

AVUHSD Social-Emotional Supports



2021-2022

OVERVIEW

All students within the Antelope Valley Union High School District are supported by staff members, teachers, school counselors, school psychologists, student support coordinators, and other mental health staff that specifically support the students' mental and social-emotional well-being. The Antelope Valley Union High School District's Comprehensive plan includes a Multi-Tiered System of Support framework to best support all our students' needs.

Tier 1

All students are explicitly taught the five core competencies of social and emotional learning. The short-term goals of SEL implementation are to: (1) promote students' self-awareness, self-management, social-awareness, relationship, and responsible decision-making skills; and (2) improve student attitudes and beliefs about self, others, and school. These, in turn, provide a foundation for better adjustment and academic performance as reflected in more positive social behaviors and peer relationships, fewer conduct problems, less emotional distress, and improved grades and test scores (CASEL, 2020).

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. (CASEL, 2020)

Tier 2

In addition to Tier 1, some students receive targeted social-emotional supports provided by our school counselors and student support coordinators. Students participate in small groups specifically addressing their identified needs.

Tier 3

In addition to Tier 1 and 2 a few students receive intensive support provided by our school psychologist, social workers, and mental health agencies.

Students that are in need of more personal one-on-one support receive the necessary support provided within our site resources, and when needed, they are connected with our community resources.

TABLE OF CONTENTS

| | |
|--|-------|
| ❑ AVUHSD Mental Health and Social-Emotional Support Staff | 1 |
| ❑ AVUHSD Mental Health and Social-Emotional Support Agencies | 2 |
| ❑ Mental Health Student Services Site & Staff List | 3 |
| ❑ Student Services Staff Member List | 4 |
| ❑ Signs of Trauma and Distress | 5 |
| ❑ Social-Emotional Supports for Students | 6 |
| ❑ Social-Emotional Supports for Staff | 7 |
| ❑ Social-Emotional Supports for Parents | 8 |
| ❑ School Counseling Departments | 9 |
| ❑ School Based Mental Health Agencies | 10 |
| ❑ Behavioral Mental Health Urgent Care | 11-13 |
| ❑ Sample Plan | 14 |



AVUHSD MENTAL HEALTH AND SOCIAL-EMOTIONAL SUPPORT STAFF

School Counselors

School Counselors support students in three domains; academic, college and career, and social-emotional. Social-emotional supports include individual counseling, conflict resolution, anger management, healthy relationships, depression/coping skills, family issues, grief/loss, anxiety/stress, drug/alcohol/tobacco use, peer pressure, life skills, self esteem, bullying/suicide prevention, foster youth support, and community referrals.

School Psychologists

School psychologists provide direct support and interventions to special education students, consult with teachers, families, and other mental health professionals (i.e., school counselors, school social workers) to improve support strategies for students. They provide individual counseling and crisis counseling. They can make referrals to School-Based Mental Health agencies and outside community resources.

Educational Social Workers

Educational Social Workers provide individual and group counseling to students in addition to providing parent and family support services. They support the mental health specialist role of our school counselors and school psychologists by serving as a crisis team member and supporting the risk assessment process.

Student Support Coordinators

Student support coordinators are teachers that work directly with students in the Student Support Center. These coordinators use culturally relevant evidence-based curriculum to support student behavioral, social, emotional, and academic needs. Additionally, coordinators run various small groups throughout the year, and they also provide one-on-one mentoring.

Educationally Related Intensive Counseling Services (ERICS)

The Educationally Related Intensive Counseling Services (ERICS) Program provides intensive counseling services to students receiving Special Education services who are in need of a higher level of support. Eligibility and the level of need are determined by the student's IEP team. Counseling and assessment services are provided by a team of psychologists and mental health therapists and are determined by the student's IEP goals and objectives. In addition, the ERICS program oversees residential treatment services for those students in need of the highest level of support.

AVUHSD MENTAL HEALTH AND SOCIAL-EMOTIONAL SUPPORT AGENCIES

Antelope Valley Foster Youth Education Program (AVFYEP)

AVFYEP is a Tier 3 support for foster youth who are under the supervision of DCFS, as well as a valuable resource for staff. DCFS social workers are co-located at the following schools:

- Antelope Valley High School
- Eastside High School
- Highland High School
- Lancaster High School
- Knight High School
- Palmdale High School

School Based Mental Health Agencies

The Antelope Valley Union High School District has partnered with the Department of Mental Health (DMH) to provide mental health services to all students through local agencies within the Antelope Valley.

FosterEd Partnership

FosterEd is an initiative of the National Center for Youth Law (NCYL) aimed at improving the educational experiences and outcomes of foster youth. The FosterEd educational Liaisons support our foster students on four of our campuses (PHS, HHS, EHS, and LnHS).

211 for Schools

211 LA provides resources throughout Los Angeles County. Resources include; legal services, food, healthcare, senior services, crisis services, family services, housing and shelter, transit services, mental health, income & employment, veteran services, utility assistance, disability services, LGBTQ, immigration, education resources. Just dial 2-1-1 or text SCHOOLS to 52-211



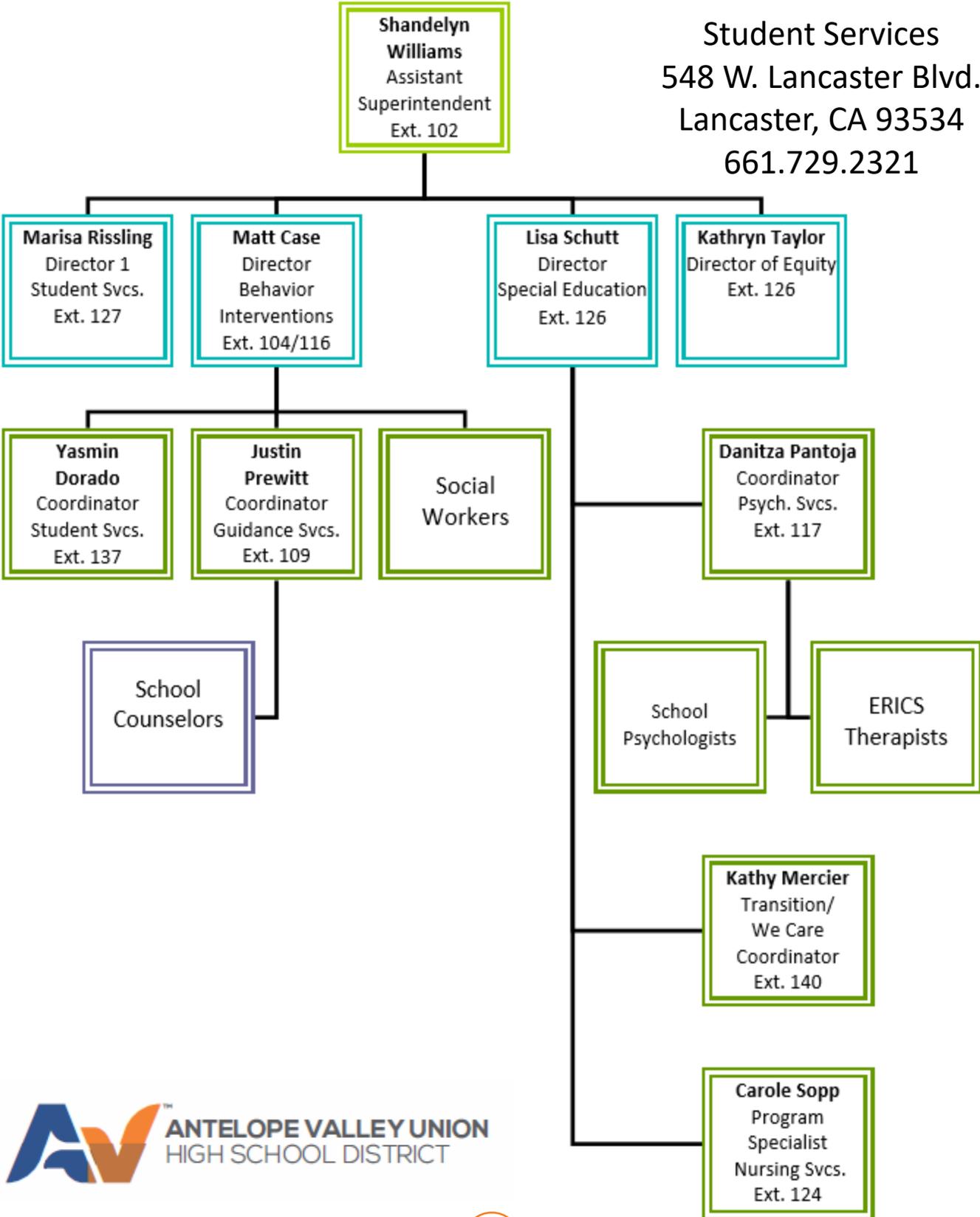
Student Services Site Level Staff Member List

| | AVHS | EHS | HHS | KHS | LHS | LNHS | PHS |
|--|--|---|---|---|--|---|--|
| HEAD COUNSELOR | Chris Haggard | Michelle Stanford | Makeba Hale | Raymond Hart | Robert Walls | Jef Anderson | Maria Rangel |
| COUNSELORS | Gloria Kastner Desiree Heller Craig Cincis Kazeem Tijani Linda V. Cobb | Diana Aguirre Cindy Perez Natsha Weston Leesa Becaria Greg Pelczar Yuridia Bojorquez | Lori Fimbres Megan Powell Cassandra Dumas Angela Robertson Morgan D'Errico Tamieko Rose-Cockrell Cynthia Mesler | Susan Leonetti-Johnson Chelsea Swafford Dan Royster Keisha Como Zahraa Charara Arturo Hernandez Vacancy | John Baxter Erin Spring Cristina Pena Monica Lemeli | Melody Briseno Debbie Penny Gretchen Teaney Melissa Vattioni Alma Ortega Christina Rogge | Drew Bledsoe Michelle Linzy Dianne Hunt Julie Cassidy Ana Flores Giselle Ramos Michelle Hinojosa |
| PSYCHOLOGISTS | Sonia Avila Oscar Mora | Jacquelyn Jones Timothy Thompson | Jacqueline Guillen Nolan Swanson Michael Morgan | Patrick Lane Elizabeth Reichel Claudia Rodriguez | Michael Joy Claudia Rodriguez | Linda Hamid Brett Vedomske | Rosemary Garcia Amanda Sadler Renu Singh-Ferrell |
| EDUCATIONAL SOCIAL WORKERS | Corin Totoris | Corin Totoris | Olabisi Sule-Odu | Juan Serna | Olabisi Sule-Odu | Krista Hawkins | Juan Serna |
| SCHOOL-BASED MENTAL HEALTH AGENCY | Children's Bureau | Child Family Guidance Center | Child Family Guidance Center | Hathaway-Sycamore | Child Family Guidance Center | Hathaway-Sycamore | Child Family Guidance Center |

| | QHHS | AAV | DWHS | PHXHS | DPHS | RRPHS | SOAR HS | ERICS PROGRAM & ERSS (ON LNHS CAMPUS) |
|--|---|---|----------------|----------------|------------------------------|----------------|-------------------|---|
| HEAD COUNSELOR | Jeff Tepper | Cassandra Ramirez | Ima Flores | Brint Laubach | Brint Laubach | Denicia White | Rika Moya | Tracy Spitz Program Admin |
| COUNSELORS | Latisha Sampson Shelly Ryan Larry Queen Dana Roth Gretchen Vidal Juanita Thacker Jacqueline Gamez | SOAR Prep Danielle Bryant Knight Prep Cassandra Ramirez Virtual split Palmdale Prep Derek Myles | | | | | | Therapists: Leigh Larson Maria Castillejo Valentina Troupe |
| PSYCHOLOGISTS | Megan Prindle Kathi DeLaTorre | SOAR Prep/Virtual Larisha Bailey KHS & PHS Prep Site Psychologists | Mario Almazaon | Larisha Bailey | Elvia Hernandez | Mario Almazaon | Mario Almazaon | ERICS Assessors Mary Rose Justice |
| EDUCATIONAL SOCIAL WORKERS | Krista Hawkins | Krista Hawkins | Corin Totoris | Corin Totoris | | Juan Serna | Olabisi Sule-Odu | ERSS Program Stephanie Rodgers Psych/Case Manager |
| SCHOOL-BASED MENTAL HEALTH AGENCY | Hathaway-Sycamore | Hathaway-Sycamore | Masada Homes | Masada Homes | Child Family Guidance Center | Masada Homes | Hathaway-Sycamore | |

Support Services Staff Member List

Student Services
 548 W. Lancaster Blvd.
 Lancaster, CA 93534
 661.729.2321



Signs of Trauma and Distress

We all face trauma, adversity, and other stresses throughout our lives. When people think of trauma, they often think of things like abuse, terrorism, or catastrophic events (big 'T' trauma). Trauma can also be caused by events that may be less obvious but can still overwhelm your capacity to cope, like frequent arguing at home (little 't' trauma). Trauma of any kind can be hard on your mental health, but working on becoming more resilient can help you feel more at ease. (MHA, 2020)

Know the Signs of Stress

What follows are behavioral, physical, emotional, and cognitive responses that are all common signs of anxiety and stress. (SAMHSA, 2020)

BEHAVIOR:

- An increase or decrease in your energy and activity levels
- An increase in alcohol, tobacco use, or use of illegal drugs
- An increase in irritability, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Crying frequently
- Worrying excessively
- Wanting to be alone most of the time
- Blaming other people for everything
- Having difficulty communicating or listening
- Having difficulty giving or accepting help
- Inability to feel pleasure or have fun

BODY:

- Having stomach-aches or diarrhea
- Having headaches and other pains
- Loss of appetite or eating too much
- Sweating or having chills
- Getting tremors or muscle twitches
- Being easily startled

EMOTIONS:

- Being anxious or fearful
- Feeling depressed
- Feeling guilty
- Feeling angry
- Feeling heroic, euphoric, or invulnerable
- Not caring about anything
- Feeling overwhelmed by sadness

THINKING:

- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly and concentrating
- Having difficulty making decisions

Resources

[Know The Signs SAMHSA](#)
[Childmind](#)
[AVDistrict website](#)

Social-Emotional Supports for Students

The Antelope Valley Union High School District is committed to ensuring students have access to necessary social-emotional resources and support, whether they are learning from home or the classroom. The AVUHSD offers various supports for whether in person or remote. Each school site has the following resources available.

Student Support Staff

- School Counselors
- School Psychologist
- Educational Social Workers
- Mental Health Therapist
- Student Support Coordinators

Student Support Center

Our mission is to support students' social-emotional, behavioral, and academic needs by providing students, staff members, and families access to support and resources through communication, collaboration, and consideration in a Student Support Center. The SSC offers an array of support for students through small group activities and individual mentorship support.

Antelope Valley Foster Youth Education Program (AVFYEP)

AVFYEP is a Tier 3 support for foster youth who are under the supervision of DCFS, as well as a valuable resource for staff. DCFS social workers are co-located at the following schools: Antelope Valley High School, Eastside High School, Highland High School, Knight High School, Lancaster High School, and Palmdale High School.

To reach a DCFS Social Worker, please contact the foster youth support counselor at your school.

Social emotional resources for students and families

[#211ForSchools](#)

[AV District Website](#)

[Mental Health Website](#)

[Virtual Calming Website](#)

Student SEL resources

[Habitudes \(SEL\) Curriculum Website](#)

[Hustle University Behavior/ SEL Curriculum Website](#)

[Tobacco Alcohol Drug Diversion \(TADD\) Curriculum Website](#)

Social-Emotional Supports for Staff

The Antelope Valley Union High School District recognizes and appreciates the hard work of our committed teachers and staff members. We believe it is vital to our success as an organization that ALL staff take some time each day to care for themselves. Self-care is necessary for your own mental health and your ability to give our students the very best you have to offer. Below are practical tips to ensure you are taking care of yourself.

Process your thoughts. During and after experiencing trauma, it is common to go into survival mode and not have energy to wrap your head around what happened. It may feel safest to bury painful feelings and avoid confronting them, but acknowledging what happened and how it has impacted you is an important part of healing. When you feel ready, take time to think about how you have been affected and be proud of yourself for pushing through.

Connect with people. The pain of trauma can lead some people to isolate themselves, but having a support system is a crucial part of well-being. Emotional support helps us feel less alone and overwhelmed by traumatic experiences in our lives. Talking to someone who has gone through a similar experience or someone who cares about you can be validating and help you feel better equipped to overcome the challenges you are facing.

Do not compare your experience to others. We often question our own thoughts or experiences, and you may convince yourself that what you experienced was not a big deal because “others have it worse.” Everyone experiences trauma differently, and no one trauma is “worse” than another. If it hurt you, then it hurt you – and your feelings and experiences are valid.

Take care of your body. Stress and trauma impact your body and physical health just as much as your mind. Listening to your body and giving it what it needs will help you heal. This includes eating a nutritious diet, getting enough sleep, staying hydrated, and exercising regularly. Moving your body is especially helpful to trauma healing; aim to do it every day, even if it is only a few minutes of stretching.

Know it will take time. There is no set timeline for how you “should” heal. Remove the pressure of needing to bounce back quickly and focus on taking it one step at a time. Remember: recovery isn’t linear, and it is normal to have bad days and setbacks. It does not mean you are failing. It is just part of the process.

Give yourself grace. Dealing with trauma and stress is no easy feat, but it is still common to get frustrated with yourself and what can sometimes be a slow recovery process. Try to catch when you hold yourself to unreasonable standards. Instead of angrily asking yourself, “why am I acting like this?”, think about how impressive it is that you keep going, despite what you have faced.

Do not feel ashamed to ask for help. It is easy to compare how you are feeling to how you assume others, who have been through similar experiences, are feeling. You may get down on yourself because it seems like everyone else is doing just fine. What others experience and how they cope does not matter in your journey. If you feel like you need (or want) help, it is important to get that as soon as you can.

Source: Mental Health America 2020

Support for Staff Affected by Trauma

[Mental health staff website](#)
[Headspace for Educators](#)
[Mental Health Website](#)
[Virtual Calming Website](#)

Teacher Resources for Students

[Habitudes \(SEL\) Curriculum Website](#)
[Hustle University Behavior/ SEL Curriculum Website](#)
[Tobacco Alcohol Drug Diversion \(TADD\) Curriculum Website](#)

Social-Emotional Supports for Parents

The Antelope Valley Union High School District recognizes the importance of and values the partnership we have with our parents/guardians. We are dedicated to serving as a bridge by connecting our families with community resources needed to support their mental health and physical needs.

Below are many resources available. If you have any questions, please contact the counseling office at your school site.

Resource Links

[SEL Parent Supports](#)

[Mental Health FIRST AID](#)

[Virtual Calming Site](#)

[Mental Health Website](#)

[Suicide Crisis Supports](#)

[Community Agencies](#)

[Homeless/ Foster Youth Supports](#)

[2-1-1 Get Connected. Get help.](#)



School Counseling Departments

Each school has a school counseling department that supports students' overall health and growth as an individual. The school counselors support students in three domains: academic, college/career, and social-emotional. Below are resources offered and ways they support students.

Social/Emotional Support

Including individual counseling, conflict resolution, anger management, healthy relationships, depression/coping skills, family issues, grief/loss, anxiety/ stress, drug/alcohol/tobacco use, peer pressure, life skills, self esteem, bullying/suicide prevention, foster youth support, community referrals.

Academic Support

Including freshman/new student orientation, study skills workshop, academic reviews/probation, standardized testing workshops, 4 & 6 yr. plans, parent-teacher conferences.

College/Career Support

Including career exploration, college applications, FAFSA, post HS options, scholarship research assistance, individual support, workshops, and classroom presentations.

FOR MORE INFORMATION ABOUT THE SERVICES ABOVE, PLEASE
CONTACT YOUR SCHOOL COUNSELING OFFICE.



School Based Mental Health Agencies

Child & Family Guidance Center

Desert Pathways, Eastside High School, Highland High School, Littlerock High School, Palmdale High School

Children's Bureau

Antelope Valley High School

Hathaway-Sycamore

Lancaster High School, Quartz Hill High School, Knight High School, SOAR High School, Knight Prep, Palmdale Prep, SOAR Prep

Masada Homes

Desert Winds High School, Phoenix High School, R.Rex Parris High School

For a comprehensive list of additional community resources and services, please visit our [district website](#).



Behavioral Mental Health Urgent Care

Los Angeles County's new High Desert Behavioral Health Urgent Care Center (BHUCC) is a state-of-the-art facility that provides high quality mental health services. It is the first of its kind in the area. Referred to as "the BHUCC" or "Buck," this 24/7 program provides rapid access to mental health assessment, crisis intervention, and medication support for county residents in the Antelope Valley.

This is a place where people experiencing a mental health crisis can go to get stabilized. It can be compared to an Urgent Care Center where people go for a medical emergency instead of going to the hospital ER. They may stay up to 24 hours, and there is a unit for up to 12 adults (18 years of age and older) and another separate area for up to six adolescents (ages 13-17) on either a voluntary or involuntary basis.



Behavioral Mental Health Urgent Care

About Stars Behavioral Health Group

- ★ In operation since 1988
- ★ Serving many counties across California
- ★ Experience running crisis and acute care programs
- ★ Experience working with agency and community partners

Star View is a subsidiary of Stars Behavioral Health Group, a statewide operator of mental healthcare and other human services programs. Operation of the psychiatric crisis urgent care facility is through partnership with the Los Angeles County Department of Mental Health.

The 9,000 square foot center is built on a six-acre parcel on the High Desert Regional Health Center campus. Star View Behavioral Health operates the BHUCC under contract with LA County's Department of Mental Health.



Contact Us

For more information about the Behavioral Health Urgent Care Center please visit our website at www.starsinc.com/bhucc-highdesert

For Referrals and Information
Phone (661) 522-6770
Fax (661) 723-9079
Se habla español



The Behavioral Health Urgent Care Center is operated by Star View Behavioral Health for the Los Angeles County Department of Mental Health as part of a county-wide system.

Partnering with People for Positive Change



A Program of Stars Behavioral Health Group



Star View

BHUCC
BEHAVIORAL HEALTH
URGENT CARE CENTER

High Desert



Who Are Our Clients?

Our services can be provided to those ages **13-17 as well as adults age 18 and older** who are experiencing a psychiatric crisis and who have a primary diagnosis of mental illness. This includes those who have co-occurring substance use, developmental, medical and/or cognitive disorders.

Our services are also focused on those individuals at high risk for suicide and/or those in need of psychiatric medication management.

Finally, our clients are those with an urgent need for mental health services with no access to them, thereby putting them at risk of decompensation and the need for a higher level of care.



What Services Can We Provide?

- ★ 24 hours per day, 7 days per week (24/7) crisis stabilization
- ★ Crisis Walk-In Clinic – 8 a.m. to 8 p.m. daily
- ★ Medi-Cal certified and LPS designated to write 5150 & 5585 psychiatric holds
- ★ Rapid access to mental health assessment, crisis intervention and urgent medication support
- ★ Case management and linkage to community resources including services for co-occurring substance use disorders
- ★ Services are delivered through a trauma-informed lens and are integrated with interventions for co-occurring substance use disorders as needed.

Our Team

- ★ Psychiatrists
- ★ Psychiatric Nurse Practitioners
- ★ Registered Nurses & LVNs
- ★ Mental Health Therapists
- ★ Recovery Counselors
- ★ Peer & Family Advocates
- ★ Mental Health Safety Specialists

About the High Desert BHUCC

Los Angeles County's new High Desert Behavioral Health Urgent Care Center (BHUCC) is a state-of-the-art facility that provides high quality mental health services. It is the first of its kind in the area. Referred to as "the BHUCC" or "Buck," this 24/7 program provides rapid access to mental health assessment, crisis intervention, and medication support for county residents in the Antelope Valley.

This is a place where people experiencing a mental health crisis can go to get stabilized. It can be compared to an Urgent Care Center where people go for a medical emergency instead of going to the hospital ER. They may stay up to 24 hours, and there is a unit for up to 12 adults (18 years of age and older) and another separate area for up to six adolescents (ages 13-17) on either a voluntary or involuntary basis.

Our Crisis Walk-In Center (the CWIC) operates from 8 A.M. to 8 P.M. daily.

Behavioral Mental Health Urgent Care

Un programa de Stars Behavioral Health Group

Acerca de Stars Behavioral Health Group

- ★ Se inauguró en 1988.
- ★ Presta servicios a muchos condados en California.
- ★ Tiene experiencia en la gestión de programas de crisis y atención para casos agudos.
- ★ Tiene experiencia trabajando con agencias y socios comunitarios.

Star View es un subsidiario de Stars Behavioral Health Group, un administrador de atención de salud mental y de otros programas de servicios humanos en todo el estado. La administración del centro de urgencias para crisis psiquiátricas se realiza en colaboración con el Departamento de Salud Mental del Condado de Los Ángeles.

El centro de 9,000 pies cuadrados se encuentra en una parcela de seis acres en el campo del Centro Regional de Salud del Desierto Alto (High Desert Regional Health Center). Star View Behavioral Health administra el Centro de Urgencias de Salud Mental (Behavioral Health Urgent Care Center, BHUCC) por contrato con el Departamento de Salud Mental del Condado de Los Ángeles.

Comuníquese con nosotros

Para obtener más información sobre el Centro de Urgencias de Salud Mental (Behavioral Health Urgent Care Center), visite nuestro sitio web en

www.starsinc.com/bhucc-highdesert

Para referencias e información:

Teléfono: (661) 522-6770

Fax: (661) 723-9079

Se habla español



El Centro de Urgencias de Salud Mental está administrado por Star View Behavioral Health para el Departamento de Salud Mental del Condado de Los Ángeles (Los Angeles County Department of Mental Health) como parte de un sistema de todo el condado.

Trabajamos con la gente para lograr un cambio positivo



VL - 01/2021 - Spanish

Star View

BHUCC
EL CENTRO DE URGENCIAS DE SALUD MENTAL

High Desert



El nuevo Centro de Urgencias de Salud Mental (BHUCC) del Desierto Alto del Condado de Los Ángeles es un centro de vanguardia que brinda servicios de salud mental de alta calidad. Es el primero en su tipo en la zona. Conocido como "el BHUCC" o "Buck", este programa que funciona las 24 horas del día, los 7 días de la semana, brinda acceso rápido a evaluaciones de salud mental, intervenciones en caso de crisis y apoyo con medicamentos para los residentes del condado en Antelope Valley.

Este es un lugar donde las personas que tienen una crisis de salud mental pueden ir a estabilizarse. Se puede comparar con un centro de urgencias donde la gente va por una emergencia médica en lugar de ir a la sala de emergencias del hospital. Pueden permanecer hasta 24 horas, ya sea que estén de manera voluntaria o involuntaria.

Nuestro Centro para crisis sin cita previa (Crisis Walk-in Center, CWIC) funciona todos los días, de 8:00 a. m. a 8:00 p. m.

¿Quiénes son nuestros clientes?

Nuestros servicios pueden brindarse a personas que estén atravesando una crisis psiquiátrica y que tengan un diagnóstico primario de enfermedad mental. Hay una unidad para un máximo de 12 adultos (mayores de 18 años) y otra zona separada para un máximo de seis adolescentes (de 13 a 17 años.) Esto incluye a quienes tienen trastornos por consumo de sustancias, del desarrollo, médicos o cognitivos coexistentes.

Nuestros servicios también se centran en personas que tienen un alto riesgo de suicidio o que necesitan un control de la medicación psiquiátrica.

Finalmente, nuestros clientes son personas que tienen una necesidad urgente de servicios de salud mental y que no tienen acceso a ellos, lo que los pone en riesgo de descompensación, con la necesidad de un nivel de atención más alto.



¿Qué servicios podemos brindar?

- ★ Estabilización de crisis las 24 horas del día, los 7 días de la semana (24/7)
- ★ Clínica para crisis sin cita previa: todos los días, de 8:00 a.m. a 8:00 p. m.
- ★ Certificado por Medi-Cal y designado según la Ley Lanterman-Petris-Short para evaluar hospitalizaciones psiquiátricas 5150 y 5585
- ★ Acceso rápido a evaluaciones de salud mental, intervenciones en caso de crisis y apoyo urgente con medicamentos
- ★ Manejos de casos y referencias a recursos comunitarios, que incluyen servicios para trastornos coexistentes por consumo de sustancias
- ★ Los servicios se prestan mediante una perspectiva con conocimiento de traumas y se integran con intervenciones para trastornos coexistentes por consumo de sustancias, según sea necesario

Nuestro equipo

- ★ Psiquiatras
- ★ Enfermeras especialistas en psiquiatría
- ★ Enfermeras diplomadas y auxiliares de enfermería
- ★ Terapeutas de salud mental
- ★ Consejeros de recuperación
- ★ Defensores de pares y familias
- ★ Especialistas en seguridad en salud mental

SAMPLE PLAN

Welcome Back Social Emotional Supports Plan

| | Staff | Students | Parents | Resources |
|----------------------------------|--|---|--|--|
| Tier 1 ALL | <p>Welcome Back Staff</p> <p>Inform: Review all safety protocols and procedures with staff from students arrival to dismissal.</p> <ul style="list-style-type: none"> • Share Core Value/SEL teaching calendar • Explain all resources available • How to request mental health services for students and self. • Review documenting discipline (Student Behavior Intervention SBI in power school by VPs) • Review all campus Social Emotional Supports available. i.e. Mental Health, School Counselors, and Student Support Coordinators. <p>Support for Teachers Affected by Trauma</p> <ul style="list-style-type: none"> • http://statprogram.org/training • Mental health staff website: https://bit.ly/teachercalmingsite • Headspace is currently free to Educators: https://www.headspace.com/educators | <p>Welcome Back Students</p> <p>Suspend Curriculum to:</p> <ul style="list-style-type: none"> • Review Core Values behavior and safety expectations/protocols • Review new norms (hand shaking, hugging etc.) • Relationship Building • Habitudes SEL Curriculum Website • Restorative Circles <p>Check in before the lesson</p> <ul style="list-style-type: none"> • Spend 5-10 minutes just talking with students about their weekend, their evening, how they are feeling Etc. • Connect this conversation to your lesson for the day. | <p>Inform: Parents/Guardians</p> <p>Share with parents/guardians the site plan to receive and support students academically, socially and emotionally upon their return to school.</p> <ul style="list-style-type: none"> • Parent dialer providing information on how to access social emotional supports and resources. • Send home a 1 pager about SEL at home and briefly review the concepts that will be covered. <p>Mental Health FIRST AID https://www.mentalhealthfirstaid.org/population-focused-modules/youth/</p> | <p>"HOW I CAN SUPPORT MY STUDENT COHORTS" provided by AVUHSD Ed Services.</p> <p>Habitudes AVUHSD-Website</p> <p>Habitudes Platform Login in</p> <p>Hustle University Virtual Curriculum</p> |
| Tier 2 SOME | <p>Staff Wellness Space</p> <p>Teachers lounge staffed during breaks with a School Counselor and/or School Psychologist for staff.</p> <ul style="list-style-type: none"> • Check In Check Out • Before school, break, and after school. Staff can sign up or just show up. | <p>Student Support Center</p> <ul style="list-style-type: none"> • Tier 2 and 3 supports available. • Behavior Hustle U Curriculum • SEL Habitudes Curriculum • TADD Curriculum <p>School Counseling Departments</p> <ul style="list-style-type: none"> • Small groups • Social Emotional Support | <p>Virtual Parent University (Mental Health Edition)</p> <p>Could be facilitated by counselors, social workers, psychologists, and/or mental health agency assigned to your campus.</p> <ul style="list-style-type: none"> • Signs of mental distress • School and family stressors • Practical tips to support you at home • Resources and supports. | <p>Mental Health Website</p> <p>Virtual Calming Website</p> <p>TADD Website</p> |
| Tier 3 FEW | <p>Staff Wellness check ins</p> <ul style="list-style-type: none"> • Admin complete individual staff wellness check ins. <ul style="list-style-type: none"> • Weekly during prep • 5-10 minutes <p>Provide staff with mental health resources within the community and refer to Personnel for Employee Assistance Program (EAP) resources.</p> | <p>School Based Mental Health</p> <ul style="list-style-type: none"> • Services provided by community agencies will continue. <p>Mental Health Supports</p> <ul style="list-style-type: none"> • Bit.ly/avhdsmentalhealth • School Psychologist • Social Workers <p>Section 504 Student Success Team (SST)</p> | | |