

Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration



Region 10 Demonstration Program Profile

Region 10 Overview

Region 10 includes the counties of Inyo, Mono, Riverside and San Bernardino, with approximately 4,382,939 residents representing urban, suburban, rural and frontier areas. There are 66 districts in the region serving approximately 844,600 K-12 students. The Region 10 demonstration programs focus on positive school climate and culture, counseling services and bullying prevention.

Contact Information

Primary Contact: Ana Danielson, Mono County Office of Education

Phone: 760.934.0031

E-Mail: adanielson@monocoe.org

Mental Health Regions: Central and Southern

North Star Counseling Center

Program Topics

Mental Health/Wellness
School Climate and Culture
Youth Development

Target Population

K-12 Students and Families

Location

Inyo and Mono Counties

Implementation Strategies

North Star Counseling Center (NSCC) provides quality, low-cost counseling services to students and families. This school-based counseling center focuses on prevention and early intervention strategies and treatments. Counseling services are provided by therapists with a MFT or MSW and a current California intern license under the supervision of a LMFT.

- Educate and train school staff and administrators on the referral process for County Mental Health and NSCC
- Provide financial support to schools for student counseling vouchers
- Recruit qualified, competent interns and bilingual, culturally competent office staff
- Meet individually or in small groups with students and/or families to help address issues including, but not limited to:
 - * Behavioral problems
 - * Bullying
 - * Low self-esteem
 - * Issues in the home
 - * Separation/divorce
 - * Anxiety/fear
 - * Depression
 - * Eating disorders
 - * Conflict resolution
 - * Anger management
 - * Grief
- Teach and encourage pro-social skills and behaviors
- Improve school climate, community relations and foster supportive communication efforts
- Collaborate with County Mental Health and other agencies providing counseling services to improve, not duplicate student and family services
- Create an environment that promotes the de-stigmatization of mental health services

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Positive Behavioral Interventions and Supports

Program Topic

School Climate and Culture

Target Population

K-12 Students, School Staff, Administrators, Mental Health Staff and Parents

Location

Inyo, Mono, Riverside and San Bernardino Counties

Implementation Strategies

PBIS is a decision-making framework designed to ensure all students have access to the most effective and fully implemented instructional and behavioral practices and interventions. Through trained *PBIS* teams of school staff and parents, participating schools:

- Develop a continuum of scientifically-based behavior and academic interventions and supports
- Use data to make decisions and solve problems
- Arrange the environment to prevent the development and occurrence of problem behavior
- Teach and encourage pro-social skills and behaviors
- Implement evidence-based behavioral practices with fidelity and accountability
- Screen universally and monitor student performance and progress continuously
- Improve school climate, parent involvement and student attendance

Olweus Bullying Prevention Program

Program Topic

Bullying Prevention

Target Population

K-12 Students, School Staff, Administrators and Mental Health Staff

Location

Riverside and San Bernardino Counties

Implementation Strategies

The *Olweus Bullying Prevention Program* is a comprehensive, school-wide program used to reduce and prevent bullying problems among students and improve peer relations.

- Identify School Steering Committees
- Provide extensive, certified training to school and mental health staff
- Implement evidenced-based bullying prevention practices with fidelity
- Achieve better student-peer relations by reducing existing bullying problems and preventing the development of new bullying behaviors

www.regionalk12smhi.org



WELLNESS • RECOVERY • RESILIENCE

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.