

The background of the slide features a faded, grayscale image of two young women. They are positioned in the foreground, looking down and to the right at a large globe. The woman on the left has long, straight blonde hair, and the woman on the right has dark hair and is wearing glasses. The globe is partially visible in the lower right quadrant, showing continents and latitude/longitude lines. The overall tone is educational and collaborative.

# Mental Health Program Update

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# Creating a Community of Care

- CVUSD is on pace to have intervened socially/emotionally with over 1,000 students this year.
- Recognizing current mental health trends continue to climb, it is our goal to partner with parents, students, and organizations that promote psychological health for our children.
- Our community is only as healthy as our unhealthiest member. (Public Health)



# Signs a Child or Teen is Anxious

- Restlessness or feeling keyed up or on edge.
- Being easily fatigued.
- Difficulty concentrating or mind going blank.
- Irritability.
- Muscle tension.
- Sleep disturbance (difficulty falling or staying asleep, or restlessness, unsatisfying sleep)
- Worry about primary caregivers.
- Avoidance of activities that separate the adolescent from caregivers.
- Nightmares.
- Headaches.
- Stomachaches.
- Nausea and vomiting.
- Sweating



# Signs a Child or Teen is Depressed

- Not care about things or activities you used to enjoy.
- Have weight loss when you are not dieting or weight gain from eating too much.
- Have trouble falling asleep or staying asleep, or sleep much more than usual.
- Move or talk more slowly.
- Feel restless or have trouble sitting still.
- Feel very tired or like you have no energy.
- Feel worthless or very guilty.
- Have trouble concentrating, remembering information, or making decisions.
- Think about dying or suicide or try suicide.



# Co-Morbidity

- Anxiety and depression co-occur in approximately 50% of the cases.
- Substance use and dependence co-occur in an estimated 22% of those with mood disorders.
- Substance use and dependence co-occur in an estimated 19% of those with anxiety disorders.

Anxiety and Depression Association of America, 2018

National Institute on Drug Abuse, 2018



# What CVUSD Is Doing

- Protocol Development and Implementation
- Training (to include teachers and administrators)
- Mental Health Task Force
- University Agreements/Interns (General Education Counselor Support)
- Special Education Counseling Team including 2 Licensed Clinicians



# Who We Are Seeing (YTD: Data still be collected)

## General Education

- 458 Elementary (35 University Interns)
- 49 Middle School (All University Interns)
- 20 High School (All University Interns)
- Special Education
  - 221 Direct Instructional Services
  - 89 Educationally Related Emotional Services
- Break Through
  - 164 Family Meetings
- Social Worker-Outreach



# What We Are Seeing

- Elementary
  - Peer problems
  - Feeling emotionally overwhelmed
  - Anxiety
  - Sadness or feeling unhappy
  - Worry
- Middle School
  - Emotionally Overwhelmed
  - Withdrawn
  - Sad/Unhappy
  - Anxious
  - Peer Conflict
- High School
  - Emotionally Overwhelmed
  - Sad/Unhappy
  - Anxiety
  - Family Concerns
  - Worry





# Most Common Interventions

- Cognitive Behavioral Interventions
- Mindfulness
- Emotion Regulation
- Anger Management
- Coping Skills
- Social Skills
- Positive Self Talk



# Protective Factors

- Family cohesion and stability.
- Coping and problem solving skills.
- Positive self worth.
- Impulse control.
- Positive connections to school and extracurricular participation.
- Academic success.
- Good peer relationships.



# What We Need From You

- We need your eyes and ears to assist us in identifying social-emotional needs in your children, their peers, our students.
  - What are you seeing?
  - What are you hearing?
- We need to know your concerns about regarding the social emotional health of our students.
- We need strong communication that facilitates honest identification of student needs and collaborative problem-solving.
- We need your partnership.



A grayscale photograph of two young students, a girl with long blonde hair and a boy with glasses, looking at a globe. The girl is pointing at the globe, and the boy is smiling. The background is blurred.

Questions?

*Thank You!*

