

## Care Solace and Alameda Education Foundation

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Alameda Education Foundation partners with Alameda Unified by providing many different services and supports for our students. They have sponsored access to Care Solace for the 2020-2021 school year.

Care Solace is an online web-based resource with a live 24/7 concierge meant to assist individuals in finding local mental health related programs and counseling services. The Care Concierge is a 24x7 service for parents and staff. They are experts at hand-holding families through the mental health care process. They navigate insurance, look at availability and wait time of resources, and help families schedule appointments with local and trusted mental health resources

To get help finding services, families can call (888) 515-0595 to speak to the Care Concierge team or visit [www.caresolace.com/alamedafamilies](http://www.caresolace.com/alamedafamilies)

## Partnering with you to support our students

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At AUSD we care deeply about our students' well-being, and we know that their mental and emotional health is a crucial part of that well-being.

We also know that students today are dealing with more kinds of stressors than ever before — and that rates of depression and anxiety are skyrocketing among our youth because of those stressors.

That's why AUSD offers a wide array of social-emotional and mental health services to students in grades TK-12.

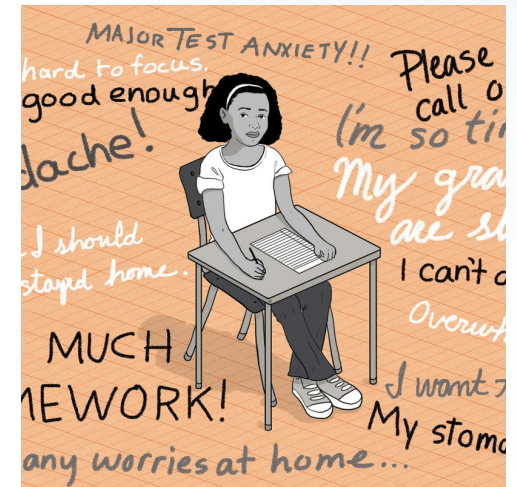
Please use this guide to find information about how to seek services you think your child needs. You can also find information on our mental health web page: [www.alamedaunified.org](http://www.alamedaunified.org)

\*\*\*If you are insured, you can also contact your child's pediatrician and ask to be referred to services through your health plan.



## Family Guide to School Mental Health Supports

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## Our Community-Based Mental Health Partners

### Alameda Family Services

provides counseling services at six elementary schools, two middle schools, and all of our high schools.

### Girls Inc. of the Island City

facilitates G.E.M.S. (Girls. Empowered. Mentor. Support) groups at AUSD nine elementary schools. GEMS provides social-emotional learning and writing literacy skills to girls who need support. Girls Inc. also facilitates The Young Women's Group for middle- and high- school girls providing strategies for coping with stress, self-esteem, and peer pressure.

### A Better Way

provides counseling services for Medi-Cal eligible students at Wood Middle School.

## Guide to Services

**Elementary School Students** can be referred by staff at the school site or their parent/guardian. Groups are the most common recommendation for children at this age. If you would like to discuss services for your elementary school child, please contact your principal.

**Middle School Students** can be referred by staff at the school site or their parent/guardian. Both groups and individual counseling are available. Middle school students can also request brief counseling sessions through their school counselors. If you would like to discuss services for your middle school child, please see your child's school counselor.

**High School Students** can be referred by staff or a parent/guardian. These students can also request services themselves. Group and individual counseling are available and typically are provided through our School Based Health Centers (SBHC),\* which is overseen by Alameda Family Services. Students at the high schools can also seek brief counseling intervention through their school counselors. If you would like to discuss services for your high school child, please contact your child's school counselor.

\*In addition to behavioral and mental health services, the School Based Health Centers at the high schools offer free medical services, health education, and youth development. The SBHC also has a case manager that provide Alcohol and Other Drug (AOD) referrals, as well as services for students at extremely high risk for hurting themselves or others.

## Additional Resources:

### ACCESS Program: 800-491-9099

Referrals and information for people with Medi-Cal insurance.

### Alameda Family Services: 2325 Clement Ave, Alameda 510-629-6300

Provides individual and group counseling for all ages on a sliding scale and through Medi-Cal.

### Crisis Support Text line (24 hours): Text HOME to 741741

### National Suicide Prevention Line (24 hours): 800-273-8255

### SAMHSA Treatment Referral Hotline (Substance Abuse): (800) 662-4673

### Low Fee Referral Network: 510-433-9499

Lower fee counseling and psychotherapy referral service.

### Care Solace (Mental Health & Substance Use referral for Alameda Families); (888) 515-0595

### Family Paths 24 Hour Parent Support and Resource Hotline: 800-829-3777

Free confidential counseling and information to anyone in need of parenting support. Access to caring specialists for one time anonymous calls or regular call backs to support you with your particular parenting or family concerns. Referrals to Family Paths' services or other Alameda County resources.