



COUNTY OF SANTA CLARA
Behavioral Health Services



SCHOOL LINKED SERVICES (SLS) INITIATIVE

CATHERINE ASPIRAS
OCTOBER 6, 2020



COUNTY OF SANTA CLARA
Behavioral Health Services

AGENDA



Welcome and Introductions



History of SLS



SLS Initiative



Impact of COVID-19



Student Re-Engagement Efforts



Students and Families Served at MHUSD



SLS Coordination and Family Engagement

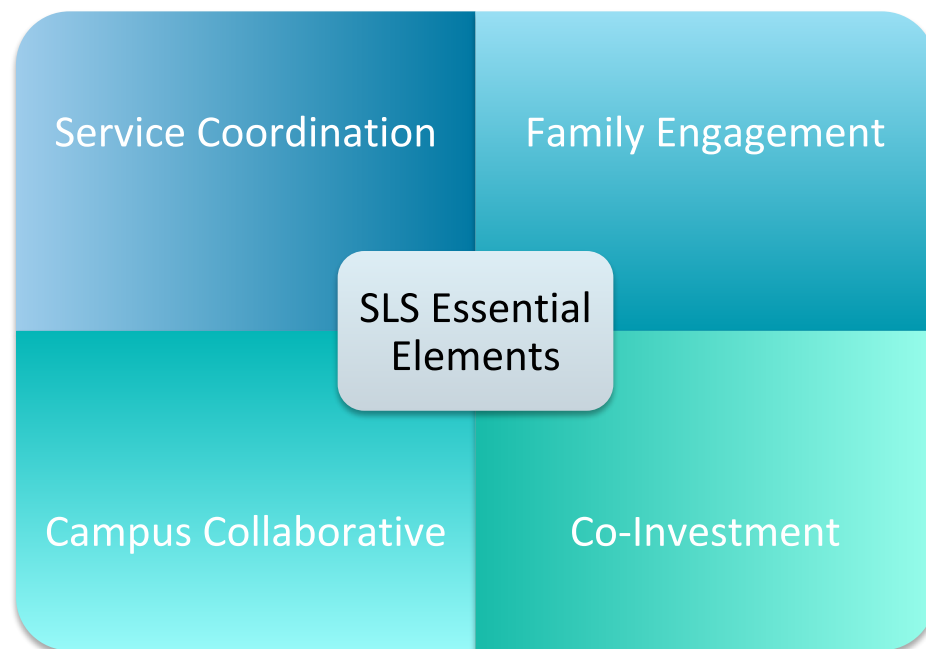


Behavioral Health Services at MHUSD



HISTORY OF SLS

- SLS Mission and Vision
- Mental Health Services Act (MHSA)
- Establishing SLS
- SLS Initiative at MHUSD
- SLS Family Engagement by SLS Coordinator Julie Duran



SLS INITIATIVE

School-based coordinated services to address the needs and wellbeing gaps of families through a community participatory approach.



Family Engagement

- Referral, Linkage, and Triage
- Tier 1 services: Universal Access
- Family Engagement One-Time Events
- 15 SLS School Districts
- 29 SLS Coordinators
- Serves 10,000+ students and families annually

Prevention and Early Intervention (PEI)

- Tier 2 services: Least intensive
- Group and specific population supports and services
 - Skills streaming
 - Therapeutic Groups
 - Parenting Groups: Positive Parenting Program (Triple P) and Strengthening Families
- 11 school districts
- 8 Community Based Providers
- Serves 2000 students annually

SLS Behavioral Health

- Tier 3 services: Intensive service
- Outpatient services at school setting
 - Individual Therapy
 - Case Management & Linkage
 - Mediation Support
- 13 school districts
- 7 Community Based Providers
- Serves 750 students annually

SLS School Districts (^Family Engagement, *PEI,+SLS)

| | | | | | |
|-----------|------------|-----------|-----------|----------|---------|
| MVWSD*+^ | ESUHSD*^ | MPESD *+^ | CUSD *+^ | MHSD *+^ | MUSD ^ |
| MVLA *+ | Evergreen* | OGSD *+^ | SJUSD *+^ | OSD^ | FUHUSD^ |
| ARUSD *+^ | FMSD *+^ | LBSD *+^ | GUSD *+^ | CUHSD ^ | |

COVID-19 IMPACT ON SLS



ACCESS

- SLS Coordinators and School-Based Behavioral Health providers are providing in-person and virtual services
- SLS Coordinators had existing relationships with parents and students which made it easier to check-in with families
- SLS School Districts transition to online referral system
- Drop-in services
- Support for parents and teachers



NEEDS

- Basic needs (food, shelter)
- Implementing distance learning
- Digital devices
- Increase in crisis calls prior to school resuming
- Increase in referrals to behavioral health following the start of school
- Parent and teacher support needed
- Creating a routine and an environment at home for distance learning
- Non-screen time activities
- Training on the use of digital devices and virtual platforms



CHALLENGES

- Virtual fatigue
- Scheduling therapy sessions
- Isolation
- Behavioral/Emotional responses to trauma vary by age
- Connecting with parents remotely



STUDENT RE-ENGAGEMENT

Collaboration with PEI and SLS providers to create outreach plans to increase referrals.

Programs are utilizing a hybrid model of support through telehealth and in-person services.

School based mental health are provided via telehealth to all schools within school district

Townhall meetings to provide information on mental health awareness and how to access services.

Collaboration with SCOOE to identify county wide resources.

Partnership with SCOOE to support administrators and teachers with mental health training

YOUTH AND FAMILIES SERVED BY FAMILY ENGAGEMENT

Gender

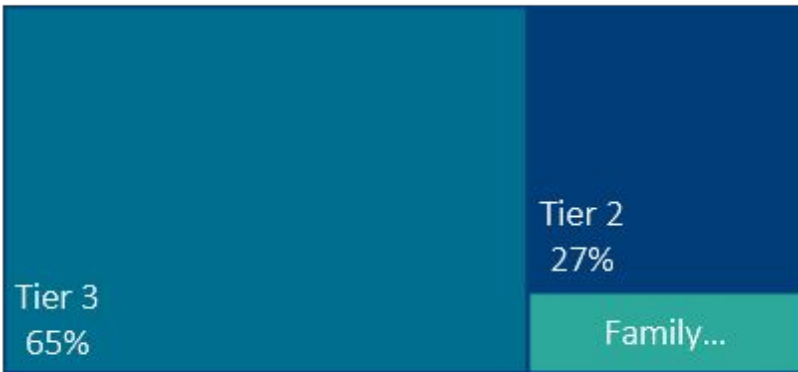


Male
56.1%



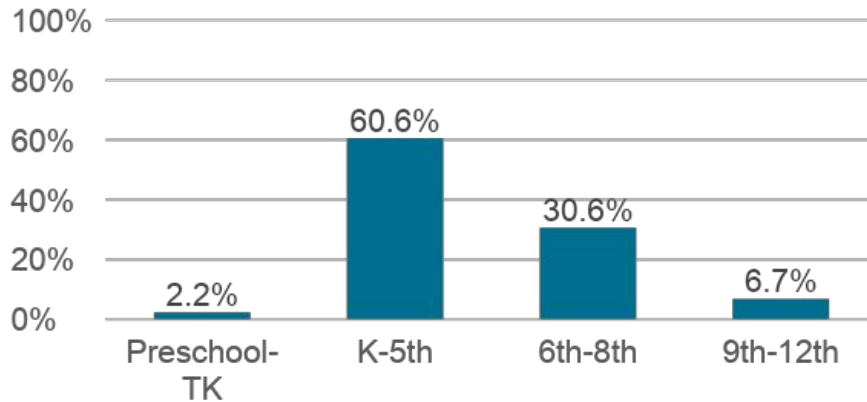
Female
43.9%

Referrals

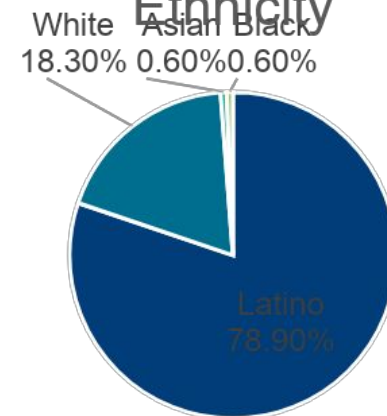


Successful
Linkages
135

Grade Level



Ethnicity



SLS FAMILY ENGAGEMENT BY SLS COORDINATOR

SLS Coordinator Engagement

- Service linkage to all 14 school district wide
- Family Engagement events
- Community outreach with CBOs

COVID Response

- Additional counseling services were added through Discovery Counseling at all school sites
- SLS/PEI Services are now available for all 14 school district wide
- Referral process has been updated to include digital access
- All outreach announcements are now virtual through different venues
- Support to families in the community with basic needs
- Additional community services offered in virtual/ hybrid platforms

Family Enrichment Activities

- Virtual Parent Project workshops
- Social, emotional, learning workshops
- Resource Fairs

PEI AND SLS BH AT MHUSD



County sponsored PEI and SLS Providers for South County

- Community Solutions
- Rebekah Children's Services
- For SLS, there is a designated provider for each of the following schools: Briton Middle, Barrett, Live Oak High, San Martin/Gwinn, and PA Walsh.
- SLS Services: Individual therapy for students at school, caregiver support, home based services, child psychiatry, and groups.

Designated PEI Schools during standard times:

- PA Walsh
- San Martin/Gwinn
- Barrett
- During distance learning, agencies have been encouraged to serve schools district wide.

Ongoing PEI Services available

- Family therapy
- Caregiver support (Triple P, etc.)
- Home supports and home visits
- Student individual therapy at school
- Groups for students
- Family workshops (Strengthening Families Program)
- Behavioral Support in the classroom
- Classroom Wide social skills classes





Prevention and Early Intervention (PEI) is a collaborative program between Rebekah Children's Services and Community Solutions. PEI provides outreach to students and families in order to recognize early signs of mental illness and to improve early access to services. All children and families in MHUSD are eligible for this program

Services offered include:

- Family workshops
- Parenting sessions
- Child and family one on one services
- Resource support
- Crisis management

For more information, please contact: Julie Duran: (408) 201-6065



School Linked Services (SLS) Program offers a well-designed model for the delivery of coordinated and effective mental health services on school campuses and in their neighboring communities for children and youth, ages 5-18. Children with Medi-Cal who attend MHUSD are eligible for this program

Services offered include:

- Individual and group therapy
- Support work with caregivers
- Consultation with teachers and school staff
- Psychological Assessment
- Crisis Intervention
- Crisis Management
- Psychiatric Services

For more information, please contact: Julie Duran: (408) 201-6065



Current Adjustments/ Adaptations in PEI/SLS

- Temporary expansion into MHUSD schools
- Meeting students via telehealth
- Parent workshops via telehealth
- MHUSD Digital Drop Ins
- Individualized services based on needs
- Meeting students in the morning to transition into classrooms
- Providing creative outreach efforts
- Collaborating directly with SLS Coordinators and BHSD



MHUSD Success Story



Comments & Questions

FOR MORE INFORMATION

BEHAVIORAL HEALTH SERVICES DEPARTMENT

725 E. Santa Clara St., Suite 301, San Jose, CA

<https://www.sccgov.org/sites/bhd/info/CYF/Pages/home.aspx>

Catherine Aspiras, SLS Program Manager III

catherine.aspiras@hhs.sccgov.org

April Kihara, MH Program Specialist II

April.Kihara@hhs.sccgov.org

Guadalupe Ramirez, SLS MH Program Specialist

Guadalupe.Ramirez@hhs.sccgov.org

Daniel Cao, MH Program Specialist I

Daniel.Cao@hhs.sccgov.org

Julie Duran, SLS Coordinator for MHSD

duranj@mhusd.org