



Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration

Region 11 Demonstration Program Profile

Region 11 Overview

Region 11 is comprised of a single county: Los Angeles, with approximately 10.4 million residents representing urban, suburban and rural areas. There are 80 districts in the region serving approximately 1.7 million K-12 students. The 15 Region 11 demonstration projects focus on suicide prevention and self-injury, bullying prevention and depression.

Contact Information

Primary Contact: Dotti Ysais, Los Angeles County Office of Education

Phone: 562.401.5658

E-Mail: ysais_dotti@lacoed.edu

Mental Health Region: Los Angeles

Suicide Prevention and Self-Injury Projects

Implementation Strategies

- Utilize 21st century technology to enhance training and education and assure sustainability by providing easy access to evidenced-based resources and model practices
- Leverage partnerships with national Suicide Prevention Resource Center, American Foundation for Suicide Prevention, Los Angeles County Department of Mental Health (DMH), LA County Youth Suicide Prevention Project, and Kognito
- Collaborate with CalMHSA partners: Didi Hirsch Mental Health Center (MHC), AdEase, Entertainment Industries Council, Lifeworks, United Advocates for Children and Families
- Include face-to-face, blended and online training formats
- Provide PowerPoints, handouts, videos, webinars and online courses through Moodle, Constant Contact, Adobe Connect, and iPads
- Increase the capacity of participating school districts to implement sustainable suicide prevention strategies by providing training, evidenced-based curriculum and model practices, and technical assistance and support

Project 1: Suicide Prevention Training

Program Topic

Suicide Prevention and Self-Injury

Target Population

K-12 and Post Secondary School Staff

Overview

This project focuses on providing LA county school districts the necessary resources to empower school personnel to prevent suicide; identify and intervene with suicidal and self-injurious students; and how to proceed in the aftermath of student or staff member death by suicide. Emphasis will be placed on technical assistance to districts to initiate, change or update policies and procedures with regard to suicide prevention. Training will feature the best practices and promising strategies of the Los Angeles County Office of Education (LACOE) *Youth Suicide Prevention Project*; SAMHSA's *Preventing Suicide: Toolkit for High Schools*; and AFSP/SPRC's *After a Suicide: Toolkit for Schools*.



Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration

Project 2: Parent Education

Program Topic

Suicide Prevention and Self-Injury

Target Population

K-12 Parents

Overview

This project provides presentations to parents on their critical role in the early identification of children with mental health issues and connecting them to resources that exist in their communities. Particular emphasis will be given to identifying suicidal and self-injurious youth and educating parents on the warning signs and treatment opportunities for childhood depression.

Project 3: After-School Personnel Training

Program Topic

Suicide Prevention and Self-Injury

Target Population

K-12 After-School Personnel

Overview

This project focuses on the training of after-school personnel in the identification of students at risk for suicidal and self-injurious behaviors.

Project 4: Suicide Postvention Consultation

Program Topic

Suicide Prevention and Self-Injury

Target Population

K-12 School Staff

Overview

This project focuses on outreach to targeted LA county school districts in the aftermath of a student or staff death by suicide. Training/webinars and other technologies will enhance the model practices found in the AFSP/SPRC *After a Suicide: Toolkit for Schools*.

Project 5: Los Angeles County Suicide Prevention Network Summits 2011-2013

Program Topic

Suicide Prevention and Self-Injury

Target Population

K-12 School Staff, Media, County Public Information Officers, Law Enforcement, Clinicians, Community Mental Health Agency Staff, Clergy, Probation, Foster Youth Staff

Overview

This project will focus on partnering with LA County Suicide Prevention Network and sponsoring their annual Suicide Prevention Summit (September 10, 2013).



Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration

Project 6: Department of Children and Family Services Personnel Training

Program Topic

Suicide Prevention and Self-Injury

Target Population

Department of Child & Family Services Staff

Overview

This project will focus on the training of LA County Department of Child & Family Services (DCFS) personnel in intervening with suicidal and self-injurious youth. DCFS personnel serve high-risk populations of abused, foster, homeless, and probationary youth. The workshop will focus on assessing risk and intervening with suicidal children and adolescents.

Project 7: Hotline Operator Training

Program Topic

Suicide Prevention and Self-Injury

Target Population

Hotline Operators

Overview

This project focuses on the development of a youth suicide training module for hotline operators at the LA County Suicide Prevention Center. Region 11 K-12 Student Mental Health Initiative (SMHI) will partner with Didi Hirsch Mental Health Center (MHC) to develop a youth suicide component for their hotline operator training syllabus. Hotline operators will be made aware of the resources available through LA county schools so they will be more knowledgeable when discussing community resources with adolescents and parents.

Project 10: Region 11 K-12 SMHI Webinar Series

Program Topic

Suicide Prevention and Self-Injury

Target Population

K-12 School Staff and After-School Personnel

Overview

This project, in collaboration with LACOE's Communication Division and Educational Television Network, will provide four webinars to LA county school districts on the topics of suicide prevention, bully prevention, gender-biased bully prevention and care for the caregiver.

Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration



Project 11: Asian Youth Center Parent Education

Program Topic

Suicide Prevention and Self-Injury

Target Population

K-12 After-School Personnel and Parents

Overview

This project in collaboration with Asian Youth Center of Los Angeles focuses on bi-lingual training of parents and after-school personnel utilizing resources and model practices from the LA County Youth Suicide Prevention Project website. Through this project, our webinars will be provided with subtitles in Chinese and our materials, handouts, and evaluations will be translated.

Project 14: Institutes of Higher Education Collaboration

Program Topic

Suicide Prevention and Self-Injury

Target Population

K-12 and Post Secondary Pre-service Administrators, Teachers and School Mental Health Personnel (Psychologists, Counselors, Social Workers, Nurses), CSULA Incoming Freshmen

Overview

This two-year project, in collaboration with California State University, Los Angeles (CSULA), will provide an opportunity to integrate online modules in suicide prevention, non-suicidal self-injury, bullying, cyber-bullying, working with LGBTQ students, and depression into preparation courses for pre-service teachers, administrators, counselors, and school psychologists. Negotiations are underway to pilot these modules at UCLA and California State University, Fullerton. A Freshman module will also be developed to be integrated in the entry level required orientation course at CSULA.

Project 15: Enhancement Trainer of Trainer Project

Program Topic

Suicide Prevention and Self-Injury

Target Population

K-12 District Staff

Overview

This project will enhance all SMHI demonstration projects by providing Region 11 K-12 SMHI professional development workshops using a trainer-of-trainer model and integrating 21st century tools, resources, and content delivery using iPads in kiosk-mode for all 80 school districts within Los Angeles County. The project will allow school districts within Los Angeles access to high-quality professional development in blended, face-to-face and online formats. Both technical and content support for student mental health resources will be available. Each district is required to disseminate student mental health trainings to their schools and communities.

Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration



Bullying Prevention Projects

Implementation Strategies

- Utilize 21st century technology to enhance training and education and assure sustainability by providing easy access to evidenced-based resources and model practices
- Include face-to-face, blended and online training formats
- Provide PowerPoints, handouts, videos, webinars and online courses through Moodle, Constant Contact, Adobe Connect, and iPads
- Increase the capacity of participating school districts to implement sustainable bullying prevention strategies by providing training, evidenced-based curriculum and model practices, and technical assistance and support

Project 8: Bully Prevention

Program Topic

Bullying Prevention

Target Population

Middle School Personnel, Parents and Students

Overview

This project focuses on providing materials to middle school personnel, parents and students on bullying and cyber-bullying prevention. Region 11 K-12 SMHI will partner with the LA Gay & Lesbian Center in the development of a toolkit and the provision of training to requesting LA county school districts.

Project 10: Region 11 K-12 SMHI Webinar Series

Program Topic

Bullying Prevention

Target Population

K-12 School Staff

Overview

The project, in collaboration with LACOE's Communication Division and Educational Television Network, will provide four webinars to LA county school districts on the topics of suicide prevention, bully prevention, gender-biased bully prevention and care for the caregiver.



Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration

Project 13: Anti-bullying Program

Program Topic

Bullying Prevention

Target Population

K-12 Students and School Staff

Overview

This project in collaboration with *No Bully* provides a pilot program for implementation of the *No Bully* System for stopping student bullying at participating schools in the Little Lake and Bellflower Unified School Districts.

Project 14: Institutes of Higher Education Collaboration

Program Topic

Bullying Prevention

Target Population

K-12 and Post Secondary Pre-service Administrators, Teachers and School Mental Health Personnel (Psychologists, Counselors, Social Workers, Nurses), CSULA Incoming Freshmen

Overview

This two-year project, in collaboration with California State University, Los Angeles (CSULA), will provide an opportunity to integrate online modules in suicide prevention, non-suicidal self-injury, bullying, cyber-bullying, working with LGBTQ students, and depression into preparation courses for pre-service teachers, administrators, counselors, and school psychologists. Negotiations are underway to pilot these modules at UCLA and California State University, Fullerton. A Freshman module will also be developed to be integrated in the entry level required orientation course at CSULA.

Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration



Depression Awareness & Screening Projects

Implementation Strategies

- Utilize 21st century technology to enhance training and education and assure sustainability by providing easy access to evidenced-based resources and model practices
- Leverage partnerships with national Suicide Prevention Resource Center, American Foundation for Suicide Prevention and Los Angeles County DMH Youth Suicide Prevention Project
- Include face-to-face, blended and online training formats
- Provide PowerPoints, handouts, videos, webinars and online courses through Moodle, Constant Contact, Adobe Connect, and iPads
- Increase the capacity of participating school districts to implement sustainable depression screening strategies by providing training, evidenced-based curriculum and model practices, and technical assistance and support

Project 2: Parent Education

Program Topic

Depression

Target Population

K-12 Parents

Overview

This project provides presentations to parents on their critical role in the early identification of children with mental health issues and connecting them to resources that exist in their communities. Particular emphasis will be given to identifying suicidal and self-injurious youth and educating parents on the warning signs and treatment opportunities for childhood depression.

Project 9: Depression Screening

Program Topic

Depression

Target Population

6th and 9th Grade Students

Overview

This project, in collaboration with the Alhambra Unified School District Gateways to Success Program, provides depression screening for students in 6th and 9th grades. Students identified as at-risk for depression receive intervention services through a partnership with UCLA.

Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration



Project 11: Asian Youth Center Parent Education

Program Topic

Bullying Prevention

Target Population

K-12 After-School Personnel and Parents

Overview

This project, in collaboration with Asian Youth Center of Los Angeles, focuses on bilingual training of parents and after-school personnel utilizing resources and model practices from the LA County Youth Suicide Prevention Project Web site. Through this project, our webinars will be provided with subtitles in Chinese and our materials, handouts, and evaluations will be translated.

Project 14: Institutes of Higher Education Collaboration

Program Topic

Depression

Target Population

K-12 and Post Secondary Pre-service Administrators, Teachers and School Mental Health Personnel (Psychologists, Counselors, Social Workers, Nurses), CSULA Incoming Freshmen

Overview

This two-year project, in collaboration with California State University, Los Angeles (CSULA), will provide an opportunity to integrate online modules in suicide prevention, non-suicidal self-injury, bullying, cyber-bullying, working with LGBTQ students, and depression into preparation courses for pre-service teachers, administrators, counselors, and school psychologists. Negotiations are underway to pilot these modules at UCLA and California State University, Fullerton. A Freshman module will also be developed to be integrated in the entry level required orientation course at CSULA.

www.regionalk12smhi.org



WELLNESS • RECOVERY • RESILIENCE



Compassion. Action. Change.



CCESEA

The California County Superintendents Educational Services Association's Regional K-12 Student Mental Health Initiative is administered by the California Mental Health Services Authority (CalMHSA), an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded by counties through the voter-approved Mental Health Services Act (Prop 63). Prop 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.