

## Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration



# Region 9 Demonstration Program Profile

### Region 9 Overview

Region 9 includes the counties of Imperial, Orange, and San Diego, with approximately 6 million residents representing urban, suburban, rural and frontier areas. There are 92 districts in the region serving approximately 1,000,000 K-12 students. The Region 9 demonstration programs focus on school-wide systems of support, cross-system collaboration, stress management and enhancing school climate and culture.

### Contact Information

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**Mental Health Region:** Southern

## Resilient Mindful Learner Pilot Project

### Program Topics

Stress Management  
Resilience

### Target Population

K-8 Title 1 Teachers and Students

### Location

Orange County

### Implementation Strategies

Resilient Mindful Learner Pilot Project has a two-fold aim: Increase teachers' mind-body wellness by promoting resilience and stress management and increase students' resilience, emotional self-regulation, and healthy stress management skills for academic and social/emotional development.

- Train and support teachers to prevent and manage personal and professional stress and build their resilience and mindfulness skills
- Train and coach teachers about student stress, its mind-body impact and teaching practices to prevent and reduce student stress and build emotional regulation, self-management and mindful awareness skills
- Monitor and document integration of skills practice into classroom management routines
- Support teachers to demonstrate the practice with students and school colleagues



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### Cross-System Articulation

#### **Program Topic**

Cross-System Collaboration

#### **Target Population**

School Districts Local Partners, Law Enforcement, Behavioral Health, Youth Service Providers

#### **Location**

San Diego County

#### **Implementation Strategies**

Global Oversight Analysis Linking Systems (G.O.A.L.S.) is a process used to establish a system to increase cross-system articulation among agencies providing prevention and early intervention mental health services to youth.

- Collect baseline data
- Provide professional development for site staff with Dr. Bernard James
- Conduct collaboration development activities with teams
- Obtain commitment through a Memorandum of Understanding to ensure all partners agree to articulated practices

### School Climate Survey

#### **Program Topics**

School Climate  
Mental Health/Wellness

#### **Target Population**

Middle School and Alternative Education Students and Staff

#### **Location**

Imperial and Orange Counties

#### **Implementation Strategies**

Through the use of custom-designed and existing survey tools, the School Climate Survey project will assess school culture and climate in middle school and alternative education settings.

- Recruit school sites for the Orange County pilot
- Pilot school climate survey for middle school students
- Test validity and reliability of instrument in Year 1
- Conduct pilot using refined survey questions in Year 2
- Develop an administration guide
- Develop a training tool to support stakeholder data discussion
- Select an existing Climate Survey to assess school culture in Alternative Education sites

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## School-Wide Systems of Support

### Program Topic

School Climate and Culture

### Target Population

K-8 Students

### Location

San Diego County

### Implementation Strategies

Multi-tiered behavioral interventions to enhance systems of support for all students (behavioral and academic) using Comprehensive Student Assistance-Ready Model to include Professional Development in *Ready to Learn (RTL)*, *Positive Behavioral Interventions and Supports (PBIS)* and *Building Effective Schools Together (BEST)*.

- Offer multiple days of training for district and site staff in utilizing multi-tiered systems of support
- Provide ongoing technical assistance during implementation phases
- Provide training in use of student data
- Offer *BEST* and *PBIS* training to new sites to begin implementation
- Monitor implementation of the multi-tiered models

[www.regionalk12smhi.org](http://www.regionalk12smhi.org)



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CCSESA

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.