School Staff Contacts 2025-2026

Bellevue High

STAFF	EMAIL ADDRESS
Principal- Vic Anderson	AndersonV@bsd405.org
Assistant Principal- Jocelyn Alexander	AlexanderJ@bsd405.org
Assistant Principal- Matt Stokes	StokesM@bsd405.org
Assistant Principal- Cathy Wellington	WellingtonC@bsd405.org
Counselor (A-Ci)- Jannely Quintana	QuintanaJ@bsd405.org
Counselor (Cl-Hom)- Sam Glinsmann	GlinsmannS@bsd405.org
Counselor (Hon-Lim)- Timothy Gager	GagerTi@bsd405.org
Counselor (Lin-Pal)- Masha Oreshnikova	OreshnikovaM@bsd405.org
Counselor (Pam-S) Sarah Manesh Berger	ManeshS@bsd405.org
Counselor (T-Z)- Lauren Summers	SummerSl@bsd405.org
MHAT Counselor- Melissa Odegaard	OdegaardM@bsd405.org

Interlake High School

Principal- Bret Cochrun	CochrunB@bsd405.org
Assistant Principal- Amrinder Bains	BainsA@bsd405.org
Assistant Principal- Mike Schiehser	SchiehserM@bsd405.org
Assistant Principal- Traci Sullivan	SullivanT@bsd405.org
Counselor (A-Con)- Elizabeth Galvan	GalvanEl@bsd405.org
Counselor (Coo-Hok)- Saffron Feniello	FenielloS@bsd405.org
Counselor (Hol-Lum)- Alyssa Flaherty	FlahertyA@bsd405.org
Counselor (Lun-Pem) Maya Vergien	VergienM@bsd405.org
Counselor (Pen-St) Claudia Goodhew	GoodhewC@bsd405.org
Counselor (Su-Z) Scott Marcum	MarcumS@bsd405.org
MHAT Counselor- Alison Christensen	ChristensenA@bsd405.org

Newport High School

Principal- Dion Yahoudy	YahoudyD@bsd405.org
Assistant Principal-James Blanton	BlantonJ@bsd405.org
Assistant Principal- Tom O'Connor	OconnorT@bsd405.org
Assistant Principal- Harland Warrior	WarriorH@bsd405.org
Counselor (A-C)- Chunneath Kravanh	KravanhC@bsd405.org
Counselor (D-Hun)- Heather Erickson	EricksonH@bsd405.org
Counselor (Hur-Liu)- Sierra Lee	LeeSi@bsd405.org
Counselor (Lo-P)- Tania Maxfield	MaxfieldT@bsd405.org
Counselor (Q-T) Karen Schulz	SchulzK@bsd405.org
Counselor (U-Z) Emilie Bosone	BosoneE@bsd405.org
MHAT Counselor- Layne Barker	BarkerK@bsd405.org

School Staff Contacts 2025-2026

Sammamish High School

Principal- Drew Thomas	ThomasD@bsd405.org
Assistant Principal- Devin Barrett	BarrettD@bsd405.org
Assistant Principal- Lanita Hill	HillL@bsd405.org
Assistant Principal-Susan Thomas	ThomasS@bsd405.org
Counselor (A-Cr)- Alicia Williams	WilliamsA@bsd405.org
Counselor (Cu-Ji)- Mary Beth Smith	SmithM@bsd405.org
Counselor (Jo-Mok)- Gerardo Martinez	MartinezG@bsd405.org
Counselor- Steven Ono (Mol-Sa)	OnoS@bsd405.org
Counselor (Sc-Z)- Melinda Breeze	BreezeM@bsd405.org
MHAT Counselor- Piper Sangston	SangstonP@bsd405.org

Bellevue Digital Discovery

Principal- Tom Duenwald	DuenwaldT@bsd405.org
Counselor (K-9 & concurrent seniors)- BobiJo Hatch	HatchB@bsd405.org
Counselor (10-11) Arty Christianto	ChristiantoA@bsd405.org
Counselor (12 grade graduating from Discovery)- Alicia Williams	WilliamsA@bsd405.org

Bellevue Big Picture

Principal- Bethany Spinler	SpinlerB@bsd405.org
Assistant Principal- Maria Frieboes Gee	FrieboeM@bsd405.org
Counselor (Middle School) Jamie Ginter	GinterJ@bsd405.org
Counselor(High School)- Amy Stephens	StephensA@bsd405.org
MHAT Counselor- Sarah Kermgard	KermgardS@bsd405.org

International

Principal- Russell White	WhiteR@bsd405.org
Assistant Principal- Betty Nhan	NhanKe@bsd405.org
Counselor (Middle School) Arty Christianto	ChristiantoA@bsd405.org
Counselor (High School)- Colleen Courtney	CourtneyN@bsd405.org
MHAT Counselor- Sarah Kermgard	KermgardS@bsd405.org

School Staff Contacts 2025-2026

Chinook Middle School

Principal- James Peterson	PetersonJ@bsd405.org
Assistant Principal- Susie Challancin	ChallanS@bsd405.org
Counselor (A-K) Carol Johnson	JohnsonCa@bsd405.org
Counselor (L-Z) Jamie Johnson	JohnsonJ@bsd405.org
MHAT Counselor- Melissa Odegaard	OdegaardM@bsd405.org

Highland Middle School

Principal- Anissa Bashey	BasheyA@bsd405.org
Assistant Principal-Chris Thomas	ThomasC@bsd405.org
Counselor (A-K) Karne Helgeson	HelgasonK@bsd405.org
Counselor (L-Z) Natalie Crow	CrowN@bsd405.org
MHAT Counselor- Alison Christensen	ChristensenA@bsd405.org

Odle Middle School

Principal- Joe Potts	PottsSj@bsd405.org
Assistant Principal-Keith Altenhof	AltenhofK@bsd405.org
Assistant Principal- Mary Colon	ColonM@bsd405.org
Counselor (A-I)- Kat Farkas	FarkasK@bsd405.org
Counselor (J-Q)- Danuta Sztuka	SztukaD@bsd405.org
Counselor (R-Z)- A'yana Carroll	carrolla@bsd405.org
MHAT Counselor- Piper Sangston	SangstonP@bsd405.org

Tillicum Middle School

Principal- Dusty Steere	SteereD@bsd405.org
Assistant Principal- Arianna Giaroli	GiaroliA@bsd405.org
Counselor (A-Le)-Alysia Carey	CareyA@bsd405.org
Counselor (Li-Z)- Lucas Millar	MillarL@bsd405.org
MHAT Counselor- Sarah Kermgard	KermgardS@bsd405.org

Tyee Middle School

Principal- Danielle Virata	ViirataD@bsd405.org
Assistant Principal- Kelly Balzer	BalzerK@bsd405.org
Assistant Principal-Khaleelah Rahsaan	RahsaanK@bsd405.org
Counselor (A-Ji) Michael Johnson	JohnsonMi@bsd405.org

School Staff Contacts 2025-2026

Counselor (Jo-Sal) Jaime Hoener	HoenerJ@bsd405.org
School Counselor (Sam-Z) Lindsay Verschueren	VerschuerenL@bsd405.org
MHAT Counselor- Layne Barker	BarkerK@bsd405.org

Ardmore Elementary School

Principal- Yusra Obaid	ObaidY@bsd405.org
Assistant Principal- Renee Barut-del-Fierro	BarutfierroR@bsd405.org
Counselor-Katelyn Fiorillo	FiorilloK@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Bennett Elementary School

Principal- Jessica Strazzulla	StrazzullaJ@bsd405.org
Counselor- Tiffany Didrickson	DidricksonT@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Cherry Crest Elementary School

Principal- Erin Stedman	StedmanE@bsd405.org
Counselor- Mykela Fantone	FantoneM@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Clyde Hill Elementary School

Principal- Amy MacDonald	MacDonaldA@bsd405.org
Counselor- Francisca Gatica	GaticaF@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Enatai Elementary School

Principal-Matt Kostecka	KosteckaM@bsd405.org
Counselor- Heather Slavik	SlavikH@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Jing Mei

Principal- Dongme Tan	TanD@bsd405.org
Counselor- Tess Brenneman	BrennemanT@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

School Staff Contacts 2025-2026

Lake Hills

Principal- Miguel Gutierrez	GutierrezM@bsd405.org
Assistant Principal- Jay Powell	PowellT@bsd405.org
Counselor- Sean Tsoi (2nd-3rd grade, ALL students, 4-5th grade dual language learners)	TsoiS@bsd405.org
Counselor- Riley Evans (K-1 ALL Students, 4-5th grade, non-dual language learners)	EvansR@bsd405.org
MHAT Counselor-Jared Taylor	TaylorJ@bsd405.org

Medina

Principal- Lara Lyons	LyonsL@bsd405.org
Counselor- Elise Geck	GeckE@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Newport Heights

Principal- Kris Hagan	HaganK@bsd405.org
Counselor- Kaitlin Casey	CaseyK@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Phantom Lake

Principal- Heather Snookal	SnookalH@bsd405.org
Counselor- Esther Penzar	PenzarE@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Puesta del Sol

Principal- Danielle Edwards	EdwardsD@bsd405.org
Counselor- Amy Thai (Maggie Halela Mosholder while Amy is on leave)	ThaiA@bsd405.org (HalelaM@bsd405.org)
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Sherwood Forest

Principal- Estella Weigand	WeigandE@bsd405.org

School Staff Contacts 2025-2026

Assistant Principal- Renee Barut-del Fierro	BarutfierroR@bsd405.org
Counselor- Erika Lira	LiraE@bsd405.org
Counselor- Carly Garcia	GarciaC@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Somerset

Principal- Cathy Elder	ElderC@bsd405.org
Assistant Principal- Leif Moe-Lobeda	MoeJ@bsd405.org
Counselor- Camille Schuyler	SchuylerC@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Spiritridge

Principal- May Pelto	PeltoM@bsd405.org
Counselor-Hailey Weed	WeedH@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Stevenson

Principal- Liz Mizrahi	MizrahiE@bsd405.org
Assistant Principal- Amy Chu	ChuA@bsd405.org
Counselor- Kelly Nhan (1st, 3rd and 5th grades)	NhanKe@bsd405.org
Counselor- Ruth Rosas (K-2nd and 4th grades)	RosasR@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Woodridge

Principal- Tina Bogucharova	BogucharovaT@bsd405.org
Counselor- Erica Bowens	BowensE@bsd405.org
MHAT Counselor- Jared Taylor	TaylorJ@bsd405.org

Highland Health Center

Comprehensive healthcare services at no cost to Bellevue School District Students

By appointment ONLY

425-373-3135

Our Services

Medical Services

- Vaccines (BSD required & recommended by CDC)
- Sports physical & other Health Forms
- Diagnosis & treatment of diseases or injuries. Management of chronic diseases
- Preventive health services and more



Zach Stevens, PA



Dennis Pang, MD



Sarah Burdell, LMCH, SUDP

Behavioral Health Services

- Diagnosis and therapy for behavioral health
- Substance use counseling
- Therapy for managing depression and anxiety
- Emotional, behavioral, and interpersonal support and counseling

Dental Services

- Dental and emergency exams
- Cleaning
- X-rays
- Filling
- Extractions



Tanvi Kacheria, BDS, MSD

Scan to register

highland.bsd405.org/resources/highland-health-center

highlandsbhc@ichs.com

15027 Bel-Red Rd, Suite 111
Bellevue, WA 98007

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Highland Health Center

Servicios de salud integral sin costo para los estudiantes del Distrito Escolar de Bellevue

Con cita previa ÚNICAMENTE

425-373-3135

Nuestros Servicios

Servicios Médicos

- Vacunas (las requeridas por el Distrito Escolar y las recomenadas por el CDC)
- Exámenes físicos para deportes & otras formas
- Diagnóstico y tratamientos de enfermedades o lesiones. Manejo de enfermedades crónicas
- Servicios de salud preventivos y más



Zach Stevens, PA



Dennis Pang, MD



Sarah Burdell, LMCH, SUDP

Servicios de Salud Mental

- Diagnósticos y terapia para la salud conductual
- Asesoramiento sobre el uso de sustancias
- Terapia para controlar la depresión y la ansiedad
- Apoyo y asesoramiento emocional, conductual e interpersonal

Servicios Dentales

- Exámenes dentales y de emergencia
- Limpieza
- Rayos X
- Rellenos de caries
- Extracciones



Tanvi Kacheria, BDS, MSD

Escanear para registrarse

highland.bsd405.org/resources/highland-health-center

highlandsbhc@ichs.com

15027 Bel-Red Rd, Suite 111
Bellevue, WA 98007

Highland Health Center

Servicios de salud integral sin costo para los estudiantes del Distrito Escolar de Bellevue

Con cita previa ÚNICAMENTE

425-373-3135

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- Rellenos de caries
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Escanear para registrarse

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highlandsbhc@ichs.com

15027 Bel-Red Rd, Suite 111
Bellevue, WA 98007

care solace

It's *okay* to ask for help

Care Solace connects students, staff, and their families to care. **At no cost to you, Care Solace will quickly and confidentially find available mental health and substance use providers matched to your needs.**

Find the right help at the right time.

24/7/365 Multilingual support

A multilingual team is available 24/7/365 to help you understand options, call providers on your behalf, and schedule an appointment.

Care regardless of insurance

Connect to care with any coverage including Medicaid, Medicare, and sliding scale options for those without insurance.

Easy access to care

Use Care Match, the self-serve website, to find a provider or services on your own.

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

Call (888) 515-0595 or go to caresolace.com/bsd405

FLOWCODE

PRIVACY.FLOWCODE.COM

care solace

寻求帮助不足为奇

Care Solace 始终关怀学生、教职工及其家人。Care Solace 将为您迅速找到符合您需求的心理健康和药物使用提供商，并对此保密且您无需支付任何费用。

适时寻找恰当帮助。

全天候多语种支持

多语种团队为您提供全天候服务，帮助您了解各种选项、代表您致电医疗服务提供商、为您安排预约。

不受保险限制的护理

提供全面保险覆盖的护理，包括 Medicaid、Medicare、以及为无保险者提供灵活选项。

轻松获得护理

使用 Care Match 自助网站，自行寻找医疗服务提供商。

Please note: Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, call 9-1-1 or the National Suicide Hotline 9-8-8.

立即联系，获得护理

888-515-0595

caresolace.com/bsd405

care solace

BELLEVUE SCHOOL DISTRICT

Esta *bien* pedir ayuda

Care Solace conecta a los estudiantes, el personal y sus familias con el cuidado. Sin costo alguno para usted, Care Solace encontrará rápida y confidencialmente proveedores de salud mental y uso de sustancias disponibles que coincidan con sus necesidades.

Encuentre la ayuda adecuada en el momento adecuado.

Soporte multilingüe 24/7/365

Un equipo multilingüe está disponible las 24 horas del día, los 7 días de la semana, los 365 días del año para ayudarlo a comprender las opciones, llamar a los proveedores en su nombre y programar una cita.

Atención independientemente del seguro

Conéctese a la atención con cualquier cobertura, incluidas Medicaid, Medicare y opciones de escala móvil para quienes no tienen seguro.

Fácil acceso a la atención

Use Care Match, el sitio web de autoservicio, para encontrar un proveedor o servicios por su cuenta.

Tenga en cuenta: Care Solace no es un servicio de respuesta a emergencias ni un proveedor de servicios de salud mental. En caso de una emergencia que ponga en peligro la vida, llame al 9-1-1 o a la Línea Directa Nacional de Suicidio 1-800-273-8255.

Llame al (888) 515-0595
o visite
caresolace.com/
bsd405

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PRIVACY.FLOWCODE.COM

MHAT: The Mental Health Assistance Team

Student Needs

The US Surgeon General recently issued a rare public health advisory, calling on the nation to respond to the growing mental health crisis in young people. Some of the information cited in this advisory is as follows:

- 1 in 3 high school students report pervasive feelings of sadness, loneliness, or hopelessness before the COVID
- Suicide rates went up by 57% among youth between 2009-2019.
- COVID has made the issue even worse, and rates of teen depression/anxiety are at an all-time high

District Response

The Bellevue School District has taken action on this critical issue. The Mental Health Assistance Team (MHAT) was formed prior to the pandemic to identify students with mental health needs and provide greater access to a full spectrum of evidence-based mental health services at school. The mission of MHAT is to:

1. Identify students struggling with depression, anxiety and trauma symptoms (often the first time)
2. Increase access to mental health services
3. Achieve better outcomes for students

MHAT is currently a team of 6 mental health professionals comprised of individuals trained as School Psychologists, School Social Workers, and School Counselors. MHAT supports the suicide prevention lessons (Signs of Suicide) delivered to all 7th graders in Bellevue and students in high school Chemistry by conducting suicide risk screens and delivering short-term mental health counseling. MHAT Counselors are also able to connect students to additional supports in the community.

MHAT Origins & History

MHAT started in the Bellevue School District in the Fall of 2017 with 4 mental health professionals. The team screened approximately 125 students at Sammamish High School and provided counseling for 16 students. By the 2021-2022 school year, the team had expanded to 18 staff members who screened over 6,700 students and provided services to nearly 400 students. Progress monitoring showed that 86% of students that received services showed a decrease in bothersome symptoms. For the 2022-2023 school year, MHAT expanded to the elementary level to provide crisis response services to all elementary schools in Bellevue. Due to district budget cuts, the team is currently smaller, but the hope is to re-expand in the future.

3 Ways to Access MHAT Services

- Annual SOS Screening
- Self-Referral
- Staff/Parent Referral

Bellevue School District

Mental Health Assistance Team

Mission:

The mission of the Mental Health Assistance Team (MHAT) is to identify students with mental health needs and provide greater access to a full spectrum of evidence-based mental health services, delivered by highly trained and skilled BSD staff, to enrich student well-being.

Vision:

To promote and support mental health well-being for each and every student.

The MHAT is a district-wide initiative to provide greater access to mental health services. Each high school and middle have one or two MHAT Counselors who will work with school staff to administer a universal screener to identify students with mental health needs. The MHAT Counselor will then provide individual or group counseling services to students who opt in.



MHAT PROCESS

1. Students in selected grades and classes will have the opportunity to be screened.
2. Screening data will be reviewed by the school-based support team (see below).
3. Students identified will be offered services per parent consent.

Q & A

Why are we offering this service?

As part of providing a spectrum of services within the district, the school board has tasked MHAT with better identifying and providing services to support student social and emotional well-being.

Who is being screened?

All 7th students and students taking Chemistry will have the opportunity to be screened. Students who are identified as candidates who may benefit from support will be offered individual or group counseling. Participation is completely *voluntary*. Guardians may opt students out of this activity.

How will students be screened?

Students will be administered the Behavior Intervention Monitoring and Assessment System, 2 (BIMAS2). The BIMAS2 is a short survey that measures social, emotional, and behavioral functioning in children and adolescents.

Who will have access to the screening data?

The information that we obtain from the BIMAS2 will be reviewed by the school-based support team (school counselor, administrator, school psychologist) and MHAT counselors and will be used to try to improve your student's well-being, academic success, and the overall success of the school.

Will this information be shared with employers or colleges?

As this information will not be included in the student's cumulative file, no screening or counseling results/information will be shared with colleges, employers, etc. and will be kept confidential within the school building.

MHAT： 心理健康援助小组

学生需求

美国外科总长最近发布了一份罕见的公共卫生公告，呼吁 美国 应对 日益严重的年轻人心理健康危机。本通报中引用的一些信息如下：

- 每3名高中生中就有1人 报告说， 在COVID之前,患者普遍感到悲伤，孤独或绝望
- 2009-2019年间，青年人的自杀率上升了57%。
- 新型冠状病毒肺炎 (COVID)使问题更加严重， 青少年抑郁症/焦虑的发生率 处于 历史新高

区域响应

贝尔维尤学区 已就这一关键问题采取行动。心理健康援助小组(MHAT)是
在 大流行病发生前成立，以确定有心理健康需求的学生，并 在学校提供更多机会获得全面的循证心理健康服务。内政部的使命是：

1. 识别患有 抑郁症，焦虑和创伤症状的学生(通常是 第一次)
2. 增加获得心理健康服务的机会
3. 为学生取得更好的成果

MHAT目前是一个由6名心理健康专业人员组成的团队，成员包括受过学校心理学家，学校社会工作者和学校辅导员培训的人员。MHAT 通过开展自杀风险筛查和讲授简短内容，支持向贝尔维尤的所有7年级学生和高中化学专业的学生提供自杀预防课程(自杀迹象)
-定期心理健康咨询。MHAT辅导员 还能够 将学生连接到 社区的其他支持。

MHAT起源和历史

MHAT 于 2017年秋季在贝尔维尤学区成立,有4名心理健康专业人员。该小组在Sammamish高中筛选了大约125名学生，并为16名学生提供了咨询。到2021-2022年
在学年，该小组已扩大到18名工作人员 ，他们筛选了6,700多名学生，并为近400名学生提供服务。进度监测显示，86%的接受服务的学生的困扰症状有所减少。在2022-2023学年，卫生部扩大到小学一级，以提供危机再教育。为 贝尔维尤的所有小学提供赞助服务。由于 地区预算的削减， 球队 目前规模较小,但希望将来能重新扩张。

访问MHAT服务的3种方法

- 年度SOS筛查
- 自我推荐
- 员工/父母推荐

贝尔维尤学区精神健康援助队

使命：

心理健康援助小组(MHAT)的任务是 确定有心理健康需求的学生，并提供更多机会获得由训练有素，技术娴熟的BSD工作人员提供的全面循证心理健康服务，以丰富学生的福祉。

愿景：

促进和支持 每 一位学生的心理健康。

MHAT是一项全县范围的举措，旨在提供更多的 心理健康服务。
每个高中 和中学都有一名或两名医务秘书处辅导员，他们将与学校工作人员合作，管理一个综合筛查器，以确定有心理健康需求的学生。MHAT辅导员将为选择参加的学生提供个人或团体辅导服务。



MHAT流程

1. 选定年级和班级的学生将有 机会 接受筛选。
2. 筛选数据将 由 校本支援小组审核(见下文)。
3. 确定的学生将 根据家长同意获得服务。

问与答

我们为何提供此项服务？

作为在区内提供一系列服务的一部分,学校董事会已责成MHAT更好地识别和提供服务,以支持学生的社会和情感福祉。

谁在接受筛查？

所有第7名学生和参加化学的学生都将有 机会 接受筛选。被确定为可能受益于支助的候选人的学生将获得个人或小组辅导。参与是完全*自愿的*。监护人可以选择学生退出此活动。

如何 筛选学生？

学生将被管理 行为干预监测和评估系统，2 (BIMAS2)。BIMAS2是一项简短的调查，用于评估儿童和青少年的社会，情感和行为功能。

谁将有权访问 筛查数据？

我们从 BIMAS2获得的信息将 由 校本支援团队(学校辅导员，行政人员，学校心理学家)和MHAT辅导员审核,并将用于 改善 学生的福祉，学业成功和 学校的整体成功。

这些信息是否会 与雇主或大学共享？

由于这些信息不会包含在学生的累积档案中,因此不 会与高校，雇主等分享筛选或咨询结果/信息,并 在校舍内保密。

MHAT: El Equipo de Asistencia de Salud Mental

Necesidades de los estudiantes

El Cirujano General de los Estados Unidos emitió recientemente una rara advertencia de salud pública, pidiendo a la nación que responda a la creciente crisis de salud mental en los jóvenes. Parte de la información citada en esta advertencia es la siguiente:

- 1 de cada 3 estudiantes de secundaria reportan sentimientos generalizados de tristeza, soledad o desesperanza antes del COVID
- Las tasas de suicidio aumentaron un 57% entre los jóvenes entre 2009 y 2019.
- El COVID ha empeorado aún más el problema, y las tasas de depresión/ansiedad adolescente están en su punto más alto histórico

Respuesta del distrito

El Distrito Escolar de Bellevue ha tomado medidas sobre este tema crítico. El Equipo de Asistencia de Salud Mental (MHAT) fue se formó antes de la pandemia para identificar a los estudiantes con necesidades de salud mental y proporcionar un mayor acceso a una gama completa de servicios de salud mental basados en la evidencia en la escuela. La misión del MHAT es:

1. Identificar a los estudiantes que luchan con síntomas de depresión, ansiedad y trauma (a menudo la primera vez)
2. Aumentar el acceso a los servicios de salud mental
3. Lograr mejores resultados para los estudiantes

MHAT es actualmente un equipo de 6 profesionales de la salud mental compuesto por personas capacitadas como psicólogos escolares, trabajadores sociales escolares y consejeros escolares. MHAT apoya las lecciones de prevención del suicidio (Signos de Suicidio) que se imparten a todos los estudiantes de séptimo grado en Bellevue y a los estudiantes de química de la escuela secundaria mediante la realización de pruebas de riesgo de suicidio y la entrega corta -termino consejería de salud mental. Los consejeros de MHAT también pueden conectar a los estudiantes con apoyos adicionales en la comunidad.

Orígenes e historia de MHAT

MHAT comenzó en el Distrito Escolar de Bellevue en el otoño de 2017 con 4 profesionales de la salud mental. El equipo examinó a aproximadamente 125 estudiantes de la Escuela Secundaria Sammamish y brindó asesoramiento a 16 estudiantes. Para el 2021-2022
en el año escolar, el equipo se había ampliado a 18 miembros del personal que examinaron a más de 6.700 estudiantes y proporcionaron servicios a casi 400 estudiantes. El monitoreo del progreso mostró que el 86% de los estudiantes que recibieron servicios mostraron una disminución en los síntomas molestos. Para el año escolar 2022-2023/11, el MHAT se expandió al nivel elemental para proporcionar servicios de recuperación de crisis.
Patrocinar servicios a todas las escuelas primarias en Bellevue. Debido a los recortes presupuestarios del distrito, el equipo es actualmente más pequeño, pero la esperanza es volver a expandirse en el futuro.

3 formas de acceder a los servicios MHAT

- SOS Screening anual
- Autorremisión
- Remisión de personal/padres

Equipo de Asistencia de Salud Mental del Distrito Escolar de Bellevue

Misión:

La misión del Equipo de Asistencia de Salud Mental (MHAT) es identificar a los estudiantes con necesidades de salud mental y proporcionar un mayor acceso a un espectro completo de servicios de salud mental basados en la evidencia, proporcionados por personal altamente capacitado y capacitado de BSD, para enriquecer el bienestar de los estudiantes.

Visión:

Promover y apoyar el bienestar de la salud mental para todos y cada uno de los estudiantes.

El MHAT es una iniciativa de todo el distrito para proporcionar un mayor acceso a los servicios de salud mental.
Cada escuela secundaria e intermedia tienen uno o dos consejeros de MHAT que trabajarán con el personal de la escuela para administrar un evaluador universal para identificar a los estudiantes con necesidades de salud mental. El consejero de MHAT entonces proporcionará servicios de consejería individual o grupal a los estudiantes que opten por participar.



PROCESO MHAT

1. Los estudiantes en grados y clases seleccionados tendrán la oportunidad de ser evaluados.
2. Los datos de las pruebas de detección serán revisados por el equipo de apoyo de la escuela (ver más abajo).
3. A los estudiantes identificados se les ofrecerán servicios por consentimiento de los padres.

P Y A

¿Por qué ofrecemos este servicio?

Como parte de proveer un espectro de servicios dentro del distrito, la junta escolar ha encargado a MHAT identificar y proveer mejor servicios para apoyar el bienestar social y emocional de los estudiantes.

¿Quién está siendo examinado?

Todos los estudiantes de 7º y estudiantes que toman Química tendrán la oportunidad de ser evaluados. A los estudiantes que se identifican como candidatos que pueden beneficiarse de apoyo se les ofrecerá consejería individual o grupal. La participación es completamente *voluntaria*. Los tutores pueden excluir a los estudiantes de esta actividad.

¿Cómo serán evaluados los estudiantes?

A los estudiantes se les administrará el Sistema de Monitoreo y Evaluación de Intervención de Comportamiento, 2 (BIMAS2). El BIMAS2 es una breve encuesta que evalúa el funcionamiento social, emocional y conductual en niños y adolescentes.

¿Quién tendrá acceso a los datos de selección?

La información que obtenemos de BIMAS2 será revisada por el equipo de apoyo de la escuela (consejero escolar, administrador, psicólogo escolar) y los consejeros de MHAT y será utilizada para tratar de mejorar el bienestar de su estudiante, el éxito académico y el éxito general de la escuela.

¿Se compartirá esta información con empleadores o universidades?

Dado que esta información no será incluida en el archivo acumulativo del estudiante, no se compartirán los resultados/información de la evaluación o del asesoramiento con universidades, empleadores, etc. y se mantendrán confidenciales dentro del edificio de la escuela.



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

teen MENTAL HEALTH FIRST AID

> *When we first started the tMHFA training, I didn't think it would help me at all. However, I was surprised by how much I learned about taking care of my own mental health, being kind to those around me, supporting my friends through rough patches and how to potentially save a life."*
>
> **—Ava Sapolski**
> Amherst Steele High School, Amherst, OH

WHY MENTAL HEALTH FIRST AID?

Build a powerful community of teens ages 14-18 by teaching them how to support a friend or classmate with the evidence-based teen Mental Health First Aid (tMHFA) course.

Adolescence is a time of critical change and development. It's when mental health challenges may first emerge and may be the cause for falling grades, problems with close relationships and substance use. Young people will be prepared to provide support for their peers as well as better cope with mental health challenges themselves.

tMHFA was brought to the United States by the **National Council for Mental Wellbeing** in partnership with **Born This Way Foundation**, and is tailored to the unique experiences and needs of young people. Its plain language ensures learners at all reading levels can easily follow along.

1 IN 5*
teens in the United States will experience a mental health challenge by the time they are 18.

64%*
of teens in the United States who experience mental health challenges don't seek help.

Suicide is the **THIRD-LEADING CAUSE OF DEATH*** for youth ages 15-19.

**the original research for the displayed statistic is linked*

WHAT IT COVERS

- How to open the conversation about mental health and substance use challenges.
- Common signs and symptoms of mental health and substance use challenges.
- The impact of school violence and bullying on mental wellbeing.
- How to seek the help of a responsible and trusted adult.

WHO SHOULD TAKE IT

- Teens in grades 9-12 or ages 14-18.

WHO SHOULD TEACH IT

- High schools, organizations partnering with a high school, youth-serving organizations.

Bring teen MENTAL HEALTH FIRST AID to your community

Visit MHFA.org/Teens for more information

To find a course or contact an Instructor in your area, visit **MHFA.org/Teens** or email **teenMHFA@TheNationalCouncil.org**.

BORN THIS WAY FOUNDATION



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%
of youth will be diagnosed with a substance use disorder in their lifetime.
*Source: Youth Mental Health First Aid***

1 IN 5
teens and young adults lives with a mental health condition.
*Source: National Alliance for Mental Illness**

50%
of all mental illnesses begin by age 14, and 75% by the mid-20s.
*Source: Archives of General Psychiatry****

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

THREE WAYS TO LEARN

- **In-person** – Learners will receive their training as an 8-hour, Instructor-led, in-person course.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - » A video conference.
  - » An in-person class.

Sources

* National Alliance on Mental Illness. (n.d.). *Kids.* https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids

** Mental Health First Aid. (2020). *Mental Health First Aid USA* for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*. 62(6); 593-602. doi: 10.1001/archpsyc.62.6.593

To find a course or contact a Mental Health First Aid Instructor in your area, visit **MHFA.org** or email **Hello@MentalHealthFirstAid.org**.

Parent Resources

External Supports (Community Agencies, State, and National)

- National Suicide Prevention Lifeline: 988
  - (https://suicidepreventionlifeline.org/)
- Nacional de Prevención del Suicidio: 988
  - (https://988lifeline.org/es/inicio/)
- Crisis Connections 24-hour Crisis Line: 1-866-427-4747
  - (https://www.crisisconnections.org/24-hour-crisis-line/)
- Crisis Text Line: Text HOME to 741741
  - (https://www.crisistextline.org/)
- BIPOC Crisis Text Line: Text STEVE to 741741
- Crisis Text Line en Español: Envía AYUDA en un texto al 741741
- The Trevor Project (for LGBTQ youth): 1-866-488-7386 or Text START to 678678
  - (https://www.thetrevorproject.org/)
- Trans Lifeline: 1-877-565-8860
  - (https://translifeline.org/)
- Teen Link: Call or Text 866-833-6546 (Evenings from 6pm-10pm)
  - (https://www.crisisconnections.org/teen-link/)
- Seattle Children's Hospital Emergency Department: Call 206-987-8811 or Visit 4500 40th Ave NE, Seattle, WA 98105
  - (https://www.seattlechildrens.org/clinics/emergency-department/contact-locations/)

School Resources

Resource	Phone Number
School Counselor	See Attached Roster
School Psychologist	See Attached Roster
Principal	See Attached Roster

Community Resources

Resource	Specialties	Phone Number
Youth Eastside Services (YES) https://www.youtheastsideservices.org/	Youth & Family Counseling, Parenting Help, Violence Prevention, D/A Services, Mentoring, Latino Programs, Wraparound services	(425) 747- 4937
Sound	Community Mental Health Services, Youth & Child Counseling, Family Counseling, D/A Services, Wraparound services	Crisis Line: 988 (206) 901-2000
Consejo Counseling & Referral Service	Multicultural Mental Health Services, Specializes in working with Latino Families, Behavioral	(425) 679-0801

Parent Resources

	Health, Psychiatric Care, D/A Services	
Asian Counseling Referral Services (ACRS)	Multicultural Mental Health Services, Specializes in working with Asian Pacific Americans, D/A Services	(206) 695-7600
Lakeside-Milam (Kirkland)	Drug & Alcohol Treatment	(206) 578-3830
Department of Social & Health Services (DSHS)	Benefits, Mentoring, Disability Services, Child Abuse Reporting & Prevention, Family Reconciliation Services (FRS)	360-407-1500
At-Risk Youth Petition(ARY)/Child in Need of Services (CHINS)	Legal Assistance for Children with Substance Abuse Concerns, Leaving Home for >72 Hours, & Health and Safety Concerns	(206) 477-2759
Community Crisis Outreach Services (CCORS)	Short-term Crisis Services to Children, Youth, and Families	(206) 461-3222
Ryther	Behavioral Health Services for Children & Families, Autism Services, Psychiatry, D/A Services	(206) 525-5050
HopeLink	Housing, Food, Financial Help, School Supply Support	(425) 869-6000
Teen Link	Help line answered by teens	1-866-TEENLINK (866-833-6546)
Developmental Disabilities Administration (DDA)	Case Management, Housing, Employment, Individual and Family Services	(877) 501-2233
Friends of Youth	Youth Shelters, Parent Education, Youth and Family Counseling	(425) 869-6490 24-hr hotline: (206) 236-KIDS
Thira Health	Evidence-based treatment for women, teen girls, and gender non-conforming individuals.	(425) 650-1044
Rogers Behavioral Health	Partial hospitalization services for OCD and anxiety	(425) 956-3900
Evidence-Based Treatment Centers of Seattle (EBTCS)		(206) 374-0109

Text Resources

Topic	Book/Web Title	Author(s)
PBIS		
	PBIS Website http://www.pbis.org/	Multiple
	Parenting with Positive Behavior Support	Hieneman, M. & Childs, K.

Parent Resources

	PBIS World https://www.pbisworld.com/	Multiple
General Parenting		
	1-2-3 Magic	Phelan, T.
	The Explosive Child	Greene, R.
	The Difficult Child	Turecki, S. & Tonner, L.
	7 Habits of Happy Kids	Covey, S. & Curtis, S.
	Love & Logic Series	Fay, J., Cline, F. & Fay, C.
	School Behavior.com http://www.schoolbehavior.com	Multiple
	Helping the Noncompliant Child	McMahon, R. & Forehand, R.
Anger Management/Emotional Regulation		
	A Volcano in My Tummy	Whitehouse, E. & Pudney, W.
	Aggression Replacement Training	Glick, B. & Gibbs, J.
	Everybody Gets Angry	Pill, E.
	Josh's Smiley Faces: A Story about Anger	Ditta-Donahue, G. & Blake, A.
	Anger Mountain	Hebert, B.
	Zones of Regulation	Kuypers, L.
	How Does Your Engine Run?	Williams, M. & Shellenberger, S.
	Seeing Red	Simmonds, J.
	How to Take the Grrr Out of Angry	Verdick, E. & Lisovskis, M.
ADHD		
	Cory Stories: A Kid's Book About Living With ADHD	Kraus, J. & Martin, W.
Autism		
	Navigating the Social World	McAfee, J. & Attwood, T.
	The Complete Guide to Asperger's Syndrome	Carol Gray
	Families for Effective/Early Autism Treatment (FEAT) Website: http://www.featwa.org/	Multiple
	Freaks, Geeks, & Asperger Syndrome	Luke Jackson
	Comic Strip Conversations	Gray, C.
	The Social Skills Picture Book	Baker, J.
	My Social Stories Book	Gray, C.
	Thinking About You, Thinking About Me	Garcia Winner, M.
	You Are a Social Detective	Garcia Winner, M.
	Superflex ... A Superhero Social Thinking Curriculum	Garcia Winner, M.
Anxiety		
	What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety	Dawn Huebner

Parent Resources

	When My Worries Get Too Big: A Relaxation Book for Children Who Live with Anxiety	Kari Dunn Buron
	Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents	Eli R. Lebowitz
Bipolar Disorder		
	Brandon and the Bipolar Bear	Anglada, T. & Taylor, J.
	My Bipolar, Roller Coaster, Feelings Books	Hebert, B.
	Intense Minds: Through the Eyes of Young People with Bipolar Disorder	Anglada, T.
Obsessive Compulsive Disorder (OCD)		
	Brain Lock	Jeffery Schwartz
	What to Do When Your Brain Gets Stuck: A kids Guide to OCD	Huebner, D. & Matthews, B.
	Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents	Chansky, T.
Executive Functioning		
	Executive Skills In Children and Adolescents	Dawson, P. & Guare, R.
	Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential	Dawson, P. & Guare, R.
Visuals & Charts		
	Kid Pointz Website: http://www.kidpointz.com	
Relaxation		
	Ready Set Relax	Allen, J. & Klein, R.
School Resources		
	Safe & Civil Schools	Randy Sprick
	CHAMPS: A Proactive and Positive Approach to Classroom Management, 2nd Edition	Randy Sprick
School Refusal		
	Getting Your Child Back to School: A Parent's Guide to Solving School Attendance Problems	Christopher A. Kearney

Parent Resources

Children's Hospital FAST parent resources page: https://www.seattlechildrens.org/healthcare-professionals/community-providers/fast/parents-caregivers/

Helpful Links:

Anxiety problems

- Anxiety Snapshot: two-page education handout for parents/caregivers (all ages) (English) (Simplified Chinese) (Spanish) (Vietnamese)
- **NEW:** Video-Guided FAST-A Workbook for Youth and Caregivers (ages 3-18) (English) (Spanish)
- Needle anxiety two-page resource (English) (Spanish)
- Extra Brave Practice Worksheet (to be used with FAST-A workbooks) (English) (Spanish)
- Youth and caregiver FAST-A **brief** workbook (ages 7-18) (English) (Spanish)

FAST for Challenging Behavior (child)

- Challenging Child Behaviors Snapshot: 2-page education handout for caregivers (ages 4–11) (English) (Spanish) (Dari) (Pashto) (Simplified Chinese) (Vietnamese)
- **New** FAST-Behavior Basics self-guided video class (videos match each FAST-B Workbook skill)
- FAST-Behavior Snapshot (video, 5 minutes)
- Parent/caregiver resource for managing screen and device time (English) (Spanish)
- Kids and Sleep (English) (Spanish)

FAST for Challenging Behavior (teen)

- Parenting Teens Snapshot: 2-page education handout for parents/caregivers of teens
- Skills workbook for parents/caregivers of challenging teens (English) (Spanish)

FAST Other topics

- School Refusal Tips for caregivers (English) (Spanish)
- Sleep Tips for Teens Handout (English) (Spanish)
- Two-page handout for teens on managing their relationship with technology (worksheet) (English) (Spanish)
- Handout for parents/caregivers on supporting youth experiencing racism (English) (Spanish)
- Handout for kids and teens on racial discrimination and mental health (English) (Spanish)
- Handout for teens on racial discrimination and mental health (detailed version) (English) (Spanish)
- LGBTQ+ mental health handout (English) (Spanish)