



Ruus Elementary Community School

RESOURCES



COST Links:

- [COST Request Form](#)
- [Formulario de Solicitud del Programa COST](#)
- [HUSD Wellness & Mental Health Supports](#)



HUSD Community Schools:

- [HUSD Community Schools Website](#)



Ruus Community School Links:

- [Sustainability Plan](#)
- [Implementation Plan](#)
- [APR](#)

COORDINATION OF SERVICES TEAM COST

What is the purpose of COST?

COST Teams at each school support students' needs and the school overall, refer students to resources & interventions, and promote students' academic success and healthy development.

Who does COST support?

Students who are experiencing challenges in academia and/or concerning behavior(s) either in the classroom and/or at home
Students & families who may need support with basic needs, home environment, health concerns, etc.
Students & families facing traumatic events, transitional hardships, change in family dynamics, etc.

Examples of Services Offered

COST teams may refer students to a variety of support services, programs, and resources, some of which may include:
1-1, Group, or Family Counseling House, Food, or Clothing Support Immigration Supports
This is not an exhaustive list as COST Teams look at the individual needs of each student referred.

EQUIPO DE COORDINACIÓN DE SERVICIOS COST

¿Cuál es el propósito de COST?

Los equipos COST en cada escuela apoyan las necesidades de los estudiantes y de la escuela en general, remiten a los estudiantes a recursos e intervenciones y apoyan el éxito académico y el desarrollo saludable de los estudiantes.

¿A quién apoya COST?

Estudiantes que están experimentando desafíos académicos.
Estudiantes que expresan un comportamiento preocupante tanto en el salón de clases como en el hogar.
Estudiantes y familias que necesitan apoyo con necesidades básicas, dinámica del hogar y más.
Estudiantes y familias que enfrentan eventos traumáticos, dificultades de transición y más.

Ejemplos de servicios ofrecidos

Los equipos de COST pueden referir a los estudiantes a una variedad de servicios, programas y recursos de apoyo, algunos incluyen:
Consejería individual, grupal o familiar
Apoyo con recursos de casa, comida o ropa Apoyos de Inmigración
Esta no es una lista exhaustiva, ya que el equipo de COST analiza las necesidades de cada estudiante referido.

Get in touch with our Ruus Community School Specialist

We're here to help you!

Email

ap391@husd.us

Phone

(510) 723- 3885 ext 27404



Resources for Students:

- [HUSD YEP School Site Support](#)
- [Learn to Be - Free Homework Support](#)
- [Free coloring pages regarding Social Emotional Learning](#)
- [Feelings Chart for Kids \(JPG\)](#)
- [How to make a Feelings Thermometer](#)

Resources for Families:

- [Community Counseling Clinic at CSU East Bay](#)
- [Youth and Family Services Bureau at Hayward PD](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [Family Paths - Parenting classes and foster care support](#)
- [NARIKA](#)

For immediate services:

- **National Suicide Prevention Lifeline:** 1800.273.TALK or text the word "START" to 741741
- **Crisis Support Services of Alameda County:** 1800.309.2131
- **Child help: Child Abuse Prevention:** 1800.4.A.Child (1800.422.4453)
- **National Domestic Violence Hotline:** 1800.799.7233
- **Hayward Youth and Family Service:** 1.510.293.7048 (Counseling Services)
- **Alameda County Health and Human Services:** Dial 211
- **LGTBQ+ Support Hotline:** 1-866-488-7386