

Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration



Region 1 Demonstration Program Profile

Region 1 Overview

Region 1 includes the counties of Del Norte, Humboldt, Lake, Mendocino and Sonoma, with approximately 803,412 residents representing urban, suburban, rural and frontier areas. There are 94 districts in the region serving approximately 115,193 K-12 students. The Region 1 demonstration programs focus on awareness of mental health/wellness, school climate and culture and parent education.

Contact Information

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Mental Health Regions: Bay Area and Superior

Community Transition Team CTT and Family Resource Center FRC

Program Topics

Awareness of Mental Health/Wellness
School Climate and Culture
Parent Education

Target Population

K-8 Students, Families and Staff

Location

Humboldt County

Implementation Strategies

CTTs and FRCs are supported by First 5 in Humboldt County.

- Partner with First 5 Humboldt County to facilitate engagement among identified low-income parents, early childhood educators and kindergarten teachers through regular meetings and training opportunities; train identified CTT team members
- Plan and implement activities that build and stimulate social and developmental relationships among parents, community wellness providers and children
- Increase access to existing community resources through team outreach to underserved populations and use of culturally and linguistically diverse approaches
- Partner with county mental health, regional centers and other wellness agencies to establish and support wellness providers and children
- Increase access to existing community resources through team outreach to underserved populations and use of culturally and linguistically diverse approaches
- Partner with county mental health, regional centers and other wellness agencies to establish and support a FRC in Petrolia, an underserved area in the county
- Train FRC team members to assist families and youth to navigate the mental health system and provide information and access to early intervention services



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Second Step

Program Topic

School Climate and Culture

Target Population

K-6 Students, Staff and Parents

Location

Lake and Humboldt Counties

Implementation Strategies

Second Step is a curriculum that teaches core social-emotional skills for early childhood through grade 8, including a parent component.

- Conduct a curriculum review of *Second Step*, which has been revised to teach empathy, emotion management, self-regulation and problem solving
- Train teachers and support staff in participating districts
- Use County Office of Education staff trained in *Second Step* to model lessons for teachers and counselors and provide technical support

Positive Parenting Program (Triple P)

Program Topics

School Climate and Culture
Parent Education

Target Population

K-6 Families and Staff in pilot districts

Location

Sonoma County

Implementation Strategies

Triple P is an internationally recognized evidence-based parenting system that gives participants practical strategies to help manage child behavior, prevent problems and build strong, positive relationships.

- Partner with First 5 Sonoma County to provide *Triple P* training
- Provide an overview of the *Triple P* program to administrators and Student Services staff
- Identify administrators and staff supportive of working directly with parents, especially parents of disruptive students
- Train and certify participating staff and provide peer support sessions for certified providers to solve problems and network
- Assist with marketing and promotion of parent education nights in pilot districts, utilizing *Triple P* materials and strategies
- Provide support for data collection and review of surveys from participating families

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Matrix of Mental Health Services and Clearinghouse Website

Program Topic

Awareness of Mental Health/Wellness

Target Population

County Office of Education(COE) Staff
K-12 District Staff, Service Agency Providers and K-12 Parents and Students

Location

Mendocino County

Implementation Strategies

The Regional K-12 SMHI Clearinghouse Website is a valuable resource to educators, service providers and others throughout the state. It serves as a model for the SMHI project in Mendocino County.

- Increase collaboration among Mendocino COE, Mendocino County Mental Health and local service providers by establishing and maintaining a matrix of mental health services that interact with schools in Mendocino County
- Create a Mendocino County Student Mental Health Initiative clearinghouse website, based on the matrix and accessible through the COE Website
- Provide training in navigation of the website to COE staff, district staff and service agency staff
- Market and promote the use of the website by district staff, parents and students and provide technical assistance
- Survey clearinghouse website users and review responses for improvement in navigation and accessibility

www.regionalk12smhi.org



WELLNESS • RECOVERY • RESILIENCE

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.