

# Mental Health and Wellness (MHW)



*In October 2025, members of the Mental Health and Wellness Team participated in a professional development session that involved a drum circle.*

**Establishment of Full-Time Clinical Supervisor Position** - This school year, the Mental Health and Wellness (MHW) Program established a full-time, permanent Clinical Supervisor position. This addition is a critical step in building a well-developed and sustainable internship and training program. With consistent supervision, mentoring, and structured professional development, we are able to expand mental health supports for students and families, strengthen service quality, and cultivate a strong pipeline for training, hiring, and retaining clinicians.

**Strengthening a Comprehensive, Multi-Tiered System of Support (MTSS)** - During the 2026 Spring Semester, the MHW Program continued to strengthen and expand its MTSS across all school sites. Through a balanced focus on Tier 1 prevention, Tier 2 targeted interventions, and Tier 3 individualized services, the program ensured that students had access to timely, responsive, and developmentally appropriate mental health support.

**Increased Student Engagement Through Innovative Outreach and Programming** - Across the District, Wellness Centers expanded creative and accessible approaches to student engagement, including:

- Wellness-centered classroom collaborations across disciplines
- Interactive tabling events and campus-wide outreach initiatives
- Therapy dog visits, wellness fairs, and student-led programming
- Expanded use of Wellness Centers as safe, welcoming, and stigma-free spaces

**Professional Development** - This fall, the MHW team participated in a half-day training with Epoch Education, focused on cultural humility, courageous conversations, and compassionate dialogue. Educators engaged in reflective practice using the RIR (Recognize-Interrupt-Repair) Protocol and the Cycle of Inference framework to deepen their ability to support inclusive, affirming, and culturally responsive experiences for students, families, and colleagues.

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*Ryan Matlow, Ph.D. of Stanford's Department of Psychiatry and Behavioral Sciences and April Torres, SMUHSD Director of Mental Health spoke with staff about supporting the mental health of newcomer and immigrant youth.*

**Partnership with Stanford** - The MHW Program, in collaboration with the Multilingual Learner Programs team, continues meaningful collaboration with Stanford's Department of Psychiatry and Behavioral Sciences to strengthen staff capacity in supporting immigrant and newcomer youth.

**Community Partnerships** - The MHW Program continues its strong commitment to partnering with community-based mental health agencies to ensure students, families, and staff have timely access to prevention resources, education, and support.

- Through an MOU with allcove San Mateo, the District provides students with workshops, classroom presentations, and direct referral pathways to youth-centered clinical and wellness services.
- The MHW Team collaborates with Rape Trauma Services RTS and Community Overcoming Relationship Abuse (CORA), both of which offer workshops, classroom presentations, student groups focused on healthy relationships, and ongoing tabling at lunch and school events to increase visibility and access.
- In addition, the National Alliance on Mental Illness (NAMI) continues to support SMUHSD students through stress management groups and mental health education delivered in partnership with school sites.



**Strengthening Student Voice, Belonging, and Cultural Connection** - School sites continued to prioritize programming that builds connection, identity, and belonging, including:

- Expansion of affinity-based groups such as Latino Boys Club, Girls Groups, and Peer Support Groups
- Student-led cultural events and community-building activities
- Collaboration with student leadership groups and campus organizations