

Ensuring Safe and Supportive Learning Environments for Youth

South San Francisco United School District Mental Health Services Program in Collaboration with the Youth Service Bureau of the YMCA of Greater San Francisco 2023-2024



Youth Service Bureau of the YMCA

Mission Statement:

"Our mission is to support youth, adults, & families in San Francisco and San Mateo County, through Mental Health and Social Services that increase access to skills and resources for wellness in Mind, Body and Spirit to achieve healthy and fulfilled lives."

Values Statement:

"We are a community that strives to embody practices that are integrous to our values of Anti-Racism, Centering BIPOC, Social Justice, Innovation, Accountability, and a Commitment to Lifelong Learning."



YSB updates for Fiscal Year 2023-2024

- The Youth Service Bureau (YSB) is now part of the first ever Mental Health Branch of the YMCA of Greater San Francisco. Our new branch name is **CommUnity Wellness and Resource Services**.
- The YSB has been working to strengthen our partnership with SSFUSD by meeting regularly to build relationships, improve communication, and work towards integrating services to continue serving students and the community.
- The YSB SSF Clinic located on Huntington Avenue has returned to in-person services and is serving the community in a hybrid model to meet the evolving needs of clients, we still offer virtual telehealth therapy services.



Program Successes

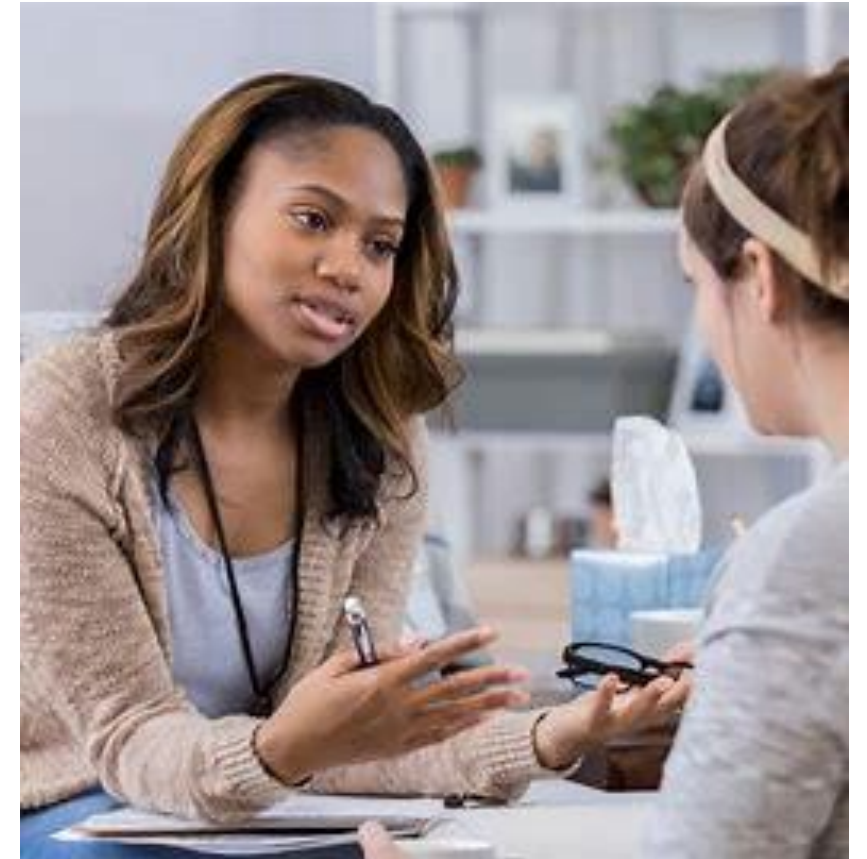
- Students showed more interest in group therapy this year at school sites. Groups facilitated by YSB clinicians include:
 - Friendship Club –Elementary
 - Girls United – Middle, High School
 - CALM – Middle High School
 - First Stop – Middle, High School
 - Sexual Violence Prevention (SVP) – Middle, High School
- The first ever Girls United group was facilitated entirely in Spanish at Parkway Heights, we hope this is the first of more to come. It served female identified newcomer students and was reported to be very well received by the participants
- The First Stop Group program for substance use at El Camino HS and SSF HS both had community outreach sessions this year on campus facilitated by YSB HS SSAs for teachers and parents and provided mental health awareness and psychoeducation

Program Challenges

- This school year marked intense challenges on campus for nearly all YSB SSAs and clinicians working on school campuses in SSFUSD due to lack of communication and larger systemic changes to the mental health and education fields resulting in
 - Low morale, emotional distress, physical illness, and burnout
 - High Turnover, YSB mental health clinicians leaving school-based work entirely
- Staffing and hiring during 23-24 was at an all time low since the pandemic. For the first time ever 3 school site positions were not able to be fully filled last school year
 - We also faced challenges accommodating staff leaves mid-year due to hiring and staffing shortages
- Rising costs of living and the need for competitive wages result in economic and budgetary measures to retain staff and include COLA allowances in contracts moving forward

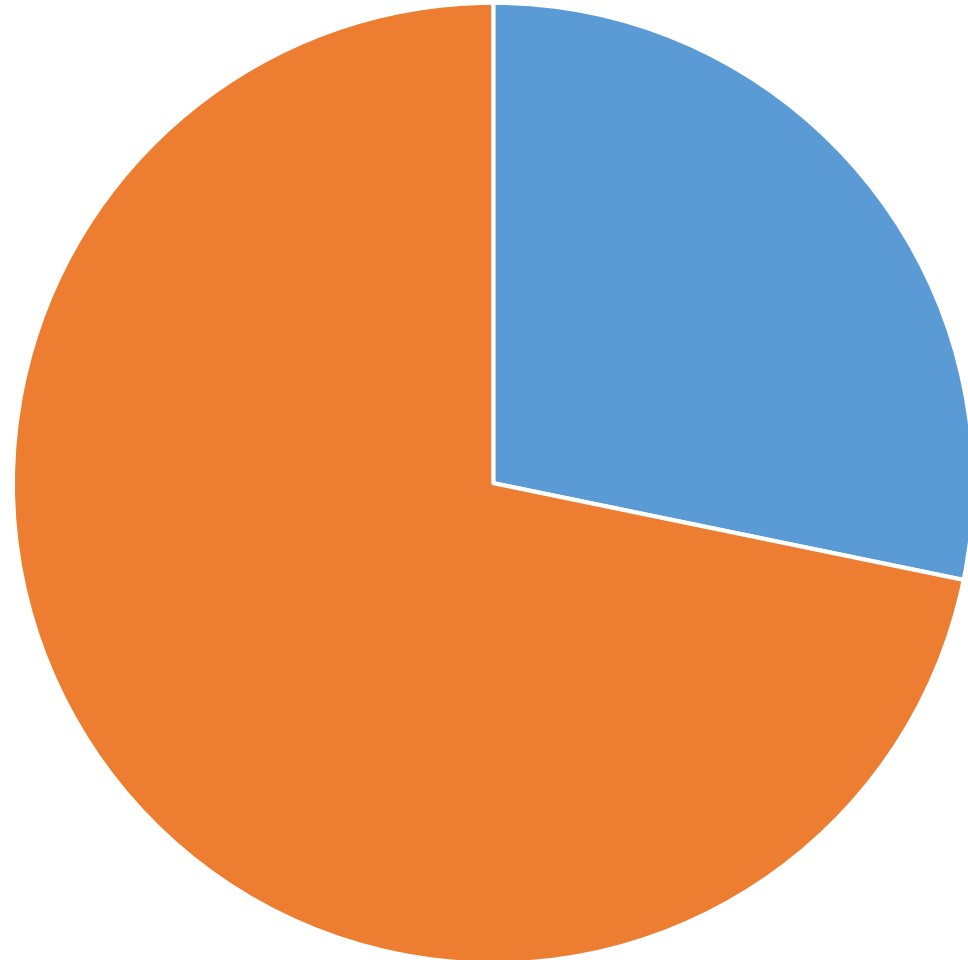
Students Served

- 473 Students received services from YSB clinicians this year, totaling 6,125 units of service. Of those units 5,886 were Individual therapeutic sessions and groups. The number of students served is very similar to the number of students served last year. Last year we served 495 students with 6,718 units of service. *Please note - data is preliminary due to date of collection. Data and totals may change after 6/30/2024.
- This year group engagement increased from last year with individual therapy services continuing to be requested. We continue to see an increase in need for the individuals we served. SSAs and clinicians were tasked with managing caseloads of youth with expanding needs and fewer resources.
- What is often NOT captured are the multitude of day-to-day work with students, specifically from our SSAs in the middle and high schools, that includes spontaneous crisis intervention, de-escalation/ restorative work, and case management linkage with families.

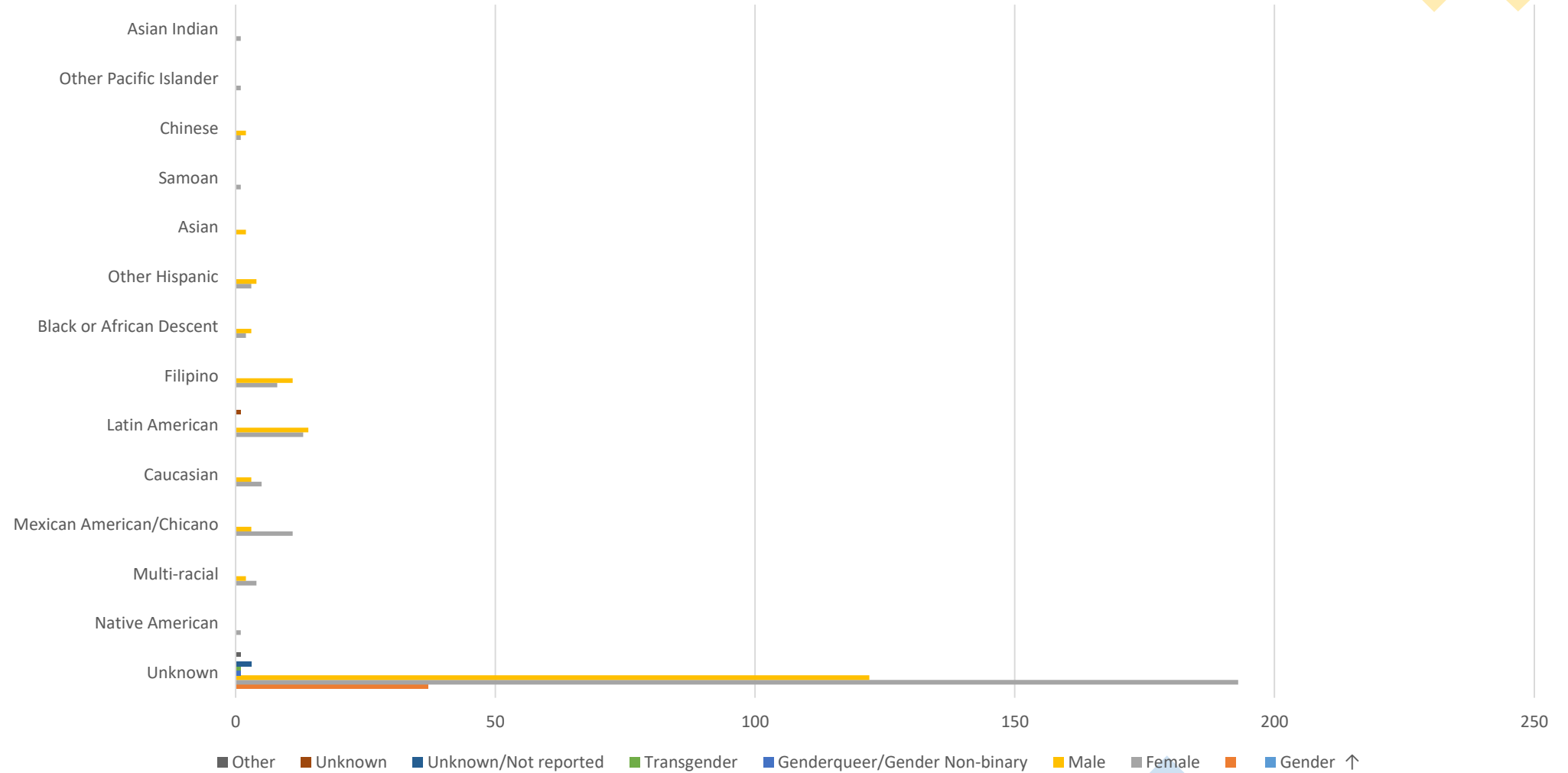


Funding Sources for 2023-2024 Mental Health Services

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



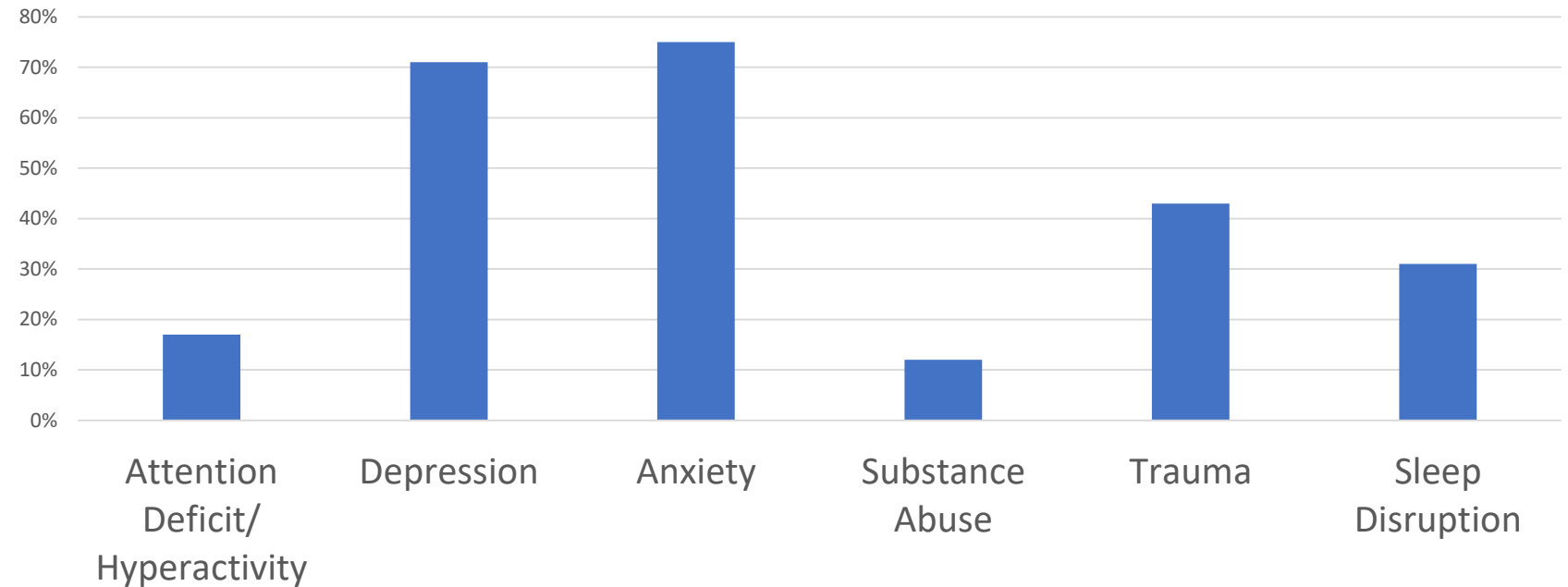
SSFUSD Demographics 2023-2024



SSFUSD schools

School	YSB Program	Number of Clients	Units of Service
High School	SSA High School	175	784
	Family Therapy	1	14
	First Stop Group	11	143
	Girls United Group	8	120
Subtotal		195	1,061
Middle School	SSA Middle School	113	1,752
	Family Therapy	2	110
	CALM	0	0
	Girls United Group	21	336
Subtotal		136	2,198
Elementary School	On Campus Therapy	114	2,389
	Friendship Club	24	362
	Family Therapy	4	115
Subtotal		142	2,866
Total		473	6,125

Top Presenting Mental Health Challenges for Students



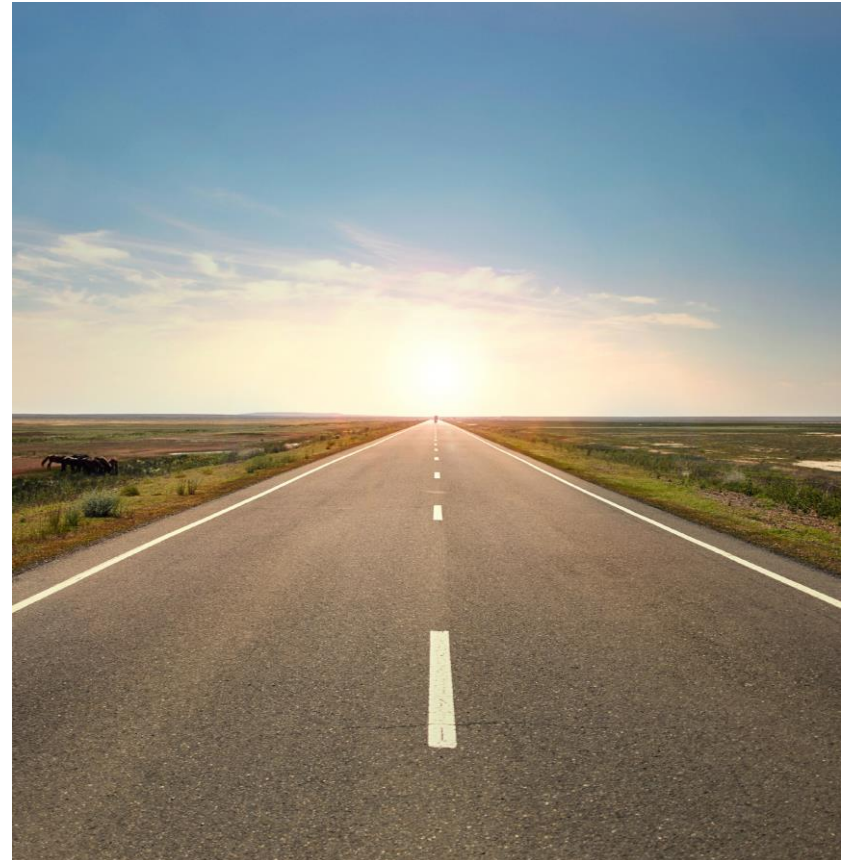
There are challenges in getting accurate information. Anecdotally, we know that more youth are challenged with substance abuse and trauma, but these are underreported by the youth for a number of reasons. We are also seeing an underutilization of our Mindfulness Based Substance Abuse Treatment program. Contributing factors include a lack of youth reporting and the use of other programs in the district providing brief interventions.

Client Success Story – Alta Loma Middle School

1. Name of client (pseudonym used)	Anna Prentice
2. Age and gender of client	14 Female
3. Client's reason for joining YSB services	Client was referred by the counselor for depressive issues, suicidal ideation and peer conflict.
4. Client's behavior, affect, and appearance when they first started YSB services	Client struggled to emotional regulate. She was open to services, but often presented extremely dysregulated to the point that she contemplated suicide and self harm.
5. Describe what activities your client engaged in, and if their engagement was consistent	Client engaged in talk therapy, would outreach on her own as needed, and participated in writing and drawing activities, and guided breathing
6. Describe client's behavior, affect, and appearance toward the end of program	Client appeared more self-assured and confident
7. What did client learn as a result of YSB services?	Client found her voice, her supports, ways to regulate with additional coping tools, and a future outlook
8. What is your client doing differently in their life as a result of the YSB services?	Client displayed stronger awareness into herself and others (in regard to being mindful what she could and couldn't control), client was able to advocate for self, and set boundaries as needed on her own
9. What does your client say is the value of the YSB services for them? (Quote)	"Thank you. It was really helpful."

Looking Ahead

- The YSB hopes to expand services in the Alternative to Suspension (ATS) program to include case management services
- Strengthening referrals from the ATS program to middle and high school sites for First Stop group for substance use and prevention to ensure continuity of care
- Further integration of YSB SSAs and clinicians with school wellness centers to ensure services continue to meet student and staff needs in the best and highest way possible



Summary

The YSB values the partnership with South San Francisco Unified School District and is committed to continuing the ongoing efforts to strengthen our relationship to further our mission of serving youth through mental health and increasing access to skills and resources for wellness in mind, body and spirit to achieve healthy and fulfilled lives.

We thank the SSFUSD Board for your time and wholeheartedly look forward to continuing to serve SSFUSD youth and families through the YSB.



Gratitude



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