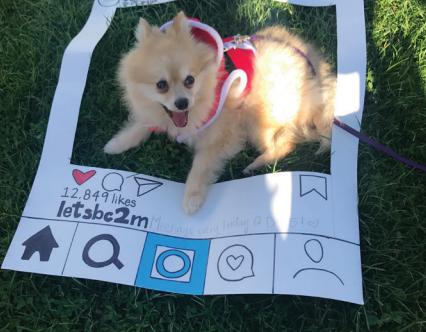




ESUHSD Mental Health & Wellness





WHO WE ARE

As trained professionals, Mental Health & Wellness staff offer mental health counseling services, wellness support and connection to resources in the community that will provide opportunities to explore, connect with services and grow in the areas of mental health and wellness. These free and confidential services are provided on campus in a comfortable setting to students who would like support.

Our staff work with families, administration, and community-based organizations to implement strategies that promote students' overall success.

Mission: Mental Health & Wellness Social Workers foster communities that are equitable, collaborative, and inclusive of diversity. Students are empowered to achieve academic, personal and social success through healing-centered, social emotional and wellness support services.

TCSW Mission: Therapeutic Classroom Social Workers (TCSW) support students in special education to reach their social, emotional, behavioral, and academic goals by providing individual counseling, group counseling, and crisis management. TCSWs also collaborate with the students, families, IEP teams, school interdisciplinary teams and community agencies to foster equity, social/emotional learning, and community building.

If I want to make an appointment, what should I do?

Visit us at the Mental Health & Wellness Center on your school campus or visit www.esuhd.org/wellness.

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INTRODUCTION



At East Side Union High School District (ESUHSD), we care about our students' personal success and that includes their "mental, social, emotional, spiritual, physical and environmental wellbeing. We understand the impact that these areas have on the mental health and wellbeing; as well as the need to create a safe and supportive learning environment for all students. Students encounter mental health distress in many ways. However, for many reasons, **mental health distress is seldom discussed openly** with others. Navigating high school can present unique challenges. Students encounter various stressors and can struggle with managing difficult emotions. For many students these emotions are seldomly discussed openly with others.

Know that your stress is normal and that it's ok to talk about it and **we're here to listen and to provide support, guidance, and resources**. We are here for you every step of the way.

Students represent a diverse group, with various ethnic and racial backgrounds, immigration statuses, religious beliefs, trauma histories, socioeconomic status, sexual and gender identities, and disabilities. These intersecting identities contribute to various mental health needs.

ESUHSD offers many options to support mental health and overall wellbeing. Our social workers, as part of **our Mental Health & Wellness** staff, are the primary mental health and wellness staff on campus. They will respond with great care and knowledge, offering short-term or long-term confidential support.

This **Mental Health & Wellness brochure** provides information **identifying common symptoms and stressors** that students might experience throughout their adolescence and high school experience. It also includes information about **connecting with our Mental Health & Wellness resources**.

WHAT IS MENTAL HEALTH & WELLNESS?

What is mental health and wellness?

Mental Health & Wellness affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, make choices and perform in school. Mental Health & Wellness is an approach that focuses on supporting the whole child including their physical, mental, emotional, social, spiritual and environmental wellbeing.

How do I access mental health & wellness support?

- Students may walk into the Mental Health & Wellness Center on their school campus to schedule an appointment or ask for more information
- Students, Staff, Family Members and Community Based Partners may make a referral online **at www.esuhd.org/wellness**

What reasons can students get mental health & wellness support?

- Mental health issues
- Suicidal ideation
- Abuse or neglect
- Lack of basic needs/homelessness
- Pregnancy, teen parent needs
- Change in academic performance
- Chronic attendance or tardiness issues
- Gang impacted
- Environmental stressors
- Coping or social skills deficits
- Facilitation of school-home-community communication
- Student advocacy
- Referral, monitoring, collaboration to and with community agencies
- Staff support and/or development
- Substance Use

"My Mental Health & Wellness Social Worker made me feel really comfortable during our sessions and she spoke to me like we were truly friends and I appreciated that more than words can explain.

Since we have been in this lockdown I have been through a rollercoaster of emotions sometimes just wishing I was still able to be at school and go to the support center to relax. I was always grateful as to how welcomed staff made me feel. I am nowhere near where I want to end up in life yet but I KNOW I will do big things with my life now and you will always be a helping hand in my success!

My experience showed me that people really do care for me and that I am seen and heard as an individual. Thank you for always encouraging me to keep working at what I love.

This just scratches the surface of how deeply thankful I am that I met you and how much your help has made me strong enough to get up every day during these really difficult months, keep doing what you are doing!"

- Aaliyah C., Former ESUHSD Student



ESUHSD SERVICES

Schoolwide Presentations

We provide presentations to staff, students and the community to increase awareness about mental health, wellness and the impact on student learning, behavior and achievement.

Lunch Chats & Drop In Workshops

We provide lunch chats and workshops. Students can drop in to socialize, share thoughts, and increase awareness about topics that impact mental health & wellness.

Wellness Center

Open daily, the center offers a space for students to receive various types of supports and services, de-escalate or engage in self-directed wellness activities.

Group Counseling

We provide confidential counseling and support groups. These may include peer support or counseling groups, LGBTQ, Racial Equity, Anxiety and more.

One-on-One Counseling

Individual counseling support for students.

Movement Intervention Groups

Yoga, movement, drumming, art, and music.

Crisis Intervention & Responses

We provide risk assessments when a student may be experiencing a mental health crisis in which they want to hurt themselves or others.

Educational Liasion

We provide monthly check-ins and supports with systems impacted youth including those involved with the Child Welfare System or Juvenile Justice System.

Home Visits

Visit home to check on students.

Outbound Referrals

Refer families out for long term or more intensive services .

Challenge Day & Wellness Week

Mental Health & Wellness staff coordinate a week-long event focused on health education programs.

Care Solace

A free service that walks side by side with you to connect with mental health and community resources that can refer students and families to mental health services and community resources for problems involving relationships, academic stress, family, and other concerns.



DID YOU KNOW?

- **20% of youth aged 13 to 18** have a mental health condition. (NAMI)
- **32% of California teens** have experienced depression symptoms in the last year. (HHS.gov)
- **50%** of cases of mental health issues begin by age 14; 75% begin by age 24 (Active Minds)
- **60% of youth with major depression** did not receive any mental health treatment in 2017-2018. Even in states with the greatest access, **over 38% are not receiving the mental health services they need.** Among youth with severe depression, only 27.3% received consistent treatment. (MHA National)
- Young people are struggling most with their mental health. The **proportion of youth ages 11-17 who accessed screening was 9 percent higher than the average** in 2019. Not only are the number of youth searching for help with their mental health increasing, but throughout the COVID-19 pandemic youth ages 11-17 have been more likely than any other age group to score for moderate to severe symptoms of anxiety and depression. (MHA National)
- **Mental health has nothing to do with being lazy or weak** and many people need help to get better. Many factors contribute to mental health problems, including:
 - Biological factors, such as genes, physical illness, injury, or brain chemistry
 - Life experiences, such as trauma or a history of abuse
 - Family history
- Studies show that **people experiencing mental health challenges get better and many recover completely.** Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities.

“The Mental Health & Wellness staff impacted me in a way that translated to both my success in school AND my success outside of school. I went to the Mental Health & Wellness Center one day because I was having issues with friends. I was hysterically crying and I didn’t know exactly what I wanted to talk about, but I knew I had to talk to someone.”

I started telling them everything that was going on and they listened. Our conversation was genuine and I was comfortable. I felt like I could say anything I needed to without judgment. They helped me resolve some of my issues and repair the friendships. A few of my friends have also received help and guidance from the Mental Health & Wellness staff.”

- Former ESUHSD Student

MEET SOME OF OUR STAFF



SYMPTOMS AND SELF CARE STRATEGIES

Common distress symptoms include:

- Fatigue, Low Motivation
- Low Mood/Feeling Blue
- Chest Pains, Stomach Aches
- Headaches, Back Pain
- Anxiety or Panic, Distractedness
- Nausea, Constipation, Diarrhea
- Self-Harm, Thoughts of Suicide
- Too Much or Too Little Sleep
- Substance Use
- Dizziness/Feeling Disoriented
- Flushing/Feeling Hot or Sweaty
- Overeating
- Engaging or Remaining in Harmful Relationships
- Engaging in Behaviors that Increase Probability for Involvement with the Justice System

Self-care strategies:

- Know that it's ok to feel overwhelmed and stressed.
- Focus on what you can control, like your breathing and being in the present moment.
- Know that ESUHSD has options for support and it's ok to talk about it.
- Spend time outside, even if you're avoiding crowds.
- Engage in mindfulness activities, such as starting a gratitude journal or preparing your favorite meal.
- Practice self-care in whatever form it looks like to you, which may include exercising, reading, meditation or getting adequate sleep.
- Reach out to whomever and whatever you know helps you.
- Make a list of your favorite songs or movies, and share the list with your friends.
- Challenge negative beliefs about change.
- Find new ways to connect with your friends. Social distancing should not mean social isolation.
- Make your space comfy and cozy.
- Set boundaries with your media consumption.

WANT TO LEARN MORE? HERE IS A START.

ESUHS D Services

- www.esuhdsd.org/wellness
- caresolace.com/site/esuhdsd/

Community Resources

- AARS/Healthright360 (408) 271-3900
- Alum Rock Counseling Center (ARCC) (408) 240-0070
- Asian Americans for Community Involvement (AACI) (408) 975-2730
- Ujima Adult & Family Services (408) 928-1700
- Uplift Family Services: Child and Adolescent Mobile Crisis Team: (408) 379-9085
- Alum Rock Counseling Center Mobile Crisis Unit (408) 294-0579

Abuse/Neglect

- Child Protective Services (CPS) (408) 299-2071

Grief/Death/Dying

- Bill Wilson's Centre for Living with Dying (408) 243-0222

Emergency Shelter/Food/Clothing for Youth and Families

- EHC Lifebuilders (408) 539-2100
- Inn Vision (408) 292-4286
- Catholic Charities (408) 325-5277
- Second Harvest Food Bank 1 (800) 984-3663
- Loaves and Fishes (408) 998-1500

Survivor of Sexual Assault, Domestic Violence or Crime YWCA of Silicon Valley

- Rape Crisis Line 1 (800) 572-2782
- Rape Crisis Center (408) 295-4011 Ext. 200
- Victim Witness Assistance Center (408) 295-2656
- YWCA of Silicon Valley (408) 295-4011

Next Door Solutions to Dating and Domestic Violence

- Emergency Hotline (408) 279-2962
- Non-Emergency (408) 501-75540

LGBTQ

- Youth Space (408) 343-7940
- PFLAG (Parents, Families and Friends of Lesbians and Gays) (408) 270-8182

Mental Health Agencies

- Medi-Cal County Mental Health Referral Line 1 (800) 704-0900
- Asian Americans for Community Involvement (408) 975-2730
- Alum Rock Counseling Center (408) 294-0500
- Almaden Valley Counseling Services (408) 997-0200
- Catholic Charities (408) 468-0100
- Community Solutions (408) 225-9163
- Gardner Family Health (408) 918-2600
- REACH 1-855-2REACHUS
- Starlight Community Services (408) 284-9000
- Uplift Family Services: Child and Adolescent Mobile Crisis Team: (408) 379-9085

Legal Advocacy and Support for Youth in Santa Clara County

- Legal Advocates for Children and Youth (LACY) (408) 293-4790
- Victim Witness Assistance Center (408) 295-2656

Teen Crisis Apps and Numbers

- saysomething.net
- 1 (844) 572-9669
- Liberate
- Parental Stress 24-hour Help 1 (408) 279-8228
- To Be Honest
- <https://www.tobehonest.today/>
- Suicide/Crisis (800) 273-8255

"When I first met with you, I was struggling with different aspects of my life such as body image, sexuality, and academics. In regards to my sexuality, I have come to terms with it and have told my closest friends. I was met with an overwhelming amount of love and support. I joined Greek life and soon took on an officer position and held a workshop that discusses the importance of mental health and body positivity. Never in my wildest dreams could I imagine opening up to so many young women about my experiences.

I just wanted to take this opportunity to thank you for everything that you have done. You helped me realize the importance of tending to my mental health rather than sweeping it under the rug. I just turned 20 recently and still have not forgotten the impact that you have had on me. Adults like you do matter, I just wanted to thank you again. Thank you for impacting my life positively."

– Former ESUHSD Student

East Side Well

We don't just SURVIVE we THRIVE!

VISION

Each student graduates prepared for college and career empowered to transform their lives and thrive in a global society.

MISSION

We align decisions to create safe, dynamic and relevant learning environments that inspire critical thinking, problem solving and innovation.



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