

Partnering with you to support our students

At AUSD we care deeply about our students' well-being, and we know that their mental and emotional health is a crucial part of that well-being. That is why we offer a wide array of social-emotional and mental health services to students in grades TK-12.

Do you know that AUSD is part of a program that helps our schools provide resources and care to student who need mental health support? It is a statewide initiative called the "Children and Youth Behavioral Health Initiative". It requires health insurers to reimburse school districts for behavioral health services provided to your child. Learn more here: [Details on CYBHI](#)

Please use this guide to find information about how to seek services you think your child needs. You can also find information on our mental health web page: www.alamedaunified.org



Calming the Chaos of
Mental Health Care



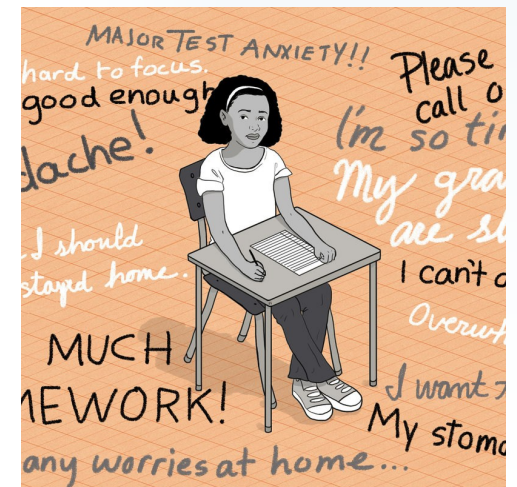
Alameda Unified School District Student Support Services

2060 Challenger Drive
Alameda, CA 94501

Phone: 510-337-7072
Fax: 510-337-7071



Family Guide to School Mental Health Supports





Our Community-Based Mental Health Partners

Alameda Family Services

provides counseling services at all of our school sites. They can also provide case management services for students/families that need extra support.

A Better Way

provides counseling services for Medi-Cal eligible students at Wood Middle School.

La Familia

Serves our Medi-Cal eligible secondary students by providing comprehensive multicultural substance abuse treatment services to youth between the ages of 12-21.

Care Solace

Quickly and confidentially finds available providers matched to your needs. Call 888-515-0595 or go to caresolace.com/alameda-families

Guide to Services

Elementary School Students can be referred by staff at the school or their parent/guardian. While individual counseling is available, groups are the most common recommendation for children at this age. If you would like to discuss services for your elementary school child, please contact your principal.

Middle School Students can be referred by staff at the school or their parent/guardian. Both groups and individual counseling are available. Middle school students can also request brief counseling sessions through their school counselors. If you would like to discuss services for your middle school child, please see your child's school counselor.

High School Students can self-refer or be referred by staff or their parent/guardian. These students can also request services themselves. Group and individual counseling are available and typically are provided through our School Based Health Centers (SBHC),* which is overseen by Alameda Family Services. Students at the high schools can also seek brief counseling intervention through their school counselors. If you would like to discuss services for your high school child, please contact your child's school counselor.

*In addition to behavioral and mental health services, the School Based Health Centers at the high schools offer free medical services, health education, and youth development. The SBHC also has a case manager that provide Alcohol and Other Drug (AOD) referrals, as well as services for students at extremely high risk for hurting themselves or others.

CA Child & Youth Behavioral Health Initiative (CYBHI) Fee Reimbursements

Called the "California Child and Youth Behavioral Initiative," the program allows school districts to be reimbursed for socio-emotional mental health services they provide to students. The reimbursements come directly from families' health insurance providers, including Medi-Cal and private insurance to support socio-emotional and mental health services for students.

The new program will enable us to continue providing mental and emotional health services to your children. Here's how it works:

- AUSD asks for your student's health insurance information so that we can submit reimbursement requests for the services we provide. We will keep this information secure and confidential, as required by state and federal laws.
- You will be required to sign a consent for us to bill your insurance company.
- Consent for services is **not** required for class or school-wide presentations, risk-assessments, behavioral health screenings, etc.
- We **will** require consent for services to deliver individual or group counseling.

This reimbursement will come to the district directly from the insurance companies, at no cost to parents/guardians. State law prohibits health plans and insurers from passing any of the cost to families. Families **will not** pay any out-of-pocket expenses (e.g., co-payments or deductibles) for behavioral health services provided by the District. These services are complete free and receiving them in school **will not** affect your child's coverage under the health plan or insurer.