



SCHOOL-BASED MENTAL HEALTH AND WELLNESS SERVICES

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

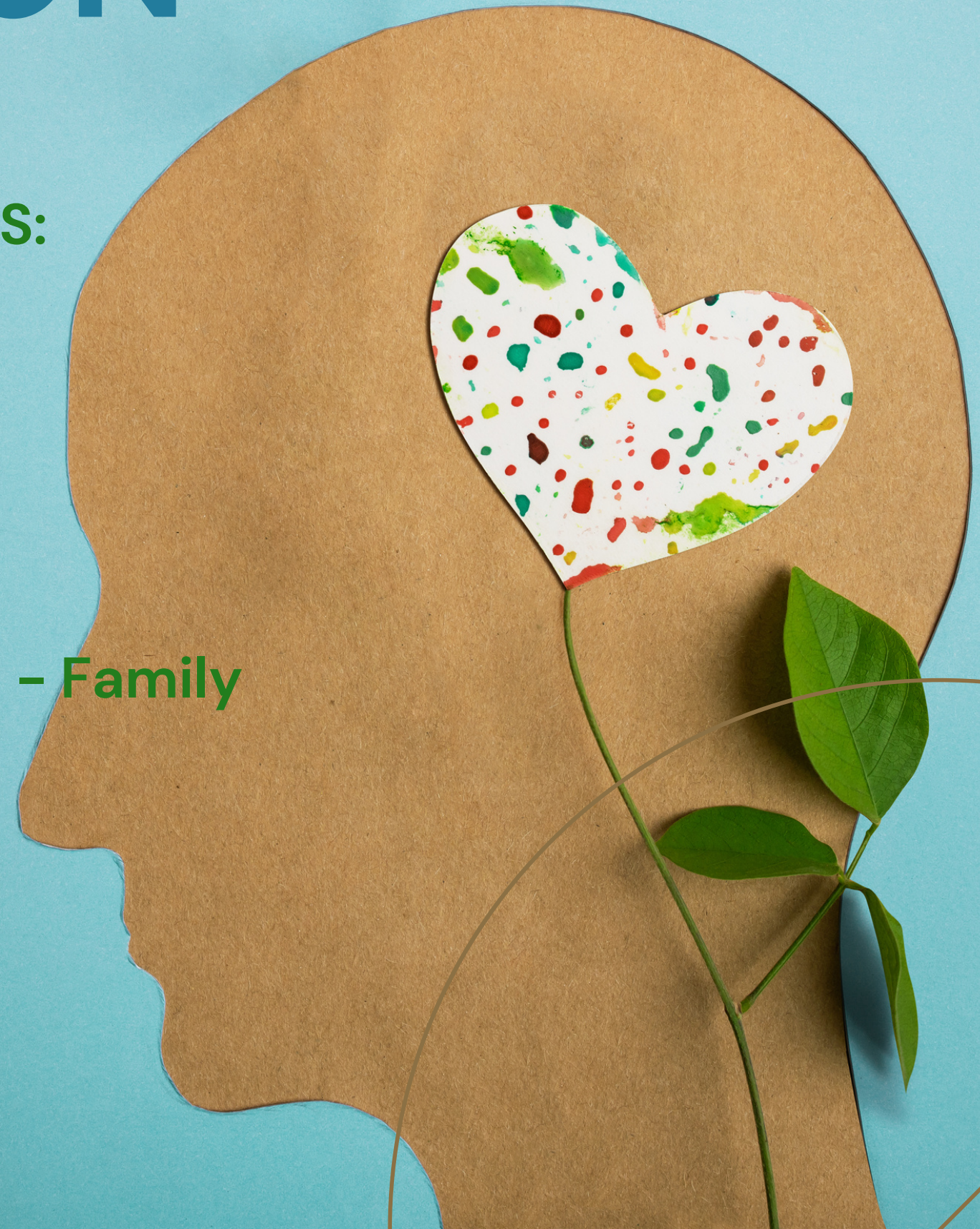
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**HEATHER CHAMBERLIN-SCHOLLE, PH.D., LCSW
DIRECTOR, MENTAL HEALTH AND WELLNESS SERVICES**

INTRODUCTION

CVUSD MENTAL HEALTH CONTINUUM OF SERVICES:

- Wellness Services
- Wellness Centers (expanded services)
- Designated Instructional Services
- Collaborative Educational Services
- Educationally Related Social Emotional Services
- Educationally Related Social Emotional Services – Family



SCHOOL BASED MENTAL HEALTH (SBMH) GRANT PROPOSAL

- Extend Wellness Centers and services funded through stimulus monies at high schools
- Extend and expand Wellness Centers and services funded through stimulus and grant monies at middle schools
- Expand Wellness Centers and services to elementary schools
- Establishes a partnership in the provision of professional development, focused upon the diverse needs of students
- Expand suicide prevention training

SBMH GRANT STAFFING

- 1 FTE Director, Mental Health and Wellness Services
- 1 FTE Senior Mental Health Clinician
- 2 FTE Mental Health Clinician IIs
- 10 FTE Mental Health Clinician Is
- 1 FTE Administrative Assistant



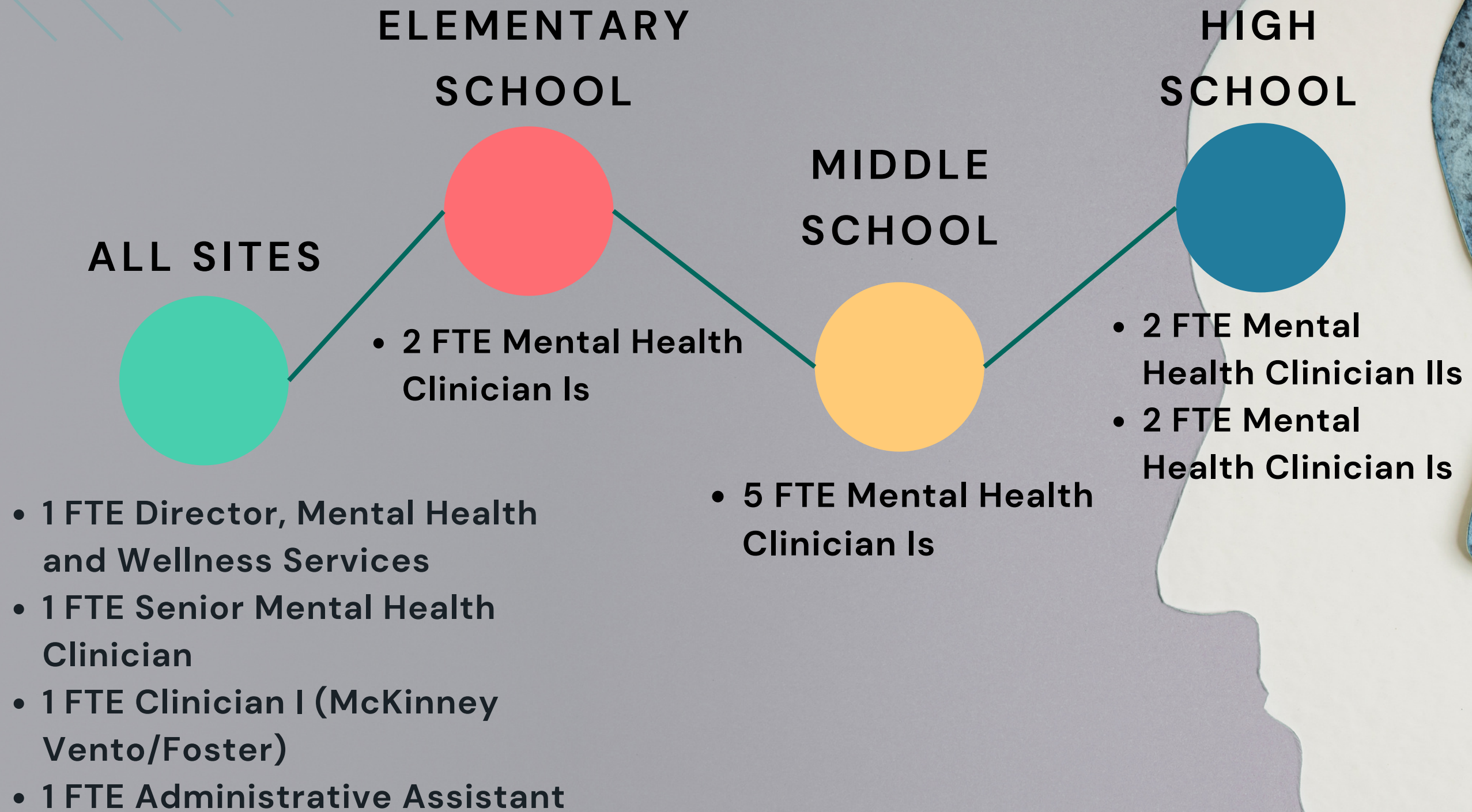
GRANT AWARDS BY YEAR

Year (January–December)	Amount
2023	\$1,995,912
2024	\$2,152,033
2025	\$2,264,681
2026	\$2,384,109
2027	\$2,509,563

**SBMH GRANT
BUDGET YEAR
ONE**
*(January 2023-
December 2023)*

Budget Items	Expense
Director, Mental Health and Wellness Services	\$219,769
Senior Mental Health Clinician	\$72,663
(2) Mental Health Clinician II	\$261,410
(10) Mental Health Clinician I	\$1,277,570
Administrative Assistant	\$122,000
Equipment	\$30,000
Supplies	\$10,000
Conference/Travel	\$2,500
TOTAL	\$1,995,912

SBMH GRANT STAFFING ALLOCATIONS



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CURRENT PROGRESS TOWARD SBMH GRANT GOALS

Hired the following staff:

- 1 FTE Director, Mental Health and Wellness Services
- 2 FTE Mental Health Clinician IIs
- 2 FTE Mental Health Clinician Is
- 1 FTE Administrative Assistant
- Met with Elementary School Counselors and Social Workers to collaborate and plan service implementation
- Piloted Suicide Prevention Training at an elementary site
- Partnered with Elementary Schools to identify Wellness Center locations and to purchase needed supplies and furniture
- Established a data collection tool to ensure information collected meets grant requirements

MENTAL HEALTH SERVICES BY YEAR

Wellness Services	18-19	19-20	20-21	21-22	22-4/28/23
Drop In				8,676	12,708
Ongoing Individual Counseling	144	71	94	359	537
Small Group/Workshops			26	300	300
Classroom Presentations				1,944	4,017



GOALS MOVING FORWARD

- Continue to collaborate with school counselors to deliver coordinated support to students
- Establish a bigger presence on the CVUSD website
- Expand Suicide Prevention Training to all elementary sites
- Trauma Certification training for Mental Health staff
- Expand Professional Development for teaching, counseling and/or administrative staff (Reflective Practice, Child Development Revisited, Threat/Risk Assessment)
- Ongoing, in-depth Trauma Book Club on *The Body Keeps the Score* (Vanderkolk)

QUESTIONS





THANK YOU

on behalf of the

Mental Health and Wellness Services Team