

Mental Health Supports for Students

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U.S. >

Inside America's youth mental health crisis

The New York Times

'It's Life or Death': The Mental Health Crisis Among U.S. Teens

Depression, self-harm and suicide are rising among American adolescents. For one 13-year-old, the despair was almost too much to take.



Social media is driving teen mental health crisis, surgeon general warns

Advisory calls attention to growing concerns about the link between social media use and depression and anxiety in children and adolescents.

41% of surveyed LGBTQ+ youth considered suicide in the past year

Teenage girls experiencing record high levels of sadness, violence and trauma, CDC says

Main Points:

- **40% of parents** are very or extremely concerned that their child is struggling with **anxiety or depression**
- Recent survey by CDS, **1 in 3 teens** report their state of mental health as **poor**
- **2 of 5 (40%)** teens feel **persistently sad or hopeless**
- **1 in 5** teens report to have **seriously** considered **suicide**
- Suicide is the **second** leading cause of death for young people between **10 and 14**
- And the **third leading cause of death** among teenagers

JUNE 8, 2023

Surgeon General and Others Testify on Youth Mental Health

U.S. Surgeon General Vivek Murthy pointed to loneliness and social media as two areas of concern as drivers of the mental health crisis... [read more](#) ▾



- 32% of teen girls said when they felt bad about their body image and Instagram made them feel worse
- Our kids less connected humanly...instead of building healthy trusting strong relationships with their teachers, mentors, friends and others...kids are turning to their phones and social media to connect



- We have heard about the over one million lives lost during Covid
- However, a direct result of that = Over 200,000 children lost one or both parents to COVID

Community Wellness Partners



- Mental health support at 20 school sites
- Provide DUSD 138 clinical hours per week
- 371 students served (2021-22)
- Any referred student

- Fulltime Pacific Clinics therapists at secondary
- 1 per Middle School and CHS
- 2 at both DHS and WHS
- Caseload of 25 students per therapist
- Medi-Cal based



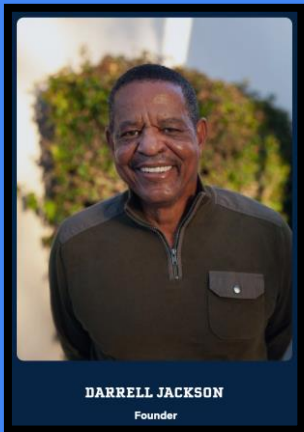
Community Wellness Partners



- Local agency that provides mental health support (at local office or school)
- School or community referrals
- 256 students served (2022-23)
- Medi-Cal based

- Find counseling resources in your area
- 24/7 Support
- See DUSD Wellness Resources
- Helps anyone in the community





**EMPOWERING YOUTH
THROUGH COMMUNITY
+ MENTAL WELLNESS.**

- **Alcohol and Drug Diversion**
- **Middle School Diversion**
- **Mental Wellness Programs**
- **Parenting Support Groups**
- **Individual Counseling**
- **Case Management**



10-20 Club
Middle School
Boxing Fundamentals Program



*4-week
Program*

Class Begins

Wednesday, March 1, 2023

Location

Premier Fitness
8813 Imperial Hwy.
Downey, CA 90242

Time

3:30pm - 4:30pm



Sponsored by:



MIDDLE SCHOOL SCHEDULE

Ronnie Fernandez, LCSW
(Clinical Therapist)

Schedule begins February 27, 2023 thru
end of the 2022-23 School Year

| | SCHOOL | HOURS |
|------------------|--------------|----------------|
| Monday | Stauffer MS | 8:15AM-12:15PM |
| Tuesday | Doty MS | 8:15AM-12:15PM |
| Wednesday | Sussman MS | 8:15AM-12:15PM |
| Thursday | Griffiths MS | 8:15AM-12:15PM |



10-20 Club
High School
CrossFit Program



*4-week
Program*

Class Begins

Thursday, March 2, 2023

Location

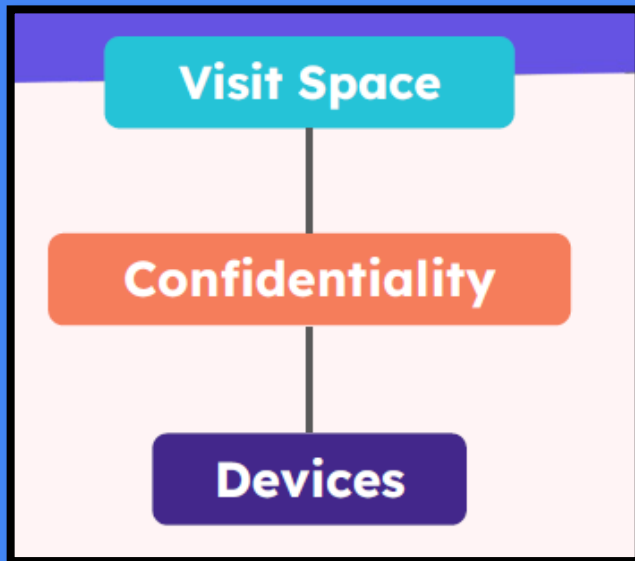
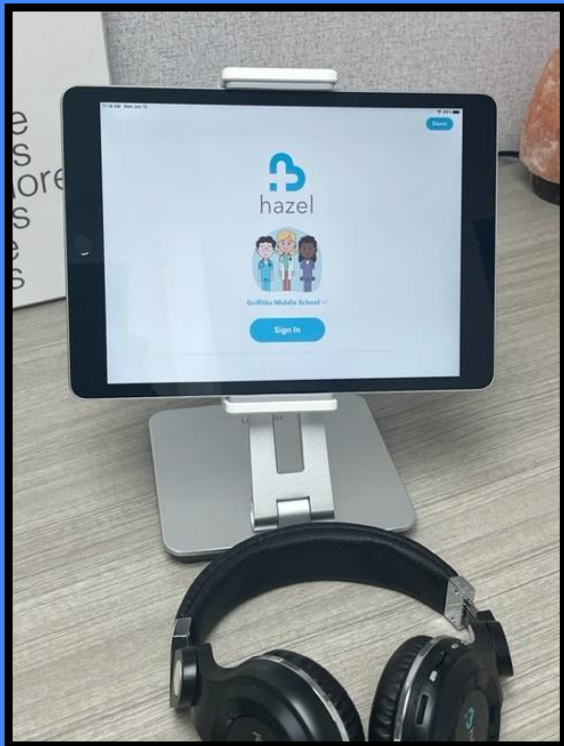
Apollo Park
12544 Rives Ave
Downey, CA 90242

Time

4:00pm - 5:00pm



Hazel Health





Intake & Counseling Visits



At School Appointments

Take place on an iPad in a secure, private room

Monitored by a trained school initiator

Students may need to be pulled out of class to attend

Parents can join remotely

During pre-determined school hours

At Home Appointments

Accessible using a web browser on any mobile or desktop device

Parent/guardian must have a registered Hazel Account

Student & parent / guardian must be in same location

7 am - 7 pm local time



Mental Health



At School



At Home



Diverse, experienced, mission driven licensed therapists

50%+

of providers identify as Black, Indigenous, People of Color (BIPOC)

40%+

of providers are bilingual, speaking over 15 languages

License types

Licensed Clinical Social Worker (LCSW), Licensed Professional Counselor (LPC), Licensed Marriage & Family Therapist (LMFT), Licensed Mental Health Counselor (LMHC)

Areas of expertise

Foster youth, ADHD, immigration, race, LGBTQ+, body image, sexual abuse, self-harm, domestic violence, attachment disorders, military families, and more



Locally licensed



Evidence-based



Traci Muramoto
Licensed Marriage
and Family Therapist



Olivia Centuori
Licensed Clinical
Social Worker



Janethia Buckley
Licensed Professional
Counselor



Lizbeth Cortez Sosa
Licensed Clinical
Social Worker



Cindy Dorestant
Licensed Marriage
and Family Therapist



Stephanie Gonzalez
Licensed Mental
Health Counselor



Derek Durst
Licensed Professional
Counselor



Ashley Usita
Licensed Mental
Health Counselor



Dr. Travis Gayles
Chief Health Officer



Mental Health



At School



At Home

Mental Health & Wellness

2022-2023 in Summary



In 2022-2023, we became

A Fully-Staffed TEAM of Mental Health Practitioners

- 1 Program Administrator - Mental Health & Wellness
- 1 Program Specialist - Educationally Related Intensive Counseling Services
- 23 Full-Time Clinical School Therapists
 - ✓ 2 Full-Time CSTs @ DHS
 - ✓ 2 Full-Time CSTs @ WHS
 - ✓ 1 Full-Time CST @ CHS
 - ✓ 1 Full-Time CST @ Virtual Academy
 - ✓ 1 Full-Time CST @ DMS, GMS, MSMS, & SMS, respectively
 - ✓ 13 Full-Time CSTs shared across Elementary Sites

Professional Backgrounds Include:

- ✓ Licensed Clinical Social Workers (LCSW)
- ✓ Licensed Marriage & Family Therapists (LMFT)
- ✓ Licensed Professional Clinical Counselors (LPCC)

All CSTs have Pupil Personnel Services (PPS) Credentials

Many CSTs are bilingual



In 2022-2023, we built a A Robust University CST Intern Program

8 University Interns

- ✓ USC
- ✓ CSUDH
- ✓ CSULA
- ✓ CSULB

All CST Interns:

- ✓ are paid monthly stipends
- ✓ are supervised by DUSD CSTs
- ✓ are pursuing degrees in Clinical Social Work
- ✓ completed hundreds of hours of fieldwork on our sites
- ✓ are extensions of our CSTs, by
 - *providing counseling support*
 - *administering risk assessments*
 - *triaging student need*



In 2022-2023, we focused on developing The Role of Our Wellness Center Clerks

7 Wellness Center Clerks

- ✓ Job Classification: Intermediate Clerical Assistant
- ✓ Role Includes:
 - *Welcoming students into the Wellness Center*
 - *Providing assurance and a sense of calm to our students*
 - *Ensuring students complete appropriate self check-in protocols*
 - *Connecting students to the appropriate support mechanism based on their check-in self report*
 - *Assisting with data tracking & scheduling appointments*

Support Provided to our Wellness Center Clerks:

- ✓ Non-Violent Crisis Intervention
- ✓ Basic Mental Health Training
- ✓ Behavior 101

Developed Additional Infrastructure:

- ✓ Worked with administration to ID subs for lunch/break relief
- ✓ Developed an email group for clerks
- ✓ Facilitated opportunities for clerks to collaborate



In 2022-2023, we designated Space for Mental Health on All DUSD Campuses



RIO HONDO

In 2022-2023, we designated

Space for Mental Health on All DUSD Campuses



RIO SAN GABRIEL

In 2022-2023, we designated

Space for Mental Health on All DUSD Campuses



In 2022-2023, we designated

Space for Mental Health on All DUSD Campuses



In 2022-2023, we enhanced our ability to

Understand & Serve the Needs of our Students

ELEMENTARY

258 students received individual counseling

138 therapy groups implemented

- **Price:** *Worry Warriors*
- **Williams:** *Stop & Think! Social Skills*
- **Rio Hondo:** *Newcomers Connection*
- **Imperial:** *Chill Bulldogs*
- **Gallatin:** *The Power of Words*

508 classroom push-in social emotional lessons

1718 informal check-ins with students

323 agency Referrals

SECONDARY

343 students received individual counseling

12 therapy groups implemented

- **Stauffer:** *Bereavement*
- **Doty:** *Self-Regulation*
- **Columbus:** *Seasonal Blues*
- **DHS:** *Anger Management*

61 classroom push-in social emotional lessons

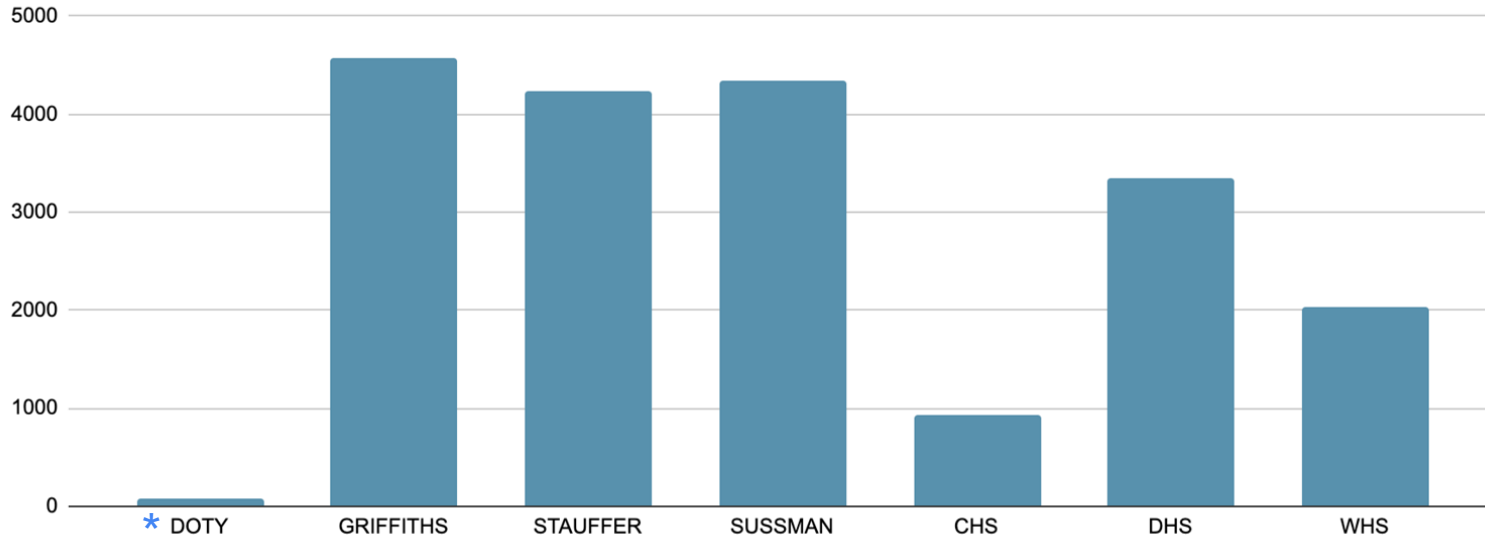
2526 informal check-ins with students

433 agency referrals

In 2022-2023, we increased our ability to

Address the Immediate Needs of Our Students via Walk-Ins to our Wellness Centers

NUMBER OF SELF-REFERRED STUDENT WALK-INS TO SITE WELLNESS CENTERS in 22/23



TOTAL:
19,557

*still accounting for total number of self-referred student walk-ins

In 2022-2023, we hosted numerous School-Wide Mental Health Campaigns

W Warren High School
MENTAL HEALTH WORKSHOP

Understanding & Communicating Your Feelings

Wednesday 11/2
2nd period advisory in O4
OR
8th period advisory in P3

Sign up using QR code or bitly
<https://bit.ly/WHSMentalHealthWksp>

Earn community service hours!
Bring a friend and double your hours!

WHS: Feelings Matter



GMS: Anti-Bullying

STAUFFER
— BUILD FRIENDS —

Healthy Relationship Checklist

Look for these signs that your relationship is healthy!

- Comfortable Pace
- Trust
- TRUE Honesty
- Independence
- Respect
- Equality
- Kindness
- Fun
- Healthy Conflict
- Taking Responsibility (SORRY)

For more info, visit:
My personal boundaries | 5 Love Languages Quiz | Love is Respect

Stauffer: Healthy Relationships



Doty: Identifying Feelings

In 2022-2023, we increased

Parent & Family Engagement with the Mental Health Process

please join us for a....

3 PART ZOOM SERIES ON STUDENT MENTAL HEALTH

Session 1
SELF-CONCEPT & ESTEEM
SELF EFFICACY
DEC 8, 2022

Session 2
DEPRESSION/ANXIETY
STATS, SIGNS & SYMPTOMS
JAN 12, 2023

Session 3
SOCIAL INTERACTIONS
CYBER SAFETY & PEER CONFLICT
FEB 8, 2023

Middle school: STAUFFER, DOTY KNIGHTS, GRIFFITHS, SUSSMAN PIONEERS, DUSD

Time: 6PM
1 HOUR ZOOM SESSIONS (ENGLISH WITH SPANISH TRANSLATOR AVAILABLE)
ZOOM LINKS WILL BE SENT CLOSER TO THE DATE.

Info

DATES AND TOPICS SUBJECT TO CHANGE

The Roadmap to Middle School

All Downey Unified 5th grade families are invited!





PRESENTED BY:
DUSD Middle School Wellness Centers

Save the Date!
Thursday
May 25, 2023
6:00pm
via Zoom

All DUSD 5th grade parents are invited to join us for an hour long webinar presented by DUSD Clinical School Therapists about what to expect next year as students transition from 5th grade to middle school.

We hope you will join us!

Zoom links will be sent to all parents as we get closer to the date & Spanish translation will be available.

DOTY    

The Roadmap to High School





PRESENTED BY:
DUSD Middle School Wellness Centers

Save the Date!
Thursday
May 18, 2023
6:00pm
via Zoom

All 8th grade parents are invited to join us for an hour long webinar presented by our Clinical School Therapists about what to expect next year as students transition from 8th grade to high school.

We hope you will join us!

Zoom links will be sent to all parents as we get closer to the date & Spanish translation will be available.

DOTY    

In 2022-2023, we continued

Our Efforts in Responding to Crisis

ELEMENTARY

105 risk/threat assessments conducted

9 psychiatric emergency calls

1 psychiatric hospitalization

SECONDARY

160 risk/threat assessments conducted

44 psychiatric emergency calls

18 psychiatric hospitalizations

3 mobilizations of District Crisis Team

In 2022-2023, we

Enhanced our Clinical Practices & Developed Our Staff

Revised Risk/Threat Assessment Protocols

Adopted Formal, Standardized Assessment Measures

Elected a “Lead” CST

Implemented Stipends for CST Intern Supervision

CSTs became members of District HRC Committee and SEL Curriculum Comm

Created our Inaugural CST Spotlight Newsletter for Spring 2023

Trainings our CSTs Participated In:

- Gallup Strengths Training
- Nonviolent Crisis Intervention
- SB906 with an Equity Lens by Dr. Charity Plaxton-Hennings, Desert Sands USD Special Education Director
- School Refusal & Chronic Absenteeism: A CBT Approach by Dr. Chris Kearney, UNLV Distinguished Professor of Psychology



Overall, in 2022-2023, we were

Present, Available and Responsive

