

Regional K-12 Student Mental Health Initiative

Education • Prevention • Collaboration



Region 4 Demonstration Program Profile

Region 4 Overview

Region 4 includes seven counties in the San Francisco/ Bay Area, with a total population of nearly five million residents. Alameda, Contra Costa and San Francisco are large counties with urban districts. Marin, San Mateo, Napa and Solano are smaller counties with both suburban and rural areas. Region IV is comprised of approximately 116 school districts and 1,100 schools serving 650,000 K-12 students and approximately 35,000 teachers. Region 4 demonstration programs focus on bullying prevention and positive school climate.

Contact Information

Primary Contact: Lisa Schwartz, Marin County Office of Education

Phone: 415.499.5804

E-Mail: lisas@marin.k12.ca.us

Mental Health Region: Bay Area

Respect! 24/7

Program Topics

Bullying Prevention
School Culture and Climate

Target Population

K-12 Students and School Staff

Location

San Mateo County

Implementation Strategies

Respect! 24/7 is an initiative that promotes positive, respectful environments for all San Mateo County students, their families and their communities.

- Provide schools and districts with resources and support to update and communicate clear, consistent anti-bullying and anti-harassment policies and to develop and implement anti-bullying programs in schools
- Encourage families to prioritize respect and civility and engage in a conversation about acceptable norms for a caring community
- Assist districts/schools to identify and implement alternatives to out-of-school suspension for managing student discipline
- Assist educators in reforming discipline policies that provide more positive supports and interventions for all students

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No Bully

Program Topic

Bullying Prevention

Target Population

K-12 and Alternative Education Students and all School Staff

Location

Marin, San Francisco, San Mateo and Solano Counties

Implementation Strategies

The *No Bully* system guides K-12 teachers, school leaders and staff through a series of evidence-based interventions for preventing and responding to bullying.

- Foundational Training to provide school staff with first-level prevention and intervention skills
- Advanced Solutions Training to facilitate solution teams for addressing change in students who are bullies or targets and remedy any hostile environment
- Principal Coaching to integrate the *No Bully* System into a written anti-bullying policy and support a bully-free school culture

Project Support: Bully Prevention

Program Topic

Bullying Prevention

Target Population

K-12 and Alternative Education Students, Administrators and School Staff

Location

Solano County

Implementation Strategies

TA series of staff trainings and leadership support to implement *No Bully* and provide the *Bully Prevention Toolkit*, a resource tool developed to help classroom teachers and administrators with campus-wide bullying mental health awareness.

- Training for staff and parents
- Coaching for principals
- Distribution of the *Bully Prevention Toolkit* to all schools
- Assist schools with compliance with California anti-bullying laws for a wide range of school personnel, parents and community members

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.