NVUSD
NAPA VALLEY UNIFIED SCHOOL DISTRICT

Notice regarding free wellness & support services for students

Dear NVUSD Families & Caregivers,

Napa Valley Unified School District places the health and safety of our students, including mental health and wellness, at the highest priority and has expanded delivery of free on-campus services in order to continue to provide academic, behavioral and mental health support for school success. These services are provided by qualified district staff as well as through agreements with community based organizations. Services may include behavior & emotional support, resource linkage, and educational support groups that cultivate a wide array of social and emotional coping skills in young people. All services provided are ***free of charge*** to families. All information disclosed during these services are confidential to the extent required by law.*

Students may be referred and identified for one or more of these supports by themselves, family members, teachers and staff, or through systematic data analysis by the school Multi-Tiered System of Support (MTSS) team. Each school's MTSS Teams uses our student support monitoring system in Aeries to identify students who may be at risk of not meeting important academic goals or who may need additional behavioral or social emotional support (NVUSD MTSS Maps). In NVUSD, early warning indicators can include chronic absenteeism, Star Reading/Math performance, discipline referrals, grades, graduation requirement completion, classroom teacher pre-referral interventions, among other data points. In order to provide school teams with data to support student wellness, NVUSD screens every student in grades TK-12 using the research-based Strengths & Difficulties Questionnaire (SDQ). Students in grades 4-12 take the SDQ via a confidential survey *themselves*. Teachers complete the SDQ *about* their students in grades TK-3. **You may also call or email your school's counselor or administrator with any questions at any time.**

*Your child may participate in any of the free on-campus and/or online support services. Children who are 11 years old or younger, however, may not receive mental health counseling or treatment services without the prior written authorization of their parent/legal guardian.

In addition, students and families can use **Care Solace** to quickly find verified mental health, behavioral health, and substance use treatment options matched to their needs, regardless of circumstances. Care Solace's team is available 24/7/365 and can support you in any language.

If you would like to use **Care Solace** to help you find a provider:

- Call **888-515-0595** available 24/7/365
- Visit Caresolace.com/nvusd and either search on your own OR click "Book Appointment" for assistance by video chat, email, or phone.