



**SOUTH SAN FRANCISCO
UNIFIED SCHOOL DISTRICT
MENTAL HEALTH SERVICES PROGRAM
IN COLLABORATION WITH THE YMCA OF SF
YOUTH SERVICES BUREAU
2021-2022**



Jane Chandler
Senior Director Mental Health Youth Service Bureau



STUDENTS SERVED

There were 525 students from SSFUSD who received individual & group services from YSB clinicians for a total of 4,194 individual therapeutic & group sessions.

This is more than a 20% increase in direct services from 479 students served from last year's 3432 sessions.

To say we were busy tending to pressing mental health needs of our students would certainly be an *understatement!*



STUDENTS SERVED



In addition to the day-to-day work with students, our YSB clinicians also collaborate with staff to also provide indirect services. Specifically, SSAs in the middle and high schools support crisis intervention, de-escalation/ restorative work, and case management linkage with families.



ELEMENTARY SCHOOLS

Buri Buri

325 Del Monte Avenue
South San Francisco, Ca 94080

Junipero Serra

151 Victoria Street
Daly City, CA 94015

Los Cerritos

210 West Orange Avenue
South San Francisco, Ca 94080

Martin

35 School Street
South San Francisco, Ca 94086

Monte Verde

2551 St. Cloud Drive
San Bruno, Ca 94066

Ponderosa

295 Ponderosa Road
South San Francisco, Ca 94080

Skyline

55 Christen Avenue
Daly City, Ca 94015

Spruce

501 Spruce Avenue
South San Francisco, Ca 94080

Sunshine Gardens

1200 Miller Avenue
South San Francisco, Ca 94080



MIDDLE SCHOOLS

Alta Loma

116 Romney Avenue
South San Francisco, Ca 94080

Parkway Heights

650 Sunset Drive
South San Francisco, Ca 94080

Westborough

2570 Westborough Blvd.
South San Francisco, Ca 94080

HIGH SCHOOLS

El Camino

1320 Mission Road
South San Francisco, Ca 94080

South San Francisco

400 B Street
South San Francisco, Ca 94080

Baden

825 Southwood Drive
South San Francisco, Ca 94080

STUDENTS SERVED

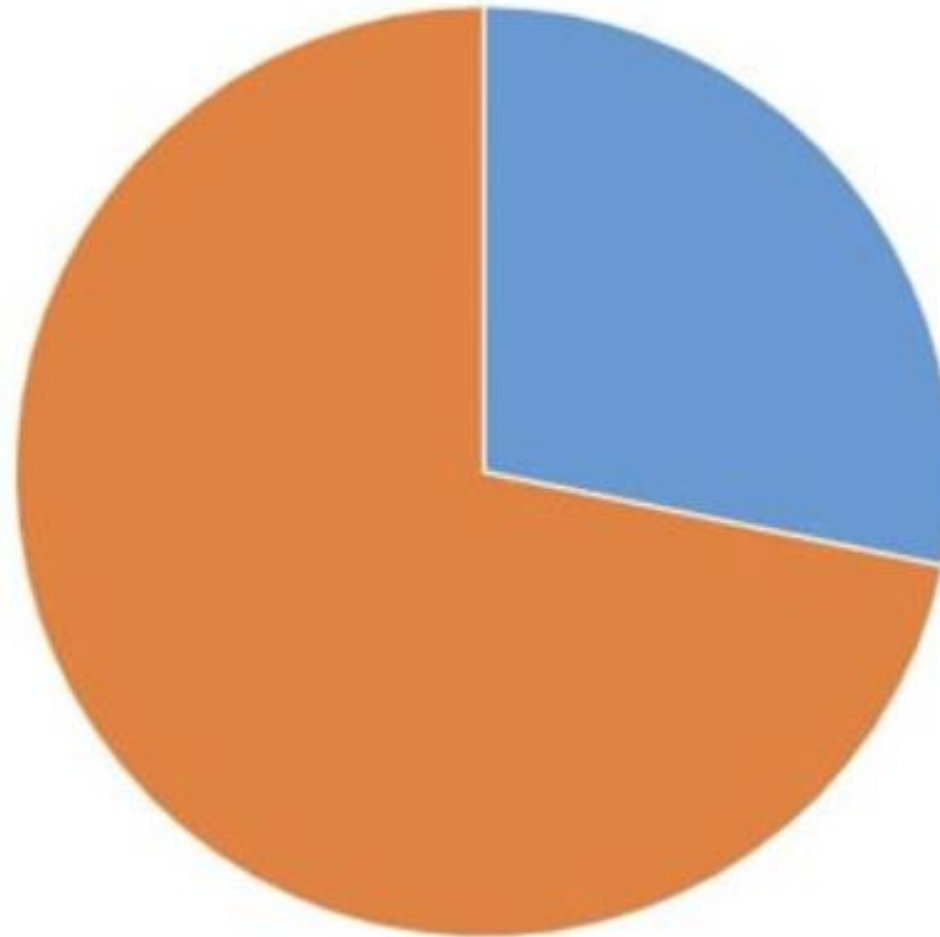


South San Francisco
UNIFIED SCHOOL DISTRICT

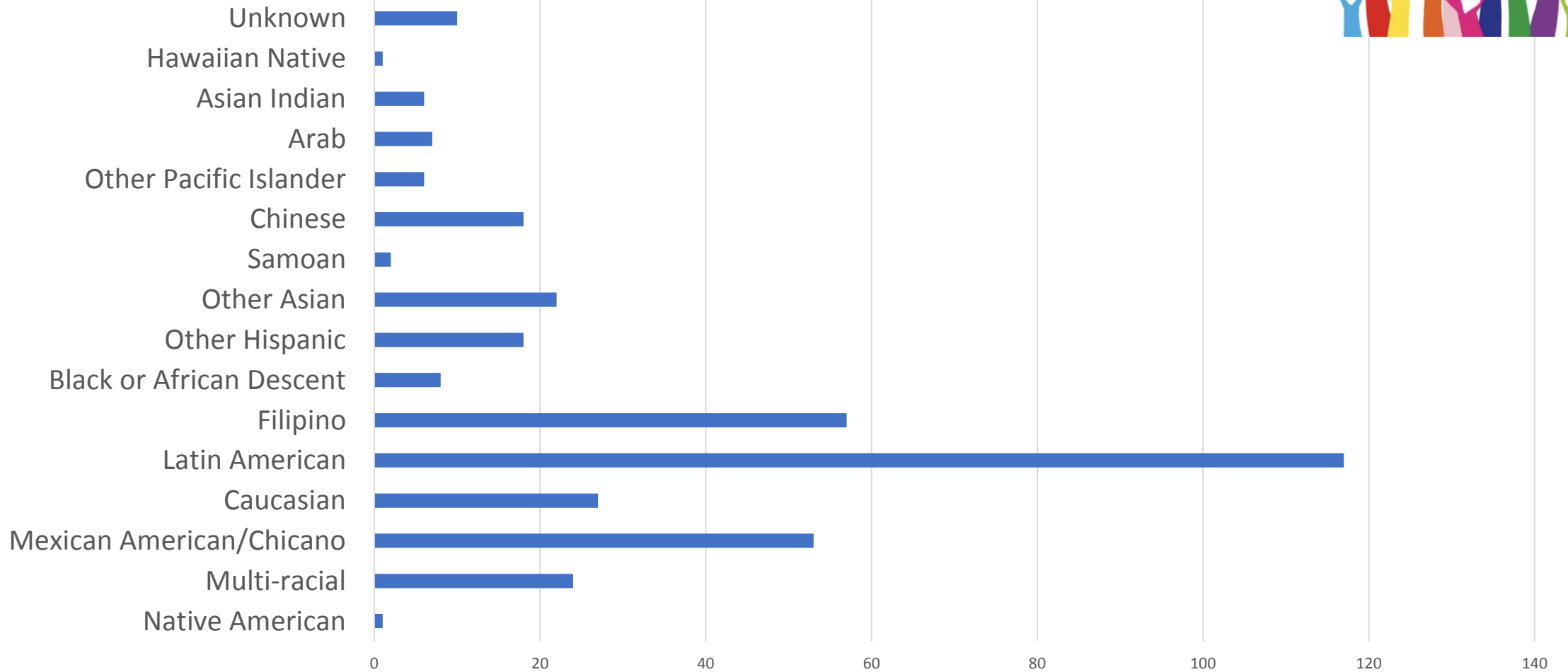
FUNDING SOURCES FOR 2021-22 MENTAL HEALTH SERVICES



- JPD-Grant funded SSA Services
- SSFUSD-contracted and funded services



YSB Client Demographics 2021-22: SSFUSD services



Reminder slide from California Children's Trust from Last year's presentation: "THE "PRICE" IS HIGHER FOR BLACK AND BROWN CHILDREN"



81%

81% of children on medicaid are people of color.

2X

The **suicide rate for black children**, ages 5-12, is 2x that of their white peers.

70%

70% of youth in California's juvenile justice system have unmet behavioral health needs, and youth of color are dramatically over-represented.

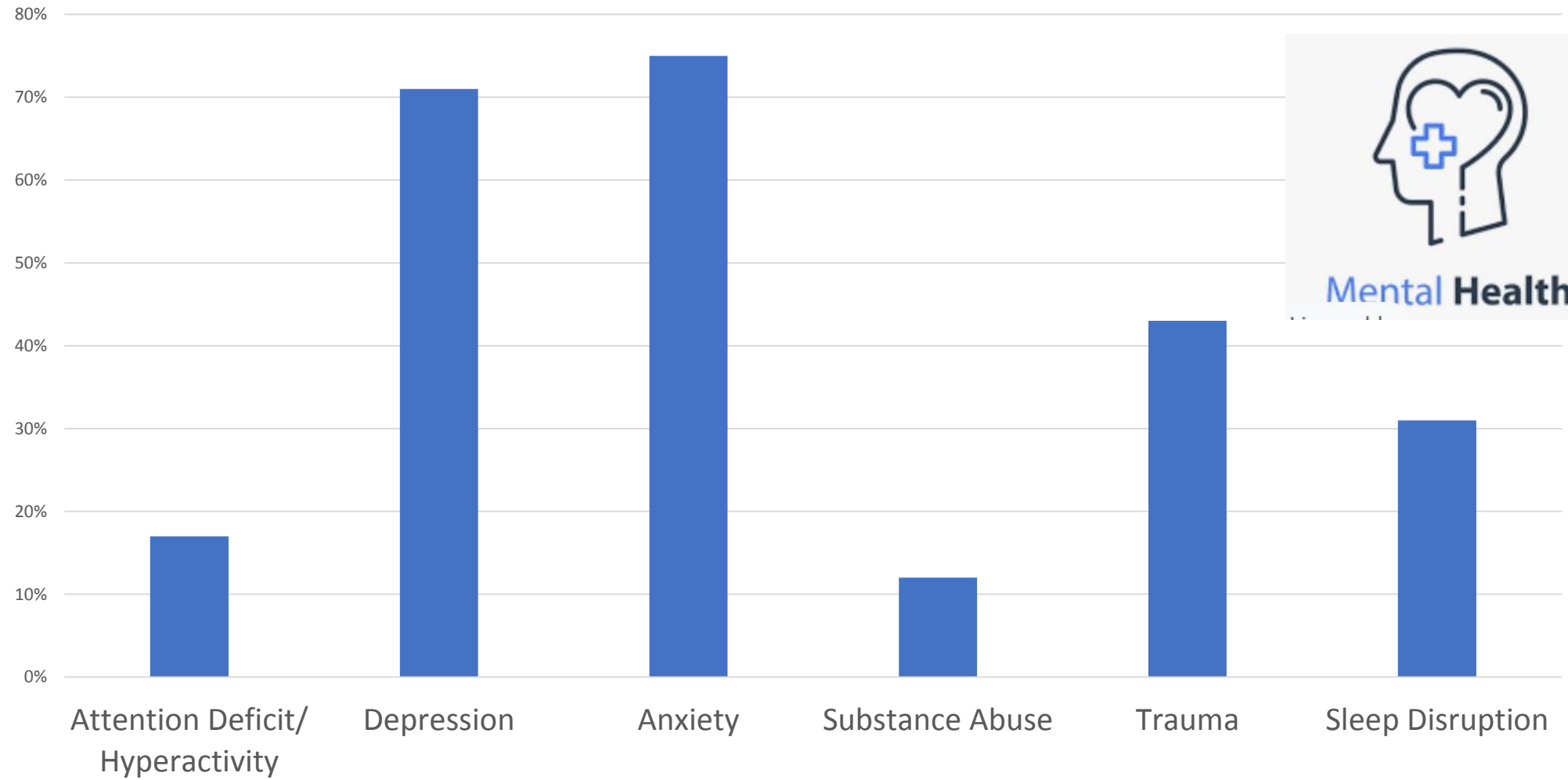
Making Healing Centered Schools a reality isn't simply a matter of tweaking access or programs...



It requires acknowledgment of how racism and poverty impact the social and emotional health of children



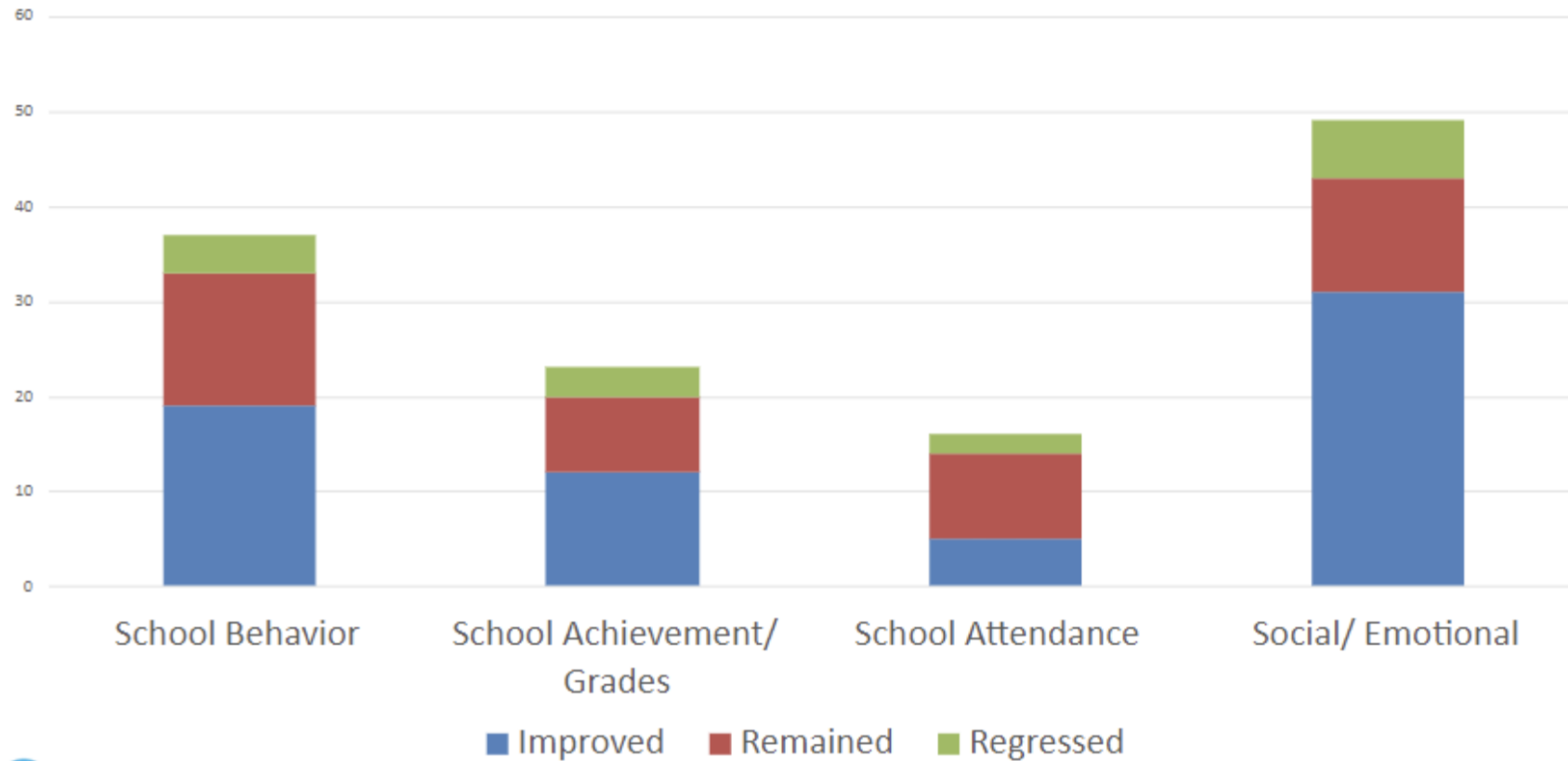
Top presenting mental health problem areas 2021-2022



Mental Health Treatment Outcomes: End of year Assessment comparisons



Mental Health



SSFUSD HIGH SCHOOL STUDENT: MY STORY WITH YSB THERAPIST



When “Shayla” found out that there was a YSB counselor at her high school, she “ran to sign up” is how she recounted. It. She had been struggling for years with suicidal ideation and more recently during the pandemic began to engage in self-harm behaviors. She yearned for help and remembered having seen a YSB counselor in the past and that it might be better than the “experts” in the medical field where she had been sent more recently for the self-harm. Shayla explained to her YSB therapist at her high school that the medical professionals had treated her like a “problem that needed to be solved” rather than listening to her as a person. Tearfully, at the end of the school year, Shayla told her therapist that she appreciated being seen “as a whole person” rather than a problem and told her counselor that they were the support she credits with saving her life and helping her down a path towards healing.

THERAPIST SUMMARIES ON THE YEAR...



What do your caseloads look like this year?.....

“My caseload was made up of students referred to me with all kinds of emotional and behavioral problems going back into in-person learning. Definitely kids I had not seen before. (elementary)”

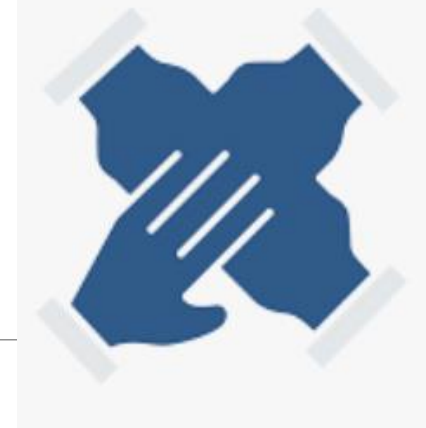
“I was surprised to have 3 students on my caseload that were referred for non suicidal self-harm. I have the strong impression that kids are really struggling to express themselves and process what has happened in the past two years and how their view on life has changed. (middle school)”

“I experienced a lot of challenge this year getting a good number of the students (on my caseload) to engage with their academics. These were students that had a relatively successful academic history seemed to not really care this year. They were distracted. Lots of depression and a ton of anxiety. (high school)”

“I noticed a huge spike this year in image-related issues especially with my female-identified clients. I suspect that being home all the time for more than a year constantly on phones or social media was not a healthy experience for many students, and not just the girls. But on my caseload, it was really apparent how it affected them. Making videos and getting “likes” has moved into priority one in life it seems, and I worry about some of the negative side effects of that influence. (high school)”

SCHOOLS CAN (and must) BE ESSENTIAL ACTORS IN OUR RESPONSE:

SCHOOLS ARE GROUND ZERO FOR THE YOUTH MENTAL HEALTH CRISIS!



The Health Care System Needs Schools: Children ages 8-18 have the lowest rate of primary care utilization of any demographic in MediCal—and 75% of mental illness manifests in adolescence. Not only are schools essential actors in a reformed mental health system that overtly addresses healing, justice, and structural racism, but they are also essential service settings for children with clinical needs.



Our YSB Counselors on campus can refer students and families in need of more targeted clinic-based services to our South San Francisco Mental Health Clinic located at Spruce and Huntington Avenues. We take MediCal coverage and also offer a very low-cost sliding scale fee structure.



*THANK YOU SSFUSD
FOR BEING A VALUABLE COMMUNITY
PARTNER IN WHOLE-CHILD CARE AND
STRIVING, EACH YEAR, TO HELP OUR YOUTH
GROW ACADEMICALLY, PHYSICALLY,
EMOTIONALLY, AND SOCIALLY.*



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