

## **Additional Counseling Resources**

*San Mateo County*

---

### **Youth Services Bureau**

Individual, Family, and Group Counseling  
(650) 355-3900 ext. 226  
[www.youthservicebureaus.org](http://www.youthservicebureaus.org)

### **Star Vista**

Individual and Family Counseling  
Drug/alcohol counseling  
(650) 591-9623

### **24 Hour Crisis Line**

(650) 579-0350  
[www.star-vista.org](http://www.star-vista.org)

### **Gender Spectrum**

Support for LGBTQ students and families  
(510) 788-4412  
[www.genderspectrum.org](http://www.genderspectrum.org)

### **San Mateo County Mental Health Access Team**

Provides Assessment, Consultation, and Referrals for Services  
(800) 686-0101

### **Peninsula Conflict Resolution Center**

Family Engagement and support  
(650) 513-0330

### **Mills Peninsula Hospital Psychiatric Emergency Services**

(650) 696-5915

### **Health Right 360**

Medical and mental health support  
(415) 762-3700  
[www.healthright360.org](http://www.healthright360.org)

### **Edgewood Services**

Counseling, Mentoring, Family Support  
(415) 682-3172  
[www.edgewood.org](http://www.edgewood.org)

## **Administration Contacts**

---

### **Principal- Shamar Shanks**

Phone: (650) 558-2700  
Email: [sshanks@smuhdsd.org](mailto:sshanks@smuhdsd.org)

### **Asst. Principal- Margarita Navarro\***

Grades 9 & 11  
Phone: (650) 558-2703  
Email: [mnavarro@smuhdsd.org](mailto:mnavarro@smuhdsd.org)

### **Asst. Principal- Joe Hudelson**

Grades 10 & 12  
Phone: (650) 558-2702  
Email: [jhudelson@smuhdsd.org](mailto:jhudelson@smuhdsd.org)

### **Dean of Students- Tina Graf**

Phone: (650) 558-2706  
Email: [bgraf@smuhdsd.org](mailto:bgraf@smuhdsd.org)

### **Additional Contacts**

#### **Health Aide-Clare Luna\***

Phone: (650) 558-2722  
Email: [cluna@smuhdsd.org](mailto:cluna@smuhdsd.org)

#### **Family Engagement Coordinator- Dulce Hatch\***

Phone: (650) 558-2762  
Email: [dhatch@smuhdsd.org](mailto:dhatch@smuhdsd.org)

#### **Attendance Clerk-Abby Martinez\***

Phone: (650) 558-2708  
Email: [amartinez@smuhdsd.org](mailto:amartinez@smuhdsd.org)

\* habla Español

## **CAPUCHINO HIGH SCHOOL COUNSELING DEPARTMENT**

---

## **Wellness Center**

Providing Support  
Services to Improve  
Students'  
Socio-Emotional  
Well-Being and  
Academic Success



1501 Magnolia Ave.

San Bruno, CA 94066

[www.chs.schoolloop.com](http://www.chs.schoolloop.com)

## Services Provided

### Individual/Group Counseling

Contact— School Counselors

- Meet with wellness counselors for weekly individual or group counseling

### Peer Tutoring Program:

Contact—Margarita Navarro\*

- Academic support provided by CHS students during 7th period and after school Mon, Tues, Weds, Thurs

### After School Homework Center:

Contact—TBD

- The library is open after school for students

### Internship Opportunities:

Contact— Josie McHale

[jmchale@smuhsd.org](mailto:jmchale@smuhsd.org)

- Volunteer and Internship possibilities involving hands on career experiences

### Guided Studies Class:

Contact— School Counselors

- Support class that offers academic and personal/social support for students

### Clubs

Contact— Drew Bywater

[dbywater@smuhsd.org](mailto:dbywater@smuhsd.org)

- Capuchino offers over 20 clubs for students on campus

## Services Provided

### Attendance Monitoring:

Contact—Tina Graf & Mauricio Rodriguez\*

- Monitors student's attendance, truancy, and tardiness

### Parent Outreach/

### Family Engagement Coordinator:

Contact—Dulce Hatch\*

- Latino Parents Organization (LPO)
- PIQE– parent education
- Support and resources for parents

### Alternative to Suspension Program:

Contact—Tina Graf

- Works to develop more respect and empathy for others, positive communication, and conflict management skills, restorative justice practices

### Financial Assistance Programs:

Contact—Clare Luna\*

- Provides information on free & reduced lunch, housing, medical insurance, other medical services (i.e. dental/vision), food and clothing, and other financial needs

### 9th/10th Grade Team Coordinator:

Contact— Alicia Vosberg

[avosberg@smuhsd.org](mailto:avosberg@smuhsd.org)

- 9th and 10th grade students have common teachers for three core subjects, providing greater support and personalization for students

### Brief Intervention Program:

Contact—Tina Graf

- Intervention for students offering support for low level drug or alcohol use

## Wellness Center Contacts

### School Counselor Last Names A-F & EL 1/2/3

Leticia Barajas, PPS\*

Phone: (650) 558-2712

Email: [lbarajas@smuhsd.org](mailto:lbarajas@smuhsd.org)

### School Counselor Last Names G-N:

Kevin Thomas, PPS

Phone (650) 558-2611

Email: [kthomas@smuhsd.org](mailto:kthomas@smuhsd.org)

### School Counselor Last Names O-Z:

Shannon Henricks, PPS

Phone: (650) 558-2710

Email: [shenricks@smuhsd.org](mailto:shenricks@smuhsd.org)

### School Counselor:

Mauricio Rodriguez, PPS\*

Phone: (650) 558-2759

Email: [mrodriguez@smuhsd.org](mailto:mrodriguez@smuhsd.org)

### Health and Wellness Coordinator

Rebecca Bucher, PPS, LMFT\*

Email: [rbucher@smuhsd.org](mailto:rbucher@smuhsd.org)

### Wellness Counselor

Alexis Becerra, MFTi\*

Phone: (650) 558-2749

Email: [abecerra@smuhsd.org](mailto:abecerra@smuhsd.org)

### Wellness Counselor

Lucero Govea, MFTi\*

Phone: (650) 558-2776

Email: [lgovea@smuhsd.org](mailto:lgovea@smuhsd.org)

\* habla Español