑ Insurance:
 - *Medi-Cal
 - *No insurance



Adolescent and Drug Use-Parent Guide

Virtual Workshops for Parents



*ENGLISH Every 2nd *Tuesday* of
the Month

6 PM - 7 PM

To Register email:

Gustavo Lozano
Gustavo.Lozano@hhs.sccgov.org
or call 408-230-4586

*SPANISH Every 2nd *Thursday* of
the Month

6 PM - 7 PM

To Register email:

Isaac Gutierrez
Isaac.Gutierrez@hhs.sccgov.org
or call (408) 595-9451



COUNTY OF SANTA CLARA

Behavioral Health Services

Supporting Wellness and Recovery

Mental Health Resources For Youth

Evelyn Quintanilla



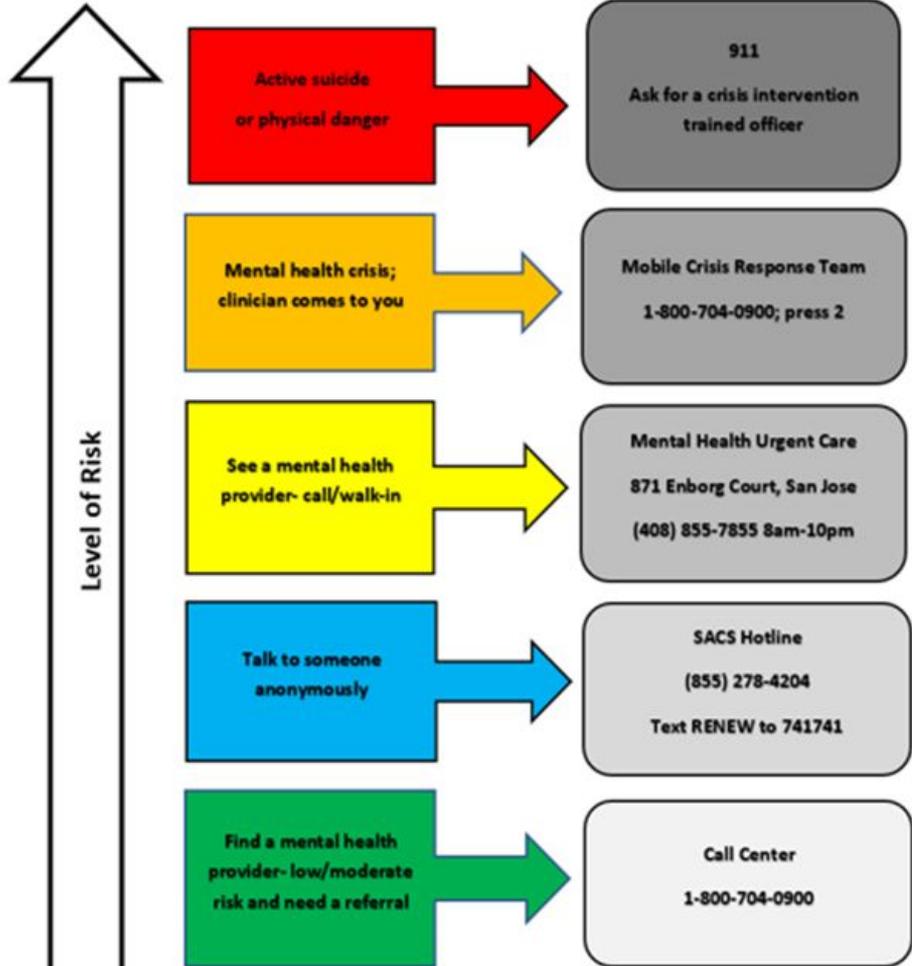
Survey

- <https://docs.google.com/forms/d/e/1FAIpQLSeljUVgm5L066AbLuug5lvj1SPRA2dnztmfML4z1vSIOh2h9A/viewform>

Disclaimer

- While we will discuss various levels of risk, this workshop does not certify you to make any mental health decisions for any individual.
- The information provided is solely to inform and empower you to get someone in a crisis to appropriate professional help.

Ladder of care



Find a mental health provider

- Mental Health Referral Call Center: (800) 704-0900
- Allcove: www.allcove.org
- LGBTQ Youth Space: (408) 343-7940

Talk to someone

- Suicide & Crisis Hotline: (855) 278-4204
- Crisis Text line: RENEW to 741741
- Teen text line: TEEN to 839863, 6pm-9pm
- Bill Wilson Center- Safe Place Crisis Line: (408) 850-6125
- Trevor Lifeline: (866) 488-7386

Walk-in services

- Mental Health Urgent Care
- 871 Enborg Court, San Jose
- (408) 885-7855

Mental Health Crisis

- Uplift Family Services
- (877) 412-7474

Emergency

- 911
- Ask for a CIT officer

The importance of self-care

Physical Activity--Practicing moderate intensity physical activity such as walking, cycling, swimming or participating in sports at a desirable frequency.

Healthy Habits--Includes having a nutritious, balanced diet with appropriate levels of calorie intake, ensuring adequate amounts of sleep, taking care of basic hygiene needs.

Risk Avoidance or Mitigation--Includes quitting tobacco, limiting alcohol use, getting vaccinated, using sunscreen.

Healthy Relationships--Nurturing family and friend connections, sharing openly, asking for support, engaging in play activities with loved ones.

Spiritual Endeavors--Journaling, attending worship activities, prayer, meditation, yoga, engaging mindfully in the creative arts, gratitude practice. Any activity that cultivates a sense of purpose or meaning in one's life.

Questions?

Please use the Q&A box on your screen

