care solace

Calming the Chaos of Mental Health Care.

CARDIFF SCHOOL DISTRICT

Dear Cardiff Families,

The Cardiff School District fosters a culture that promotes the health, safety, and well-being of students and parents. In an effort to continuously support this commitment, the district has made an agreement with Care Solace.

Care Solace is an online resource with a live 24/7 concierge meant to assist individuals in finding local mental health related programs and counseling services. Care Solace is a tool for school staff and families to connect with community-based mental healthcare resources and providers. The proprietary care navigation system taps into a vast database of mental healthcare resources to find carefully vetted local therapists and programs in minutes.

School district staff and families may access Care Solace services in two ways:

1. Call (888) 515-0595 to speak with someone from your Concierge team
    - Representatives are standing by to take your call or email 24/7
2. Visit your custom district link is www.caresolace.com/cardiffsd
    - Answer ten easy questions to receive an extensive list of referrals to applicable care providers. Care Solace takes into account all types of private insurance including Medi-Cal, Medicaid, and Medicare and those that have no insurance. The platform also filters by age, gender, zip code and special request.

Care Solace is now available for use by district students, staff, and families at no cost. Care Solace does not require a name, address, phone number, or date of birth. All information entered on the Care Solace tool is completely confidential and securely stored.

Please note, this service is an optional resource available by choice and is not mandatory in any way. If you are interested in seeking counseling-related services at this time, please consider visiting www.caresolace.com/cardiffsd

Warmest regards,

Shauna Gilbert, PsyD, NCSP
Director of Special Education
Cardiff School District

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CARDIFF SCHOOL DISTRICT

Querido Personal de Cardiff,

El Distrito Escolar Cardiff, fomenta una cultura que promueve la salud, la seguridad y el bienestar de los estudiantes, el personal y los padres de familia. En un esfuerzo para apoyar continuamente este compromiso, el distrito ha hecho un acuerdo con Care Solace.

CareSolace es un recurso en línea con un conserje en vivo 24X7 enfocado en asistir a las personas en encontrar servicios locales relacionados con programas de salud mental y servicios de asesoramiento y terapia. El sistema basado en la web de Care Solace, funciona junto con nuestros sistemas de apoyo de múltiples niveles (MTSS), como una herramienta para que el personal escolar y las familias se conecten con los recursos y proveedores de atención de la salud mental basados en la comunidad. El sistema de navegación de atención patentada, aprovecha una vasta base de datos de recursos de salud mental, para encontrar en minutos terapeutas y programas locales cuidadosamente examinados.

El personal escolar y las familias, pueden acceder a Care Solace de dos maneras:

1. Llamando al (888) 515-0595 para hablar con un representante de nuestro equipo de conserjes. Nuestros representantes están listos para atender su llamada o correo 24/7

2. Visita el enlace personalizado de tu distrito: www.caresolace.com/cardiffsd

- Responda diez preguntas fáciles para recibir una extensa lista de referencias a proveedores de atención médica. Care Solace tiene en cuenta todos los tipos de seguros privados, incluidos Medi-Cal, Medicaid y Medicare, y aquellos que no tienen seguro. La plataforma también filtra por edad, sexo, código postal y solicitud especial.

Care Solace ya está disponible, para que lo utilicen los estudiantes, el personal y las familias del distrito si ningún costo. Care Solace no requiere un nombre, dirección, numero de teléfono o fecha de nacimiento. Toda la información ingresada en la herramienta Care Solace, es completamente confidencial y se almacena de forma segura.

Tenga en cuenta que este servicio es un recurso opcional disponible por elección y no es obligatorio de ninguna manera. Si está interesado en buscar servicios de asesoramiento en este momento, considere visitar: www.caresolace.com/cardiffsd

Un cordial saludo,

Shauna Gilbert, PsyD, NCSP
Director of Special Education
Cardiff School District

CARE SOLACE

CARE CONCIERGE 24/7

888-515-0595

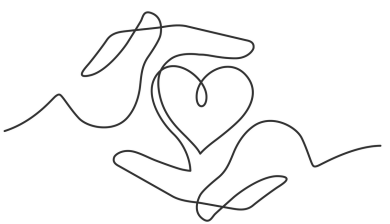


FROM CHAOS TO CALM

CARESOLACE.COM/CARDIFFSD

An expert hand to hold

Connecting students with providers that treat mental health & substance use disorders in minutes.



Get Help

- Therapy
- Online therapy
- Hospitalization
- Residential inpatient treatment
- Outpatient treatment
- Detox centers
- Family Counseling

The Care Concierge team is standing by 24/7.

- Phone
- Email
- Video chat

WeServe@CareSolace.org
888-515-0595

care/solace

Calming the Chaos of Mental Health Care.

STAFF WELLNESS PROGRAM

Care Solace makes it easier for staff and their families to connect with mental healthcare resources and providers in their communities.

OUR PURPOSE

We connect communities to reliable, ethical and high-quality mental healthcare services.

Care Solace makes it easier for staff and their families to connect with mental healthcare resources and providers in their communities. This service is completely confidential and anonymous.

CARE CONCIERGE BY CARE SOLACE

The Care Concierge takes the stress off of district staff by breaking down the barriers to mental healthcare. Care Solace is a resource available to district families and staff for free.

This 24/7 team of care coordinating experts guide and support families throughout the entire process. We only refer to trusted and ethical providers. We speak English, Spanish, Mandarin, Cantonese and Vietnamese.

CARE CONCIERGE BY CARE SOLACE

- Accessing vetted mental health providers
- Discovering virtual therapy options
- Assessing provider availability
- Reducing wait times into care
- Navigating Insurance or no insurance
- Scheduling an appointment(s)
- Phone, email, video chat
- Response time is typically within 15-minutes or less

TALK TO US

1-888-515-0595
weserve@caresolace.org
www.caresolace.com/cardiffsd

Please note, Care Solace is not an emergency response service. In the event of a life threatening emergency, please call 9-1-1 or the National Suicide Hotline 1-800-273-8255.

