

Supporting Academic Success: A Collaborative Approach in Compton Unified By Project Impact

A Holistic Approach

Drawing from our 38 years of service, Project IMPACT recognizes that a collaborative approach yields the best results when supporting youth who face challenges related to abuse and neglect. More than connecting children, youth, and families to services, we are connecting them to a community that provides a comprehensive continuum of care, that supports the entire family!

Partnering with Compton Unified

We are excited to be partners with Compton Unified and to offer mental health services. Our commitment extends beyond the classroom; we actively engage with the community to foster the success and development of every student within the district. We have witnessed students defying the odds, demonstrating that hope isn't just within sight—it's within reach!

Together, we look forward to building bridges of support, ensuring that no student faces their journey alone. As we move forward, we remain determined in our belief that academic success can be achieved when compassion, collaboration, and community are working together!

Understanding Mental Health's Impact on School Success By Hazel Health

Did you know that one out of every six kids might face mental health challenges during their school years? Sadly, lots of them don't get the help they need. When these issues aren't taken care of, it can affect how well your child does in school and how happy they feel overall.

Did you know when kids start skipping class frequently, it could be a sign that they're struggling with their mental health. Things like ADHD or feeling down can make it tough for them to want to be in school. And when they miss class, they miss out on learning and making friends, causing them to fall behind, making it harder for them to cope.

But there's hope! If we catch these issues early, we can help our kids do better in school and feel better, too. Keep an eye out for signs like skipping school, feeling lonely, or having low energy.

And guess what? There's help available right here in CUSD! Hazel Health offers free therapy for all scholars. It's \$0 for CUSD families. Let's work together to make sure all kids have the support they need to shine bright in school and beyond!



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Enroll your student now to maximize their education and well being!

At Compton Unified School District, we believe mental health is a critical foundation to academic and personal success. We prioritize our students' well-being by offering a variety of exceptional mental health programs. Our dedicated team is committed to providing the support every student needs, in and out of the classroom, fostering a community where mental health and academic excellence go hand in hand.

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Prioritizing Minds, Shaping Futures

Compton Unified Offers
Comprehensive Mental Health Resources
for Your Child's Well-Being and Success



Mental Health Resources: Where to Find More Information and Support

By Care Solace

If you or a family member are struggling with mental health or substance use issues, remember that help is available. Care Solace, a complimentary and confidential coordination service provided by Compton Unified School District, is available 24/7/365 throughout the summer to help you find mental health care or substance-use treatment providers. Call 888-515-0595 for multilingual support or visit www.caresolace.com/compton to search for providers on your own or receive assistance through video chat, email, or phone. Below are Care Solace curated resources and activities you can use to promote mental health on your campus or at home.

Stress Management Resources

1. Change to Chill - An abundance of resources including lesson plans, guided imagery, meditations, quizzes.
2. NAMI California - Provides a list of mental health resources specifically aimed at people in school. The resources include hotlines, crisis support, self-care tips, and information on mental health conditions such as anxiety and depression.
3. Kidshealth.org - The website includes articles and videos on a range of topics related to mental well-being, such as stress, anxiety, depression, and self-esteem and also offers advice on healthy relationships, communication, and coping strategies.

Great Movies for Mental Health Movie Screenings

1. Inside Out (2015) - This animated film explores the emotions of a young girl and how they affect her behavior.
2. Wonder (2017) - A heartwarming story about a boy with facial differences who teaches his peers about acceptance and empathy.
3. Soul (2020) - An animated film about a jazz musician who learns about the meaning of life and what it means to have a purpose.

Middle/High School Appropriate

1. Freedom Writers (2007) - A true story about a teacher who inspires her at-risk students to find hope through writing.
2. "Happy" (2011) - This documentary explores what makes people happy and how we can find happiness in our lives.
3. "Angst" (2017) - This documentary explores the topic of anxiety and how it affects people of all ages.
4. "The S Word" (2017) - This documentary explores the topic of suicide and how we can prevent it.

Fun Mindfulness Crafts

1. Create a sensory box: It's a personalized container that allows you to connect with your 5 senses when feeling emotional discomfort or overwhelmed.
2. Pet Cactus Rocks - An easy and fun outdoor craft.
3. Vision Board - A great way to get students thinking about future aspirations or how they feel in the moment.

Short YouTube videos about Mental Health

- * Break the Stigma Around Children's Mental Health
- * Overcoming the stigma around mental illness. | Michaela Mulenga | TEDxCasey
- * The Stigma of Mental Illness | Sam Cohen | TEDxYouth@SRDS

Great Mindfulness Activities

Care Solace (cont.)

1. 5-4-3-2-1 Technique

Start with some deep breaths and find 5 things you can see, 4 things you can feel, 3 you can hear, two you can smell, and one you can taste.

2. Body Scan

A body scan helps you connect to sensations throughout your body. Start at your toes and notice what you feel, then move up your body to your head. If this becomes triggering, focus on a neutral body part like the tip of your nose, fingertips, etc.

3. Felt Sense Vocabulary

This vocabulary list helps describe specific body sensations by using neutral words instead of unpleasant terms such as "stabbing" or "excruciating," making it easier to simply observe the sensations without getting overwhelmed by them.

4. Mindful Eating

Eating is often a rushed activity and often used to numb or distract us from unpleasant emotions. Mindful eating helps us slow down and truly enjoy the process of nourishing our bodies.

5. Brain Break: Stretching

Look up this video to guide your school through a 4-minute brain break.

6. Box Breathing or 4-7-8 Breathing

These breathing techniques lower the body's stress response. Box breathing: inhale for a 4 count; hold for a 4 count; exhale for a 4 count; hold for a 4 count. 4-7-8 Breathing: breathe in for 4 seconds, hold for 7, and exhale for 8 seconds.

7. Insight Timer

This is a free app with thousands of guided meditations and talks.

Age-Related Challenges: When Mental Health Issues Typically Arise By SHIELDS for Families

SHIELDS for Families has had the pleasure of working with Compton Unified students for more than 30 years to provide family-centered treatment.

Throughout our service in the behavioral health field, we have seen the most prominent onset of mental health symptoms and behaviors to be during a child's Middle School years. As young people begin to navigate changes in their bodies, and the sudden shift from their caregivers as their primary sources of identity to their peers, it can become difficult for young people to navigate their new-found desire for independence.

Youth have a greater chance of developing an onset of symptoms around this time if they have a genetic pre-disposition or have an increased exposure to trauma. While the changes during this phase of life can be difficult, the amazing strength in children is they are resilient, and early intervention can serve as a protective factor that will set young people up for success for the rest of their lives. As caregivers notice changes in their child during these adolescent years, it serves as a great time to speak to someone you trust and get your child connected to resources that are available to them.

At SHIELDS, we encourage families to connect to resources that provide a culturally informed lens as they work with youth and families and that will work diligently to strengthen the family unit, protect from system involvement, and provide resources to the whole family system.

Recognizing Mental Health Challenges in Students By Bayfront Youth & Family Services

Mental challenges in children can be hard for parents and caregivers to notice because typical childhood growth is a process that involves change. Also, the symptoms of a condition may depend on a child's age. Young children may not be able to express how they feel or explain why they are behaving a certain way. There also might be concerns about the stigma linked to mental illness, the use of medicines, or the cost of treatment. Learn the warning signs of mental illness in children and how you can help your child.

- * Sadness that lasts two or more weeks.
- * Changes in social behaviors or isolating.
- * Hurting oneself or talking about hurting oneself.
- * Talking about death or suicide.
- * Having outbursts or being very moody or testy.
- * Out-of-control behavior that can be harmful.
- * Changes in eating habits or loss of weight.
- * Trouble sleeping.
- * Getting headaches or stomachaches often.

