

## **Students**

### **MENTAL HEALTH**

**BP 5141.5**

The Governing Board recognizes that students' emotional well-being and mental health are critical to their ability to perform to their full academic and personal potential. The Superintendent or designee shall develop strategies and services to reduce the stigma associated with mental illness, facilitate access to mental health services, and help students build resiliency skills, including digital resilience, increase social connections, and cope with life challenges.

The Superintendent or designee shall consult and collaborate with school-employed mental health professionals, the county mental health department, psychologists and other health professionals, social workers, and/or community organizations to strengthen local mental health services and develop and implement an integrated plan to support student mental health.

To the extent possible, the district shall focus on preventive strategies which increase students' connectedness to school, create a support network of peers and trusted adults, and provide techniques for conflict resolution. The district shall investigate and resolve any complaint of bullying, intimidation, harassment, or discrimination in accordance with law and district policy.

The district shall provide instruction to students that promotes their healthy mental, emotional, and social development. Health education courses shall be aligned with the state content standards and curriculum framework and shall include, but not be limited to, instruction related to identifying signs of depression and self-destructive behaviors, developing coping skills, and identifying resources that may provide assistance.

### **Information and Training**

The Superintendent or designee shall provide school staff with information and training to recognize the early signs and symptoms of an emerging mental health condition or behavioral health disorder, including common psychiatric conditions and substance use disorders such as opioid and alcohol abuse, identify risk factors and warning signs of suicidal intent, respond to students who have been impacted by traumatic stress, safely deescalate crisis situations involving students with a behavioral health disorder, and link students with effective services, referrals, and supports. Such training shall also provide instruction on how to maintain student privacy and confidentiality. Behavioral health information and training may also be provided to parents/guardians,

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students, and families. (Education Code 49428.15)

The Superintendent or designee shall develop a protocol for identifying and assessing students who may be suffering from an anxiety disorder, depression, eating disorder, or other severe or disabling mental illness. The Superintendent or designee may establish districtwide or school-site crisis intervention team(s) to respond to mental health concerns in the school setting.

At least twice per school year, the Superintendent or designee shall ensure that each school provides notice regarding how to initiate access to student mental health services on campus and/or in the community. The notification shall be in at least two of the following methods: (Education Code 49428)

1. Distributing the information, electronically or in hardcopy, in a letter to parents/guardians, and in a school publication or other document to students
2. Including the information, at the beginning of the school year, in the parent handbook for parents/guardians and in student orientation materials or a student handbook
3. Posting the information on the school's website or social media

Parents/guardians and students shall each receive two notices on how to initiate access to student mental health services, which may be delivered by different methods. (Education Code 494280)

Each school site that serves students in any of grades 6-12 shall create an age appropriate and culturally relevant poster that identifies approaches and shares resources about student mental health, and that includes the following information: (Education Code 49428.5)

1. Identification of common behaviors of those struggling with mental health or who are in a mental health crisis, including, but not limited to, anxiety, depression, eating disorders, emotional dysregulation, bipolar episodes, and schizophrenic episodes

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2. A list of, and contact information for, school site-specific resources, including, but not limited to, counselors, wellness centers, and peer counselors
3. A list of, and contact information for, community resources, including, but not limited to, suicide prevention, substance abuse, child crisis, nonpolice mental health hotlines, public behavioral health services, and community mental health centers
4. A list of positive coping strategies to use when dealing with mental health, including, but not limited to, meditation, mindfulness, yoga, breathing exercises, grounding skills, journaling, acceptance, and seeking therapy
5. A list of negative coping strategies to avoid, including, but not limited to, substance abuse or self-medication, violence and abuse, self-harm, compulsivity, dissociation, catastrophizing, and isolating

The poster shall be displayed in English and any primary language spoken by 15 percent or more of the students at the school site and be no smaller than 8.5 by 11 inches and at least 12-point font. The poster shall be prominently and conspicuously displayed in public areas that are accessible to, and commonly frequented by, students at each school site such as bathrooms, locker rooms, classrooms, classroom hallways, gymnasiums, auditoriums, cafeterias, wellness centers, and offices. Additionally, at the beginning of each school year the poster shall be distributed online to students through social media, websites, portals, and learning platforms. (Education Code 49428.5)

### **Mental Health Counseling and Referrals**

A school counselor, school psychologist, or school social worker may provide mental health counseling to students in accordance with the specialization(s) authorized on the individual's credential. As needed, students and their parents/guardians may be provided referrals to mental health services in the community and/or to mental health services at or near district schools.

Mental health and behavioral health services for students on campus may be provided by way of telehealth technology. (Education Code 49429)

If a student has an emotional or mental illness that limits a major life activity,

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has a record of such impairment, or is regarded as having such impairment, or may need special education and related services, the student shall be referred for an evaluation for purposes of determining whether any educational or related services are required in accordance with Section 504 of the Rehabilitation Act or the federal Individuals with Disabilities Education Act, as applicable. (Education Code 56301-56302; 29 USC 794; 28 CFR 35.108)

### **Funding Resources**

The Superintendent or designee shall explore potential funding sources for district programs and services that support student's mental health. In accordance with local plans and priorities, the district may apply to the county for grants for prevention and early intervention activities that are designed to prevent mental illness from becoming severe and disabling and to improve timely access for underserved populations.

### **Trauma-Informed Schools**

Pasadena Unified School District takes a district-wide, whole school approach to promoting positive mental health and ensuring student resiliency, success, safety, and academic success. More specifically, the Governing Board recognizes the detrimental effects of trauma on the neurological, biological, psychological, and social development of our students and adamantly provides prevention and early intervention strategies to create school environments that are nurturing and supportive. Traumatic stress can arise from a variety of sources and having the tools to effectively manage traumatic stress will lead to improved wellbeing and empowerment for all students.

### **Mental Health Consortium**

Mental health professionals are essential in supporting and providing care for students with mental health disorders. Pasadena Unified School District has established community-based partnerships with Los Angeles County contracted Department of Mental Health agencies to coordinate and provide support to all students. The District also has internal clinical and licensed clinical social workers providing support and services to students struggling with their mental and/or social-emotional wellbeing which are impacting their peer and adult relationships as well as their attendance and academics. The District has also established partnerships with a variety of community-based agencies.

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#### Crisis Response

The Governing Board recognizes the need to provide support to students in the event of a crisis. A crisis is a traumatic event that affects students' health, safety, and/or social-emotional wellbeing. The Governing board recognizes the need to provide support to students in the event of a crisis and has developed procedures to be followed in these instances. Immediate counseling, crisis management, and follow-up care are the prescribed plan in the event of a crisis.

The District has an a crisis response protocol with procedures listed in the School Site Mental Health Crisis Management Manual. District certificated and classified staffs receive annual training on the school crisis response plan.

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#### *Policy Reference Disclaimer:*

*These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.*

#### **State**

*Ed. Code 215-216*

*Ed. Code 234.6*

*Ed. Code 32280-32289.5*

*Ed. Code 49060-49079*

*Ed. Code 49428.1*

*Ed. Code 49428.15*

*Ed. Code 49428.5*

*Ed. Code 49600*

*Ed. Code 49602*

*Ed. Code 49604*

*Ed. Code 56171*

*Ed. Code 56300-56385*

#### **Description**

[Student suicide prevention](#)

[Bullying and harassment prevention information](#)

[School safety plans](#)

[Student records](#)

*Student mental health referral protocols*

*Identification of evidence-based and evidence-informed training programs for schools to address youth behavioral health*

*Student mental health poster*

[Responsibilities of school counselors](#)

[Counseling and confidentiality of student information](#)

[Suicide prevention training for school counselors](#)

[Duty to identify and assess children in private schools who need special education services](#)

[Identification and referral; assessment, instructional planning](#)

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W&I Code 5698

[Emotionally disturbed youth; legislative intent](#)

W&I Code 5840-5840.8

[Prevention and early intervention programs](#)

W&I Code 5850-5883

[Mental Health Services Act](#)

#### **Federal**

#### **Description**

20 USC 1400-1482

Individuals with Disabilities Education Act

28 CFR 35.101-35.190

Americans with Disabilities Act

29 USC 794

Rehabilitation Act of 1973; Section 504

34 CFR 300.1-300.818

Individuals with Disabilities Education Act

#### **Management Resources**

#### **Description**

California Department of Education  
Publication

[Youth Behavioral Health Training Programs](#)

California Department of Education  
Publication

Health Education Content Standards for California  
Public Schools, Kindergarten Through Grade Twelve

California Department of Education  
Publication

Health Education Framework for California Public  
Schools, Kindergarten Through Grade Twelve, May  
2019

CDC and Prevention Publication

School Connectedness: Strategies for Increasing  
Protective Factors Among Youth, 2009

Nat. Child Traumatic Stress Network  
Publication

Child Trauma Toolkit for Educators, 2008

US Department of Education  
Publication

[Bipartisan Safer Communities Act Stronger Connections  
Grant Program, Frequently Asked Questions, April 2023](#)

US Department of Health and Human  
Services

[Social Media and Youth Mental Health: The U.S.  
Surgeon General's Advisory, 2023](#)

US Dept of Health and Human  
Services Publication

[Our Epidemic of Loneliness and Isolation: The U.S.  
Surgeon General's Advisory on the Health Effects of  
Social Connection and the Community, 2023](#)

Website

[CSBA District and County Office of Education Legal  
Services](#)

Website

[National Child Traumatic Stress Network](#)

Website

[National Council for Behavioral Health, Mental Health  
First Aid](#)

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Website	<a href="#"><u>Suicide Prevention Lifeline</u></a>
Website	<a href="#"><u>Suicide Prevention Resource Center</u></a>
Website	<a href="#"><u>Substance Abuse and Mental Health Services Administration</u></a>
Website	<a href="#"><u>American Association of Suicidology</u></a>
Website	<a href="#"><u>American Foundation for Suicide Prevention</u></a>
Website	<a href="#"><u>American Psychological Association</u></a>
Website	<a href="#"><u>California Department of Health Care Services, Mental Health Services</u></a>
Website	<a href="#"><u>Centers for Disease Control and Prevention, Mental Health</u></a>
Website	<a href="#"><u>National Association of School Psychologists</u></a>
Website	<a href="#"><u>National Institute for Mental Health</u></a>
Website	<a href="#"><u>California Department of Education, Mental Health</u></a>
Website	<a href="#"><u>American School Counselor Association</u></a>
Website	<a href="#"><u>Office of the Surgeon General</u></a>

### Cross References

<b>Policy</b>	<b>Description</b>
0470	<a href="#"><u>COVID-19 Mitigation Plan</u></a>
3515.3	<a href="#"><u>District Police/Security Department</u></a>
3515.3	<a href="#"><u>District Police/Security Department</u></a>
3515.31	<a href="#"><u>School Resource Officers</u></a>
4131	<a href="#"><u>Staff Development</u></a>
5141.22	<a href="#"><u>Infectious Diseases</u></a>
5141.22	<a href="#"><u>Infectious Diseases</u></a>
5141.4	<a href="#"><u>Child Abuse Prevention And Reporting</u></a>
5141.4	<a href="#"><u>Child Abuse Prevention And Reporting</u></a>

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5141.52	<u><a href="#">Suicide Prevention</a></u>
5141.52	<u><a href="#">Suicide Prevention</a></u>
5141.6	<u><a href="#">School Health Services</a></u>
5141.6	<u><a href="#">School Health Services</a></u>
6142.8	<u><a href="#">Comprehensive Health Education</a></u>
6142.8	<u><a href="#">Comprehensive Health Education</a></u>
6164.5	<u><a href="#">Student Success Teams</a></u>
6164.5	<u><a href="#">Student Success Teams</a></u>
6173.4	<u><a href="#">Education For American Indian Students</a></u>

**Policy**  
**Adopted:** October 26, 2023

**PASADENA UNIFIED SCHOOL DISTRICT**  
Pasadena, California