

# Using the LBUSD FRC Model to Promote Wellness & Mental Health at School Sites

## Presenters:

Dr. Erin M. Simon, Assistant Superintendent of School Support Services, LBUSD; ACSA President-Elect  
Samson “Will” Safotu, School Counselor, LBUSD  
Thomas J. Sopp, School Psychologist, LBUSD

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# Stakeholder Engagement



## Community Education Forum recommendations:

- “Families need special interventions for middle school students”
- “Hire additional FRC to serve more students.”
- “Maintain telehealth services for students in distance learning.”



# FRC Staffing & Funding



## Staffing:

15 Pupil Personnel Service (PPS) providers

## Assignment:

32 school sites

## Funding:

School Climate LCAP/LCFF Funding Bucket







# FRC Vision

*"Empowering students and families to move forward  
and thrive"*





# In short, what we do!

- Provide social, emotional, and behavioral health related support to students within clusters of LBUSD schools.
- Connect students and their families to community resources such as mental health referrals, housing referrals, food, immigration services, Medi-Cal, etc.
- Provide resources to staff and parents on social-emotional learning.

***FRC support is complementary to existing services!***



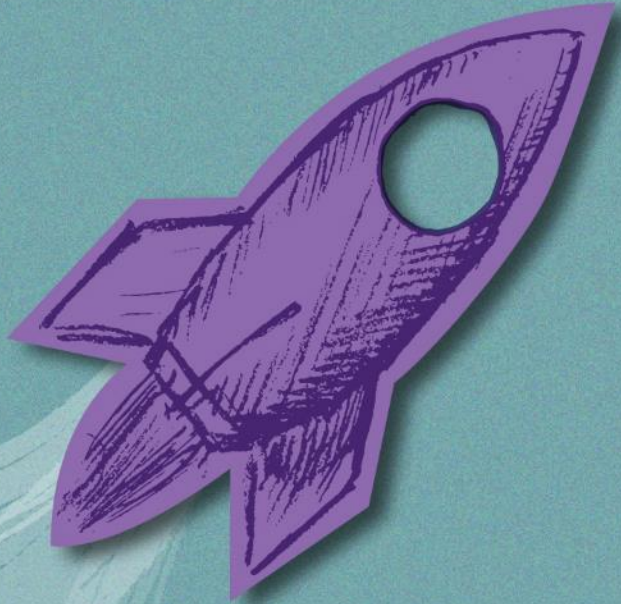


# Interdisciplinary Staff: School Counselors, School Psychologists & School Social Workers

- Specialist in school systems
- Specialist in counseling children
- Specialist in providing comprehensive School-Based Mental Health Services
- Specialist in enhancing school/ family/ community agency connections







# FRC Student Services

*Tom Sopp, School Psychologist*





# Agenda

- Student Services
- Parent Services
- Staff Supports
- Virtual Supports





# Referral Sources

- School Staff
- Parent/Guardian
- Student



Empowering students and families  
to move forward and thrive

## LBUSD Family Resource Centers (FRC) Referral Form 2020 - 2021

The Family Resource Center (FRC) does not provide emergency services. If you are experiencing an emergency situation, please speak with a trusted adult or contact 911.

\* Required

Please select which best applies to you - the person completing this form: \*

- ☐ I am a PARENT/GUARDIAN
- ☐ I am a STUDENT
- ☐ I am a LBUSD STAFF MEMBER





# Student Services Provided: PreK-12

## Tier 1:

- Collaboration to support universal SEL programs
- Staff Professional Development and Parent workshops

## Tier 2:

- Short-Term Group Counseling
- Parent Trainings/Process Groups
- Class SEL Presentations/Guidance

## Tier 3:

- Short-Term Individual Counseling
- Bridging students to more intensive supports/outside agencies





# Counseling Strategies and Programs



## **Tier 3: Individual Counseling**

- Cognitive Behavior Therapy (CBT)
- Solution-Focused Brief Therapy (SFBT)
- Dialectical Behavior Therapy (DBT)
- Trauma Informed Practices

## **Tier 2: Group counseling**

- Anxiety, Social Skills, etc.
- Self-Regulation Tools/Mindfulness Practices
- Coping Skill Building Techniques

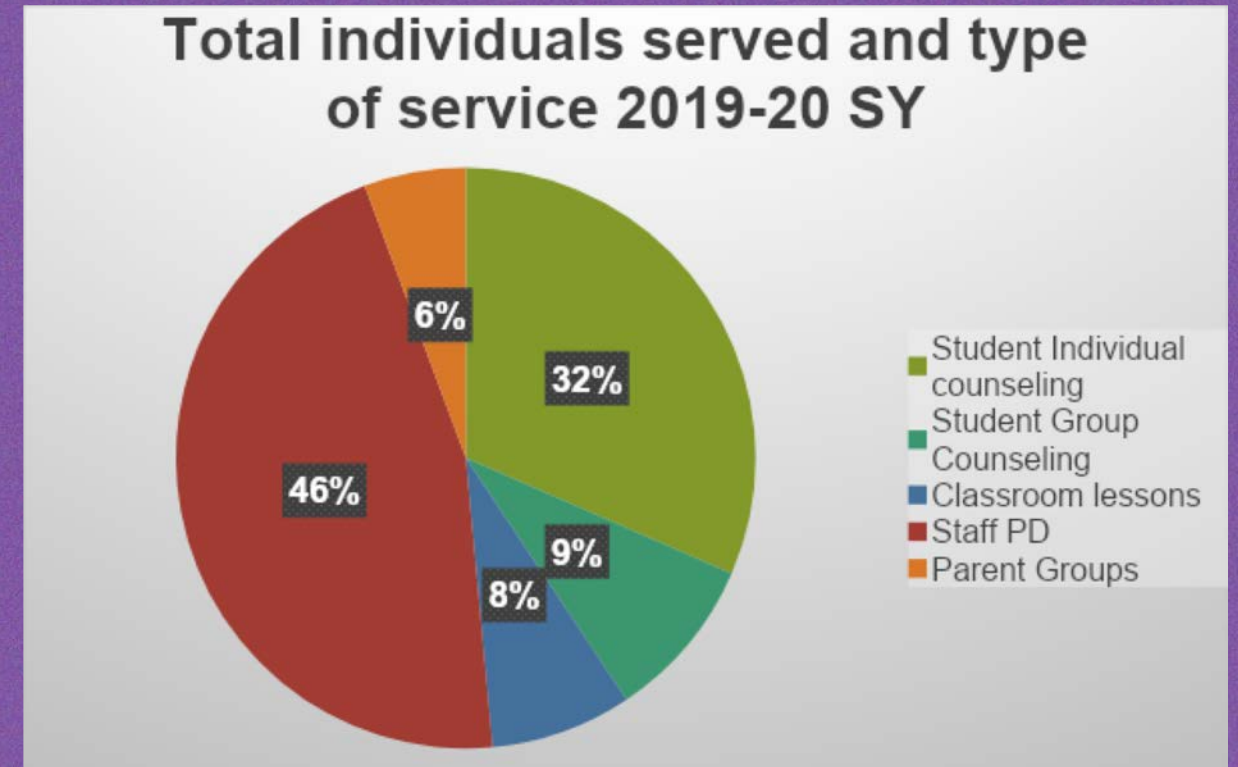
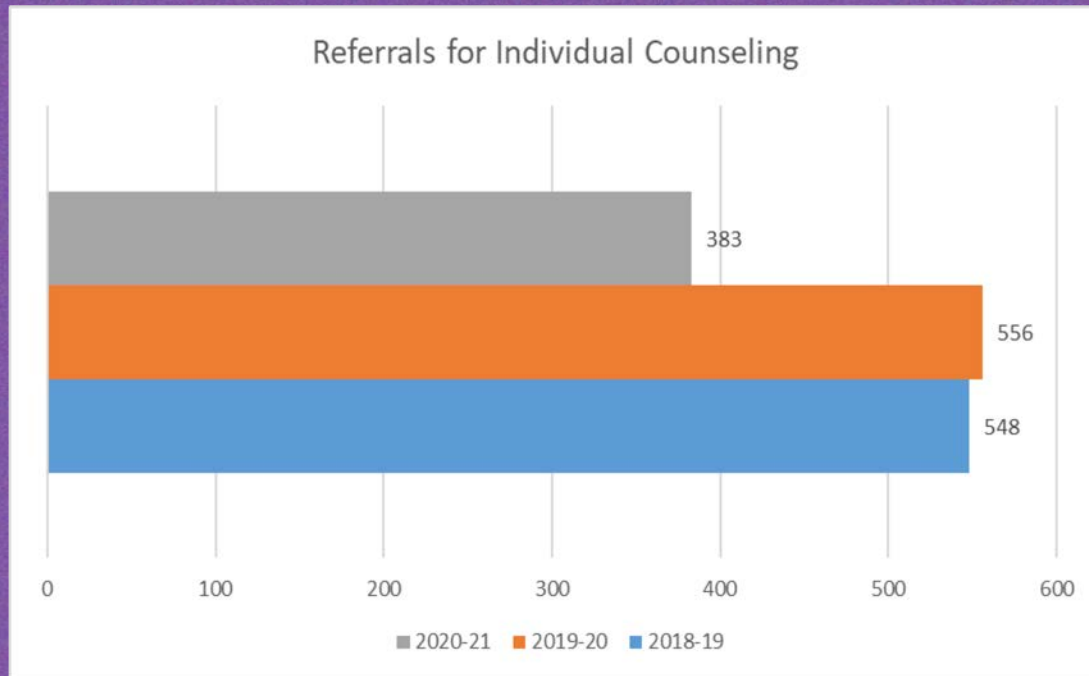
## **Tier 1:**

- Collaboration to support universal SEL programs (Zones of Regulation Program)



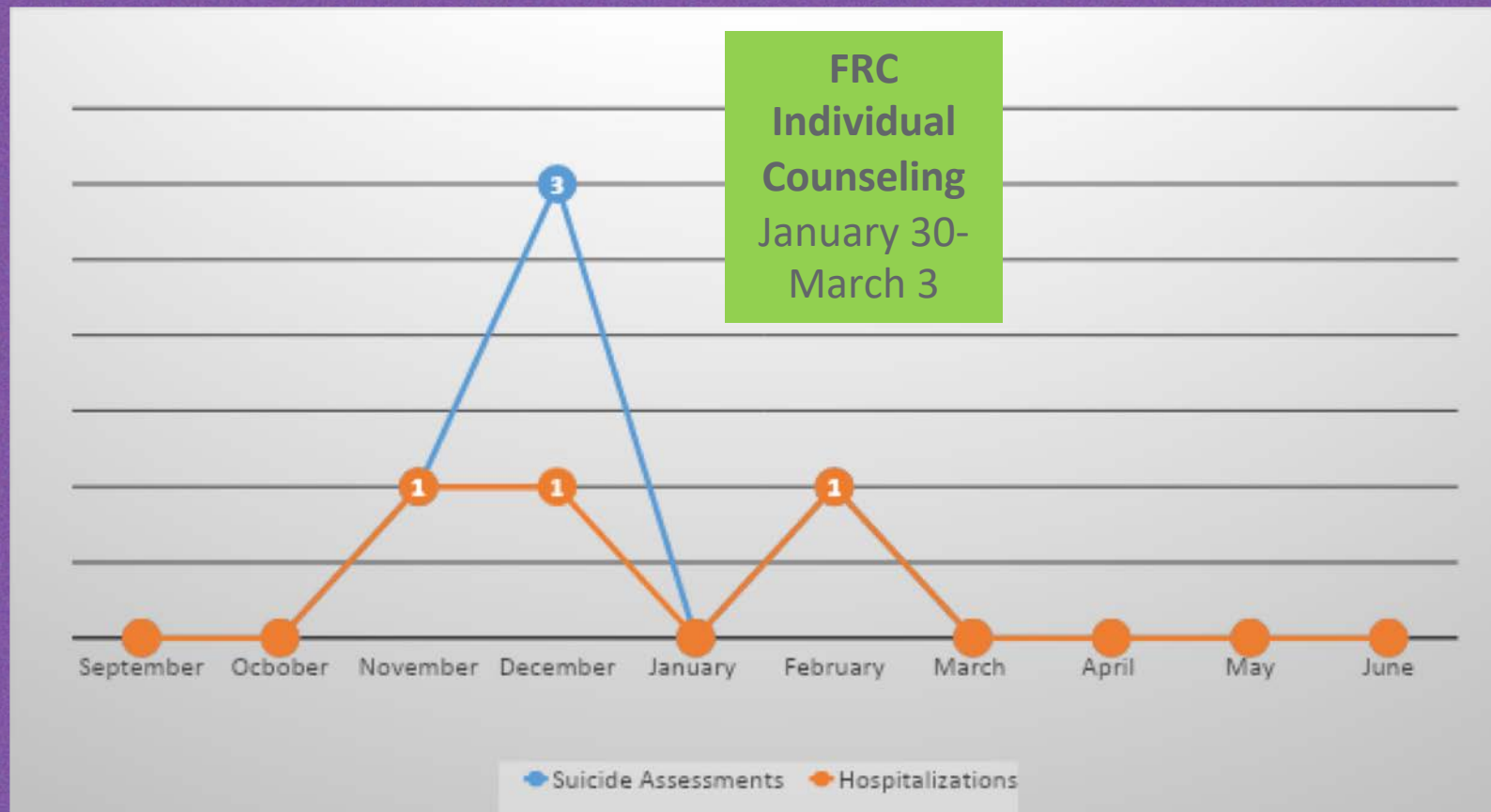


# Referral Data & Services



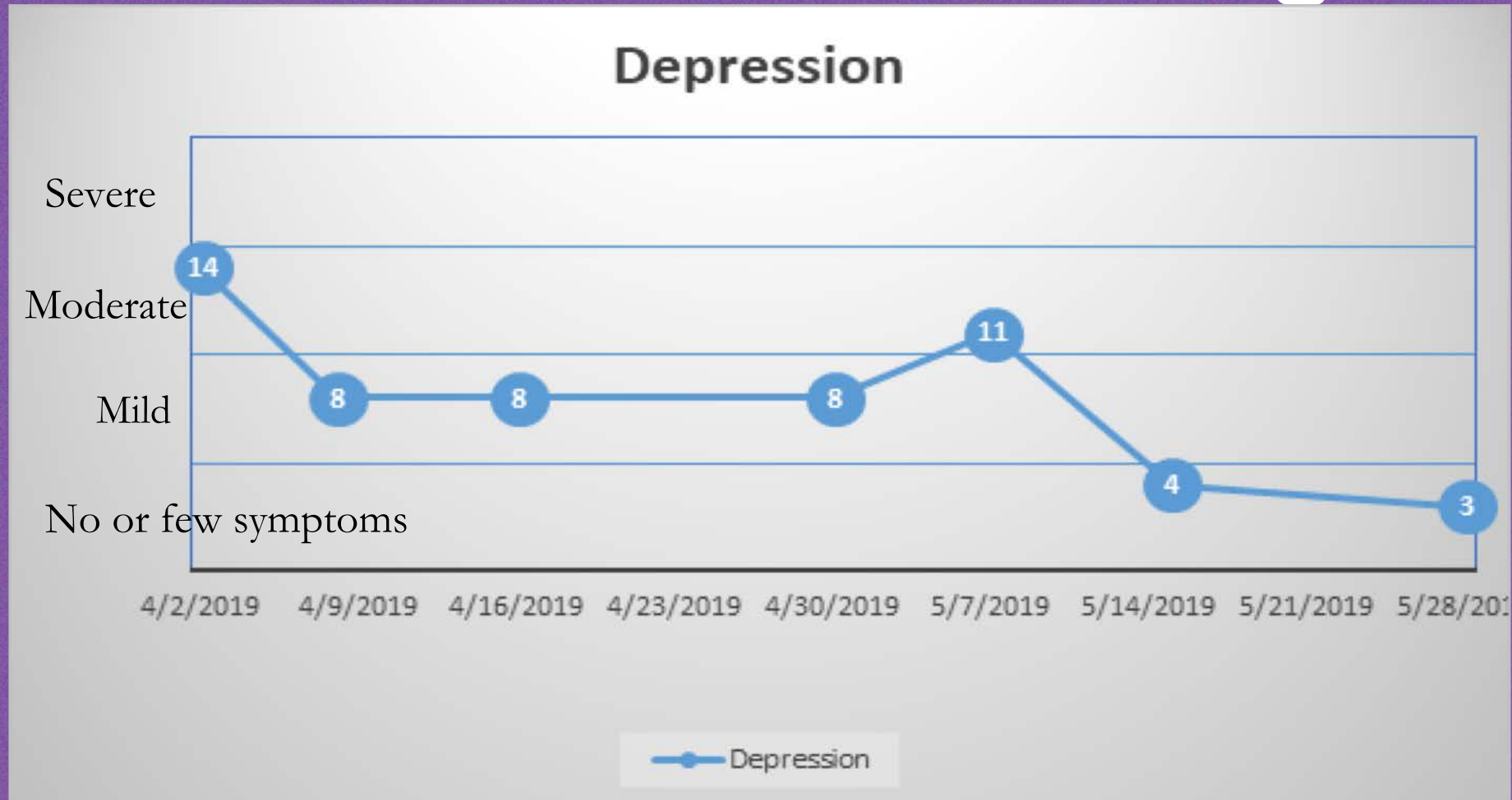


# Case Example: Reduce Suicide Assessments & Hospitalization





# Case Example: Individual Counseling

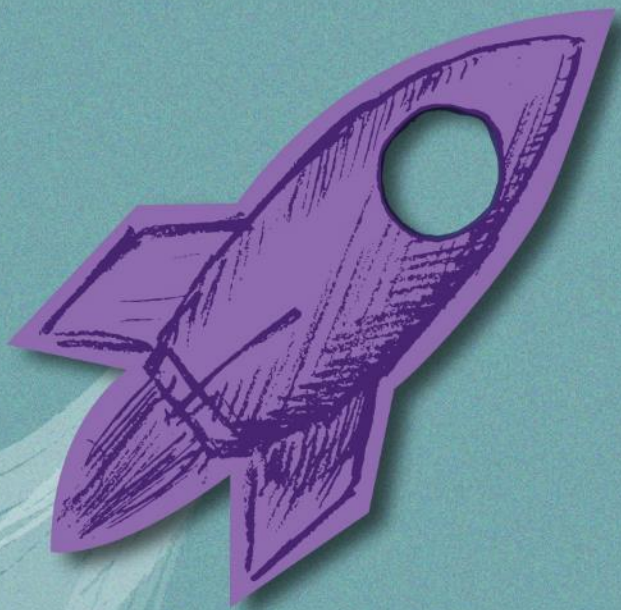






# FRC Parent Services through an MTSS Lens

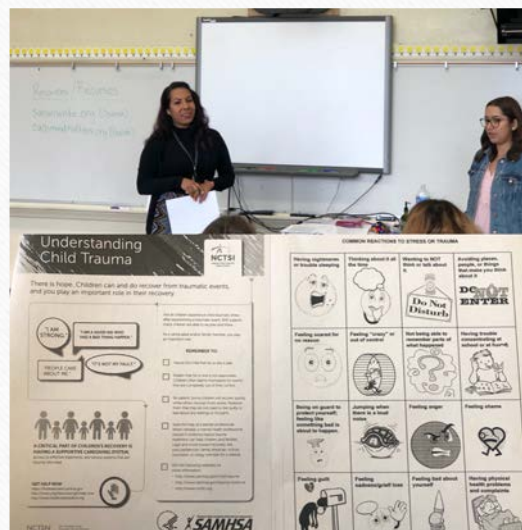
*Will Safotu, School Counselor*





# Tier 1 - Outreach

- First Day of School/ Welcome Back Info Table
- Back-to-School Night & Open House - Community Partnership Presence & , FRC SWAG, interactive Activities
- Disseminate Info at Stakeholders Meetings (i.e. ELAC, Coffee with the Principal, etc.)





# Tier 1 - Family Resources

## Indirect Services

- Community Referrals to Local Agencies; Collaboration with Long Beach Youth Services Network
  - i.e. Food, Housing, Uniform, Supplies, Medi-Cal, etc.

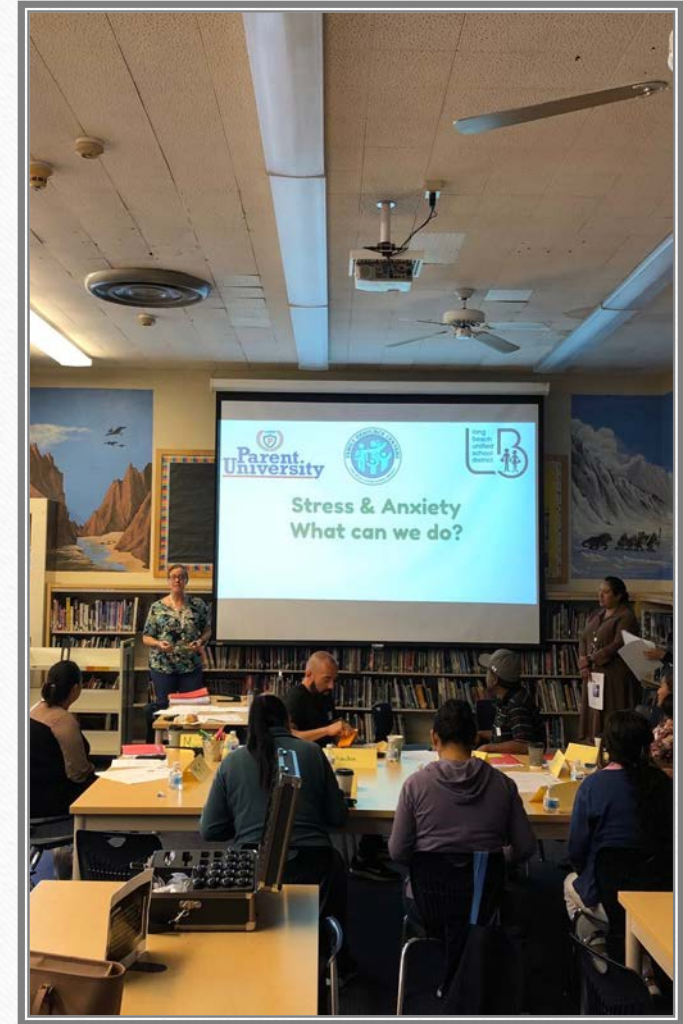




# Tier 1 - Parent Services

## Direct Services

- Parent Workshops
  - Topics: Positive Discipline, Anger Management, Bullying Prevention, Understanding Anxiety in Children & Teens, Self-Care & Stress Reduction





# Tier 2: Parent Counseling/Training Groups

- Self-Care Group
- Triple P: Positive Parenting Program
- Mindful Parenting Series







# FRC YouTube Playlist

**Family Resource Centers Webinar Series**

6 videos • 43 views • Last updated on Feb 25, 2021

LBUSD - Long Beach Unified School District

**1** Parenting During a Pandemic - Self-Care During COVID-19  
LBUSD - Long Beach Unified School District  
49:52

**2** Crianza de Los Hijos Durante Una Pandemia - Auto-Cuidado Durante COVID-19  
LBUSD - Long Beach Unified School District  
20:42

**3** Parenting During a Pandemic - Communicating With Your Child During COVID-19  
LBUSD - Long Beach Unified School District  
55:28

**4** Crianza de Los Hijos Durante Una Pandemia-Cómo Comunicarse Eficazmente Con Su Hijo Durante COVID-19  
LBUSD - Long Beach Unified School District  
20:48

**5** Positive Discipline - Strategies to Promote Positive Behavior in Your Child  
LBUSD - Long Beach Unified School District  
49:52

**6** Parenting During a Pandemic - Self-Care During COVID-19  
LBUSD - Long Beach Unified School District  
49:52

**FRC PARENT WELLNESS WEBINAR SERIES PLAYLIST**

**LONG BEACH UNIFIED SCHOOL DISTRICT**

**YOUTUBE CHANNEL FEATURING**

**Watch On Demand!**

The LBUSD YouTube Channel offers many community resources and the Family Resource Centers Parent Webinar Playlist is one of them!

9 Topics to help encourage and empower families to move forward and thrive!

Click on the phone for direct access!

For easy access to FRC Resources:  
<https://linktr.ee/LBUSDfrc>

APPROVED BY DR. ERIN M. SIMON  
ASSISTANT SUPERINTENDENT OF SCHOOL SUPPORT SERVICES







@LBUSDFRC

Register here for FREE Parent Webinar - May 18th, 2021

Regístrese aquí para webinar de padres GRATIS - 18 de Mayo 2021

LBUSD Family Resource Centers District Web Page

FRC Parent Webinar YouTube Playlist

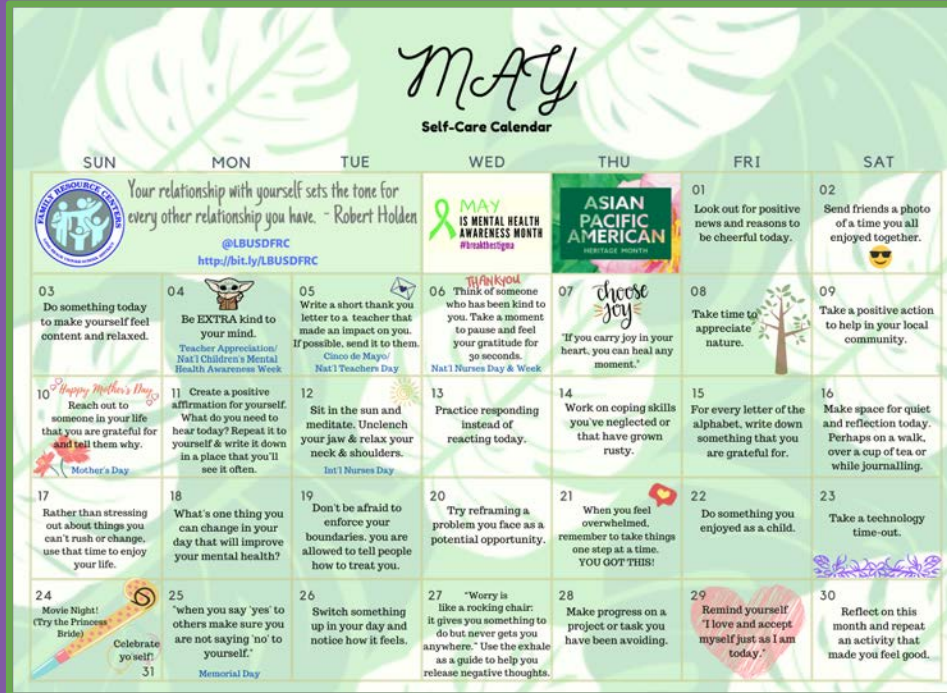
LBUSD FRC You Matter! Weekly Newsletters

Empower & Thrive Handouts

FRC Student Post Cards

May Self-Care Calendar 2021

FRC Regions



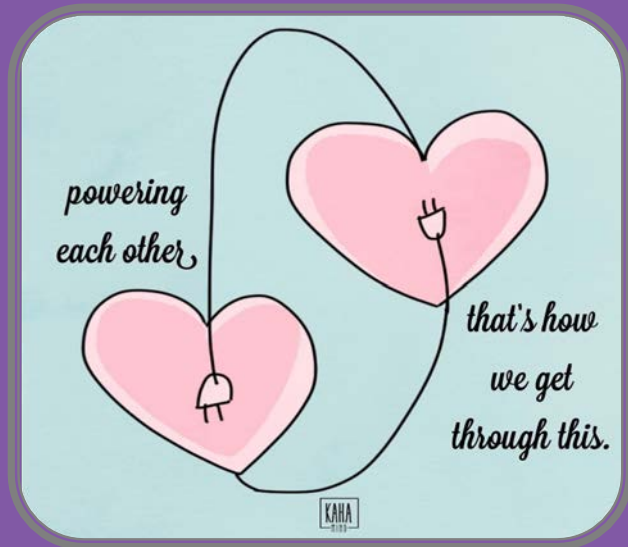
The Social Media platform will **engage with the online community** by streamlining SEL links, promoting self-care, and connecting them to community resources. Instagram will share daily (M-F) self-care tips through the monthly self-care calendar and/ or daily wellness themes on the feed/stories. LinkTree will be utilized and updated to connect audiences to all our current content with just one link.



CSBA's 2021 ANNUAL EDUCATION CONFERENCE AND TRADE SHOW



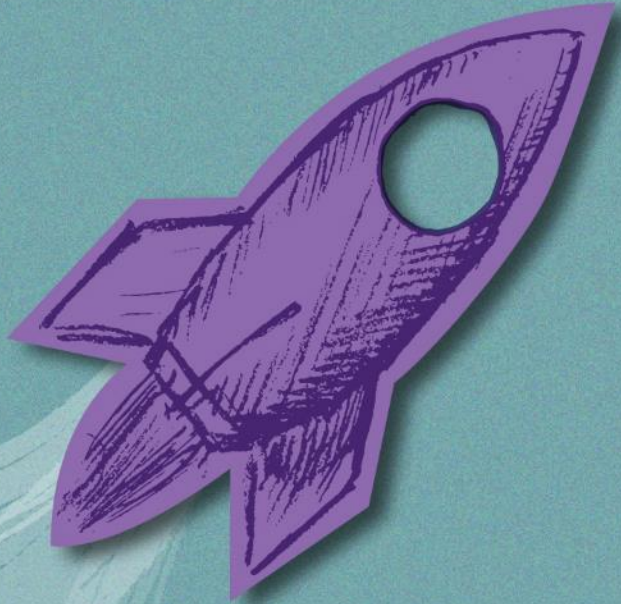
# Relationships + Resources = Resilience



- Space for *listening* and time for *connection* with ALL
- *Parent Engagement*
- *Cohesiveness & Innovation* to provide resources and support
- Build *on existing strengths to develop a transition/ action plan*







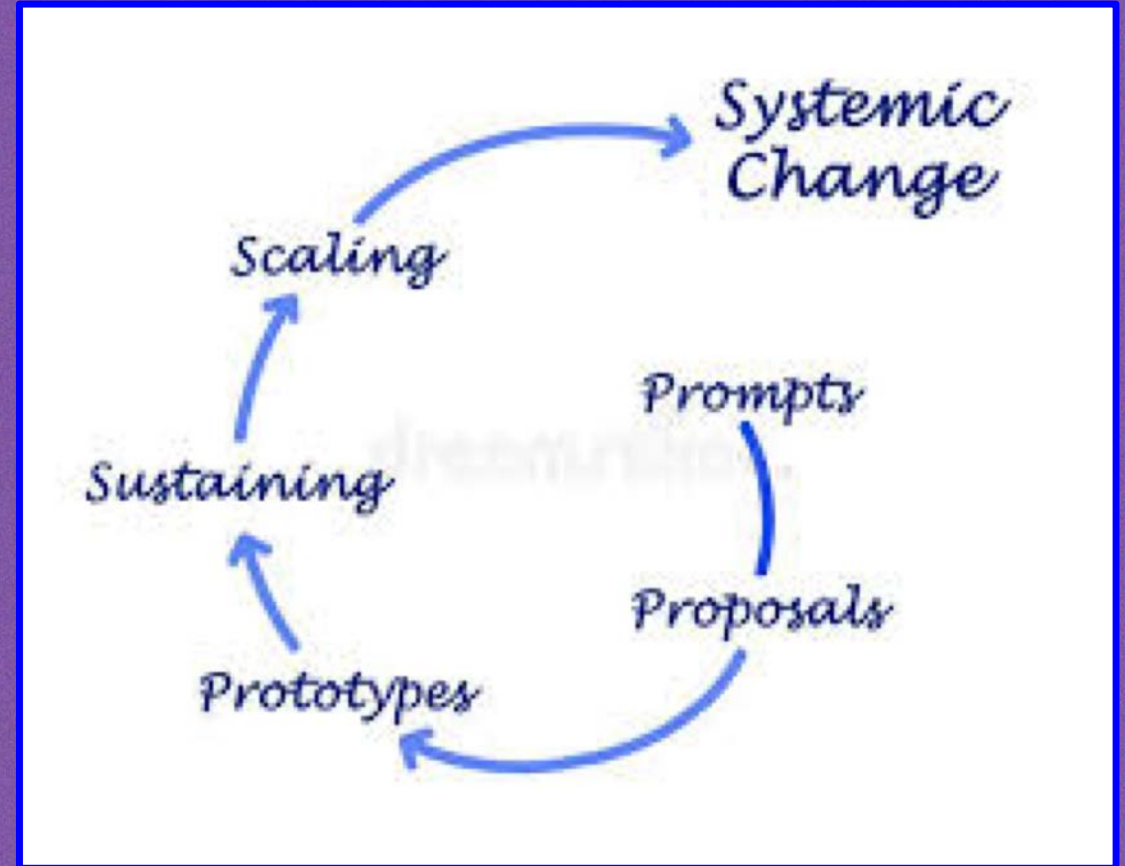
# FRC Staff Services

*Tom Sopp, School Psychologist*





# Staff Services





# Staff Professional Development



- Universal support strategies
- Self-care for Educators
- Mindfulness in the classroom
- Depression in Children
- Suicide Prevention
- Trauma informed classroom
- Teaching Self-Regulation skills to children
- Behavior reinforcement strategies





# Mental Health & MTSS

***“School mental health services are best provided within a MTSS framework.”***

**A Guide to Increase  
Mental Health Services for Students,  
Project CalWell, June 2018.**





# How do we work with school teams/systems?



- Collaborative model
- Educate site staff on FRC services
- Case manage FRC referrals with school site staff
- Consult with school staff on classroom climate
- Assist with building tiered supports (MTSS)



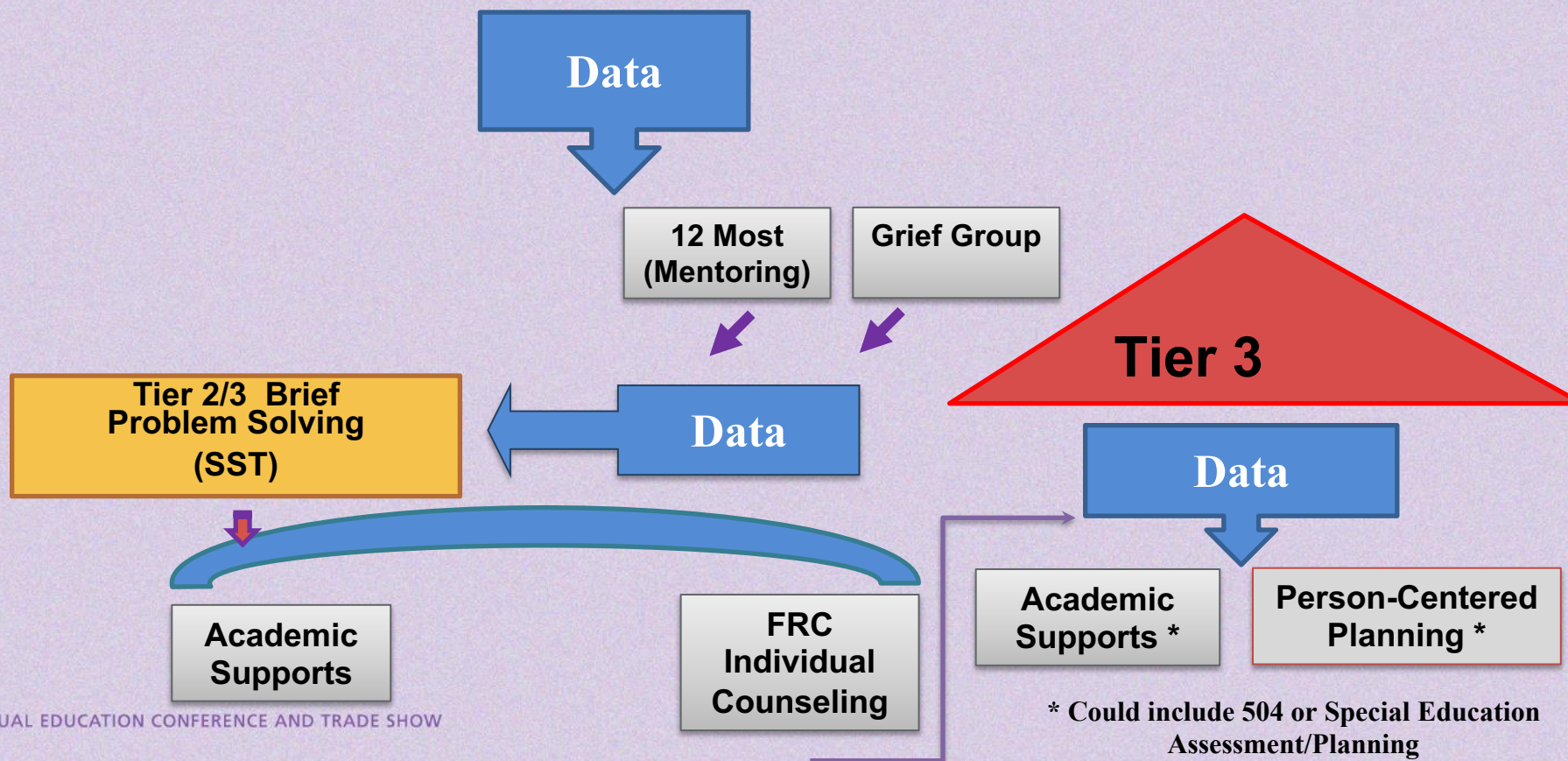


**Elementary School 2018-19:**  
**Multi-Tiered Services for**  
**SEL support**

Playground Lessons  
Voice level Expectations

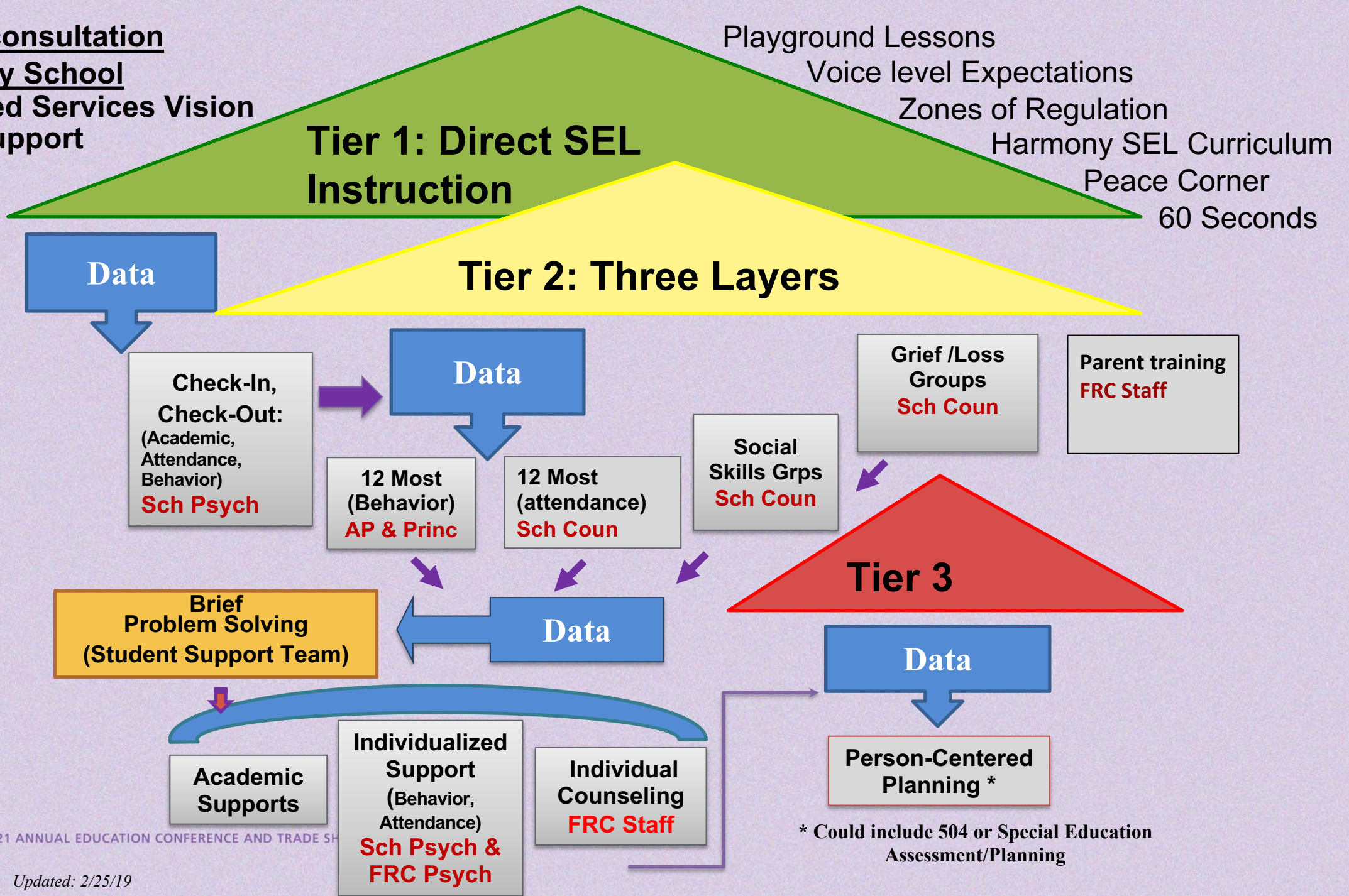
**Tier 1: Direct SEL  
Instruction**

**Tier 2: Interventions**



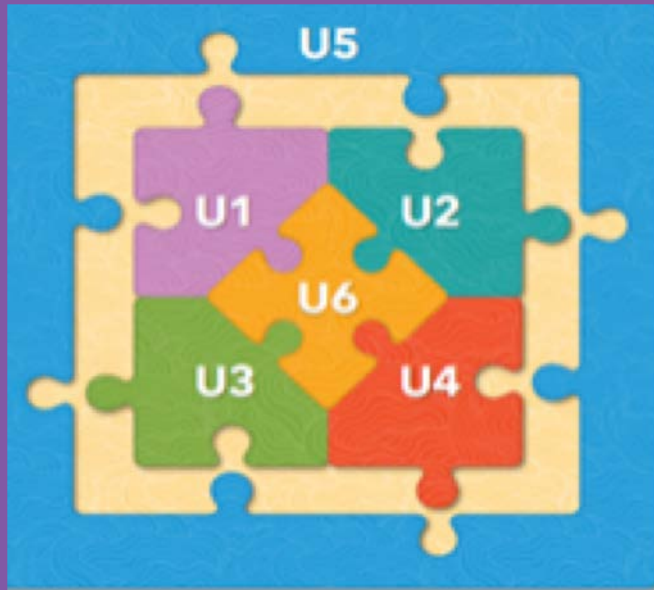


**Systems consultation**  
**Elementary School**  
**Multi-Tiered Services Vision**  
**for SEL Support**





# District Wide Initiative: Classroom Climate



## LBUSD Understandings Continuum (U6)

Cultivating a classroom atmosphere, where teachers deliberately balance caring relationships with high expectations and supports for student success, provides a foundation for a safe learning environment that values diversity, trust, and respectful communication.





# Tier 1: Self Regulation Skills

- Zones of Regulation
- Establish Peace Corner
- Model Teaching coping skills
- Trauma/Mindfulness Methods





# Peace Corner Data

I did was used the Brething Ball and  
brethd in and Brethd out For I  
can Focise





# Tier 1: Trauma Informed Intervention

60 Seconds

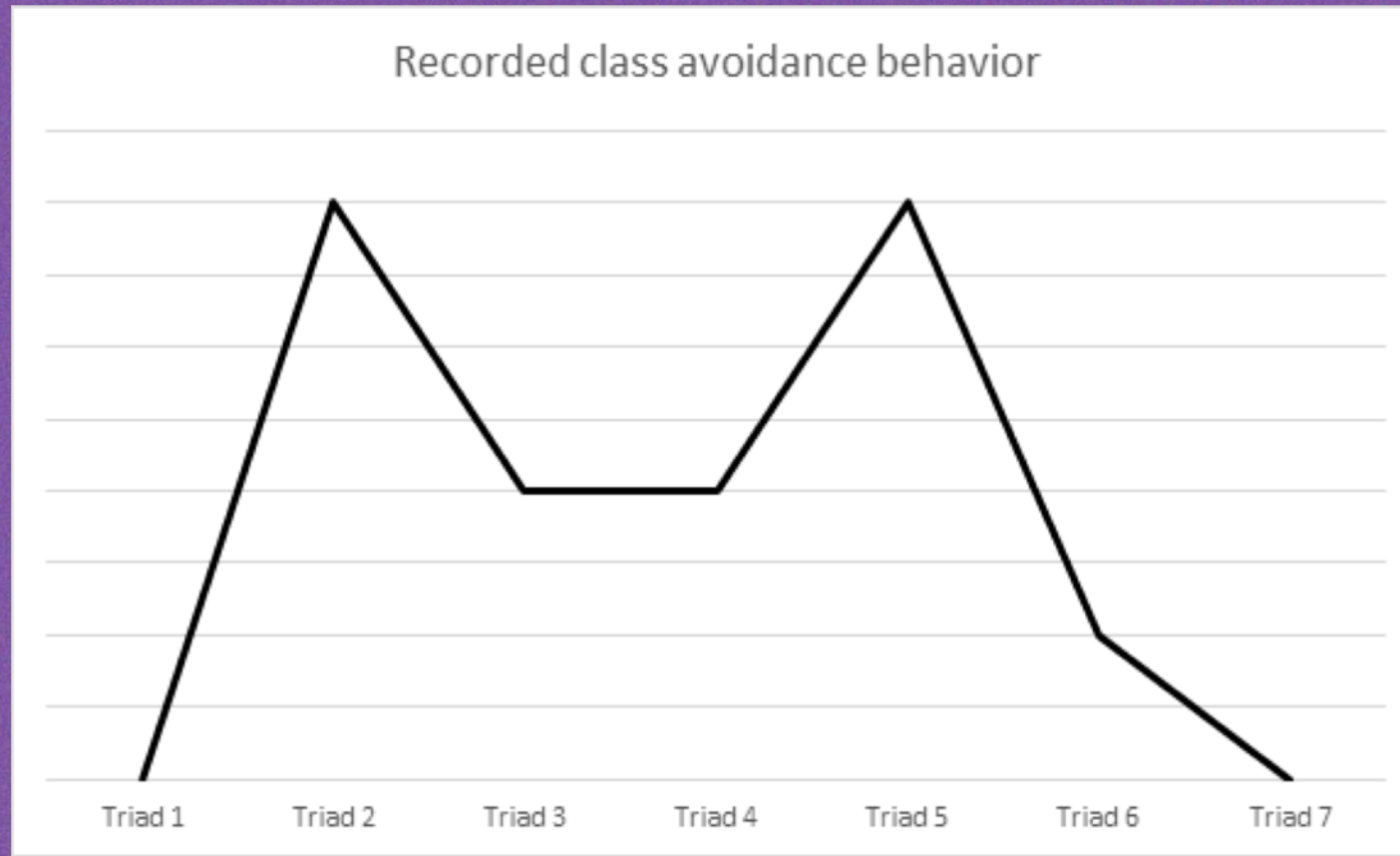
1. Feel your feet on the ground.
2. Take in the support of your chair.
3. Breathe in through your nose.
4. Visualize yourself in a safe, beautiful place.
5. Notice what is happening inside your body.
6. Focus only on the pleasant, comfortable sensations that arise.
7. If thoughts or unpleasant sensations enter into your awareness, simply go back to the beginning of the exercise and do the steps again, as many times as need be.

- 60 Seconds
- [Brain Charge Curriculum](#)
- Teach students to use the method independently





# Case Example: Trauma affecting school attendance

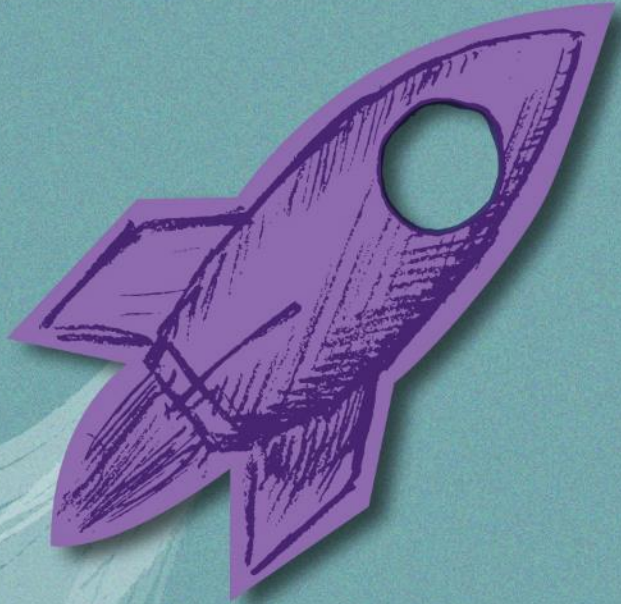






# FRC Hybrid Support: Virtual & Reentry

*Will Safotu, School Counselor*





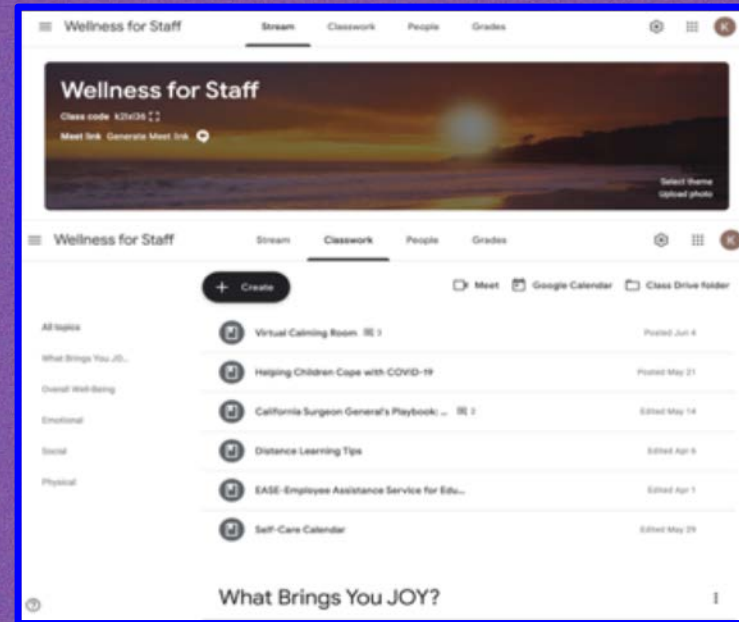
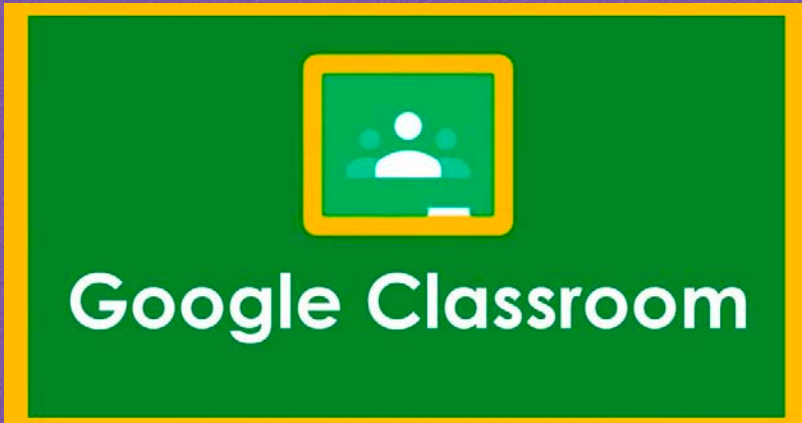
# COVID-19 Community Resource Guide

*The Division of Student Support Services will continue to serve students and families during school closures. This document was created by staff who are committed to helping students and families amid the Coronavirus (COVID-19) outbreak. We believe the resources will help LBUSD's students and families during this difficult time.*

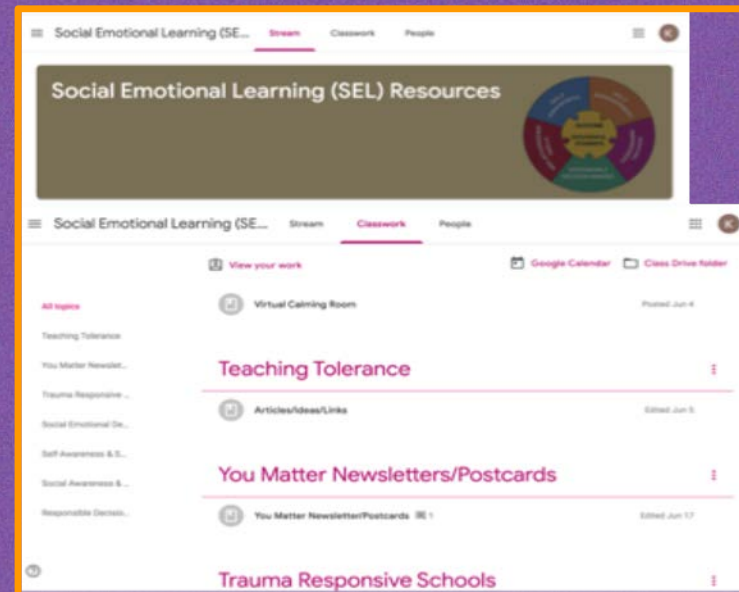




# LBUSD Staff SEL/Wellness Resources



*Wellness for Staff Google Classroom for teachers to use to help promote mental wellness for LBUSD Staff.*

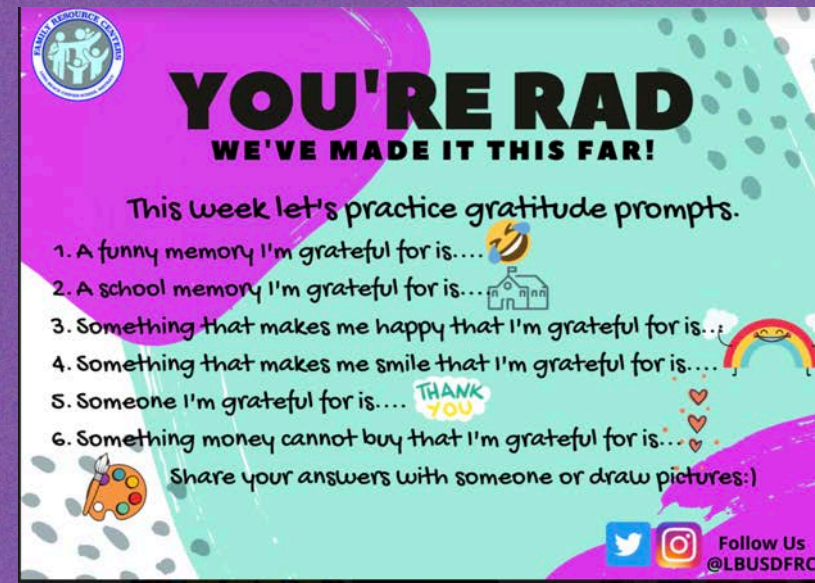
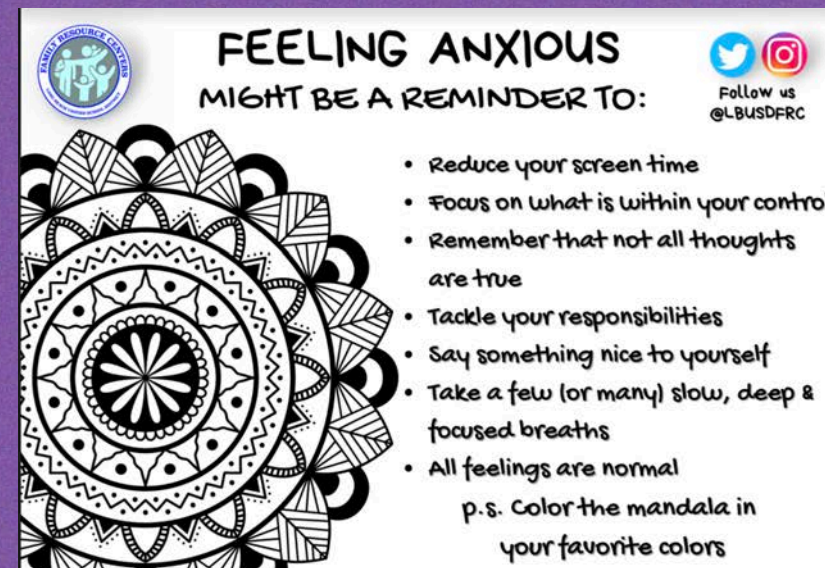


*SEL Resources Google Classroom for LBUSD teachers to use for their classroom.*





The FRC Student Postcards/ E-Cards will share SEL strategies that are **targeted for K-12 students** to help them navigate through challenges at home and school. It is also shared with parents/guardians/ caregivers as a resource to reinforce the skills shared. They are available in English & Spanish.





# Summer Support

**FRCs are Offering Sessions During Summer 2020**

The LBUUSD Family Resource Centers (FRC) are excited to announce that we will be providing free short-term individual counseling support to students experiencing social, emotional, and behavioral health-related needs. We will also be partnering with families for the purpose of connecting them to community and school-based services. If you are interested, please complete the FRC Summer Contact Form using the link below.

What	Who	When
<ul style="list-style-type: none"><li>✓ Phone check-ins with students</li><li>✓ Telecounseling services for open cases</li><li>✓ Consultations with school personnel for open cases</li><li>✓ Linkage to community resources</li><li>✓ Suicide assessments for at-risk students</li><li>✓ Parent support groups/trainings via a virtual platform</li></ul>	<ul style="list-style-type: none"><li>✓ All K-12 students currently enrolled in any LBUUSD school</li><li>✓ Student must be present in the state of California to receive services</li><li>✓ Students 12 years or older can self refer</li><li>✓ Services will be provided by LBUUSD School Psychologists and School Counselors</li><li>✓ Medi-Cal/insurance not needed</li></ul>	<ul style="list-style-type: none"><li>✓ June 22-July 24, 2020 (Closed July 3)</li><li>✓ Hours of Operation: Monday - Friday 8:00 AM - 6:00 PM</li></ul>

**Summer Contact Link**

English: <https://tinyurl.com/frcsummercontactform>  
Spanish: <https://tinyurl.com/frcsummercontactformspanish>

**For More Information**

Cabrillo High School (562) 951-7741 • (562) 951-7736	Millikan High School (562) 415-7441 ext 4309 • ext 4260
Jordan High School (562) 413-1471 ext 2221 • ext 2222	Polytechnic High School (562) 591-0581 ext 5140 • ext 5895

## Positive Remarks

- Thankful for the guidance in linkage to resources
- Appreciated time for consultation
- Seamless Access to Telecounseling
- Positive Support with Community Referrals
- Establishing connection with students and providing coping skills

## Challenges

- Basic Needs – Employment, Food & Shelter
- Technology Literacy
- Social-Emotional Health - Grief/ Loss, Managing Emotions
- Cost for Therapy; Lack of funds





# From Brick & Mortar to Distance Learning



*Telecounseling/ Online Counseling:  
counseling service for students  
provided by PPS personnel on a  
digital platform*





Family Resource Center - Downto...  
FRC Downtown/Central Region

Click on your  
Counselor/Psychologist animal  
below  
to start your ZOOM Meeting:





# From Brick & Mortar to Distance Learning

**Modified Suicide Assessment Plan:  
LBUSD's Action Steps for Helping  
Students Remotely in Emotional  
Pain - for Teachers, Nurses, School  
Counselors, School Psychologists**





The “You Matter!” Newsletter is a SEL resource to help *students, staff, and families* with *encouraging* coping skills & mindfulness strategies. Our hope is to *bring a moment of calm* through brain break challenges, a little pun, and humoring comics.

long beach unified school district

**“YOU MATTER!”**  
**WEEKLY NEWSLETTER #24**  
 For our Students, Staff, & Families  
 Division of Student Support Services  
 Family Resource Centers (FRCs)

Week of December 14, 2020

[@LBUSDFRC](https://www.bit.ly/LBUSDFRC)  
[www.bit.ly/LBUSDFRC](https://www.bit.ly/LBUSDFRC)  
 Follow us on Instagram Follow us on Twitter

**PEACE OUT 2020**

**COPING SKILLS**  
 “CLAP ALONG IF YOU FEEL LIKE HAPPINESS IS THE TRUTH.”  
 when you feel HAPPY  
 CAPTURE JOYFUL MEMORIES  
 STAY IN THE MOMENT  
 NOTICE WHO IS AROUND  
 BE GRATEFUL-IT'S NOT FOREVER  
 TALK ABOUT IT  
 WRITE DOWN HOW YOU FEEL

**A LITTLE PUN**  
 “WORKING TOGETHER IS LIT!”  
 WE SHINE BRIGHTER TOGETHER!  
 CRAFT CHALLENGE  
 “MAKERS GONNA MAKE, MAKE, MAKE.”  
 START A CREATIVE PROJECT TODAY (TRY COLLABORATING WITH SOMEONE VIRTUALLY!)

**MINDFULNESS**  
 “KINDNESS ALWAYS WINS!”  
 LET'S PLAY kind games INSTEAD OF mind games

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**“YOU MATTER!”**  
**WEEKLY NEWSLETTER #36**  
 For our Students, Staff, & Families  
 Office of School Support Services  
 Family Resource Centers (FRCs)

Week of November 1, 2021

[@LBUSDFRC](https://www.bit.ly/LBUSDFRC)  
[www.bit.ly/LBUSDFRC](https://www.bit.ly/LBUSDFRC)  
 Follow us on Instagram Follow us on Twitter

**DE-STRESS**

**COPING SKILLS**  
 “HOW YOU DOIN’?”  
 STRESS MIGHT LOOK LIKE...  
 overindulging or not eating enough  
 sleeping too much or too little  
 avoiding activities or loved ones  
 over-scheduling to avoid feelings  
 watching the same things obsessively  
 experiencing physical symptoms like dizziness  
 wondering if you're overreacting  
 feeling extremely irritated by little things

**LAUGHT OUT LOUD**  
 NO CANCELLATIONS.  
 I made us a healthy dinner  
 I had a terrible day  
 don't worry I have a backup dinner

**MINDFULNESS**  
 “DON'T BELIEVE ME? JUST WATCH.”  
 How to get out of a funk  
 Keep a gratitude journal  
 Watch your favorite funny movie  
 Clean your surroundings  
 Go for a walk  
 Call up a friend and ask how they're doing

**HEALTHY HABITS**  
 PLAN & CHECK OFF WHAT YOU DID.  
 ROUTINES FOR DIFFERENT PRIORITIES  
 HEALTH  
 CAREER  
 FINANCES  
 RELATIONSHIPS





The “Empower & Thrive” Handout will share SEL Strategies to promote *resilience for adults* who may play a role in a student’s life (i.e. parents/ guardians/ caregivers). The handouts will be available in English, Spanish, & Khmer.



#### PARENT SUPPORT DURING DISTANCE LEARNING:

## CAN I BE A PARENT & A TEACHER?



### Tip #1 How to set up a learning environment

- Create a comfortable learning space in a well-lit area
- Help your child stay organized by having all the materials in the same spot (i.e. box, backpack, cart, etc.)
- When possible, keep the background noises low



### Tip #2 Distractions

- Have your child clear their workspace (i.e. put games and toys away)
- When accessible, have your child use headphones
- Turn off other technology gadgets (i.e. game consoles, cell phone, television)



### Tip #3 Motivation

- Post a daily schedule - allow for breaks that include physical movement and brain breaks
- Keep a consistent routine
- Have your child set a daily goal (i.e. participate in class)
- Incorporate daily positive self-talk



### Tip #4 S.T.A.R.

- Schedule - Make one visible
- Technology - Have student login 10 minutes before class
- Accountability - Have student log in to all their classes daily
- Routine - Encourage your child to wake up an hour before class (i.e. eat breakfast, brush teeth and get dressed)



### Tip #5 Me time (Self-Care)

- Physical - Go for a walk, get fresh air, workout
- Emotional - Ask yourself how you are feeling
- Social - Schedule time to safely socialize with others
- Personal - Make time to do something that makes you happy



## Quick Tips: Prepping Your Student to Return to In-person Learning



### REMEMBER!

#### Start a conversation with your child about

- New school procedures - temperature checks, testing, etc.
- Mask etiquette - how to properly wear it all day
- Encourage proper hygiene- hand washing
- Keep conversations open

### DON'T FORGET

#### Explain what school will look like when they return

- Not all classmates or friends are going to be at school
- Classroom set up - fewer children in the classroom, desks are further apart
- Social distancing - during break time, class time, etc.
- Encourage your child to practice keeping their hands to themselves

### TO DO

#### Establish a routine

- Set up a regular sleep and wake up schedule
- Pick out a school outfit the night before and have school bags ready
- Establish a morning routine - wake up early, eat breakfast, prep for the day
- Check-in with your child for any signs of illness

### IMPORTANT!

#### Model positive coping skills

- Take deep breaths, use positive statements
- Allow space for your child to voice any concern
- Empathize with your child - try to see it from their point of view and let them know you hear what they are saying before you try to problem solve
- Watch for any changes in your child's behavior

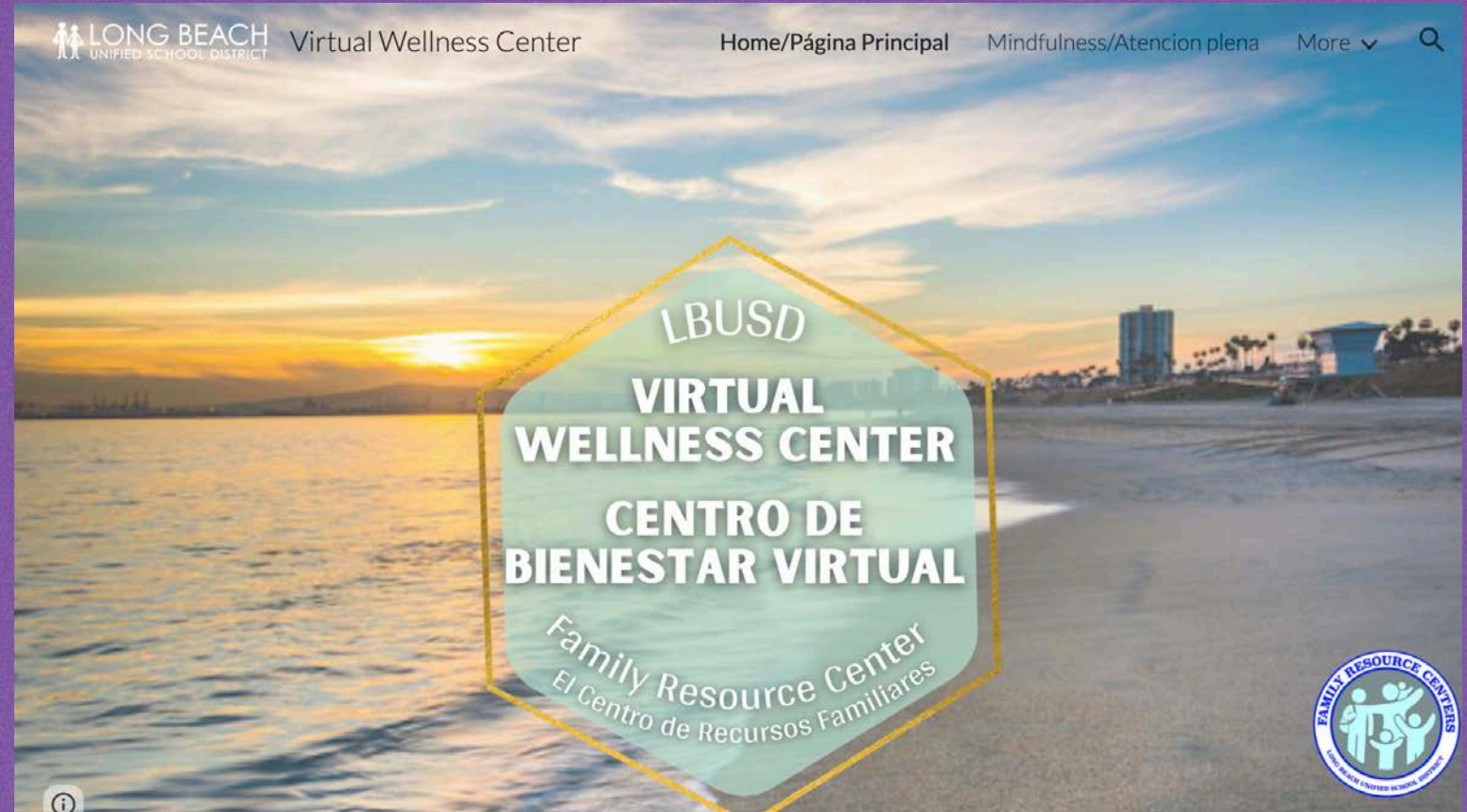
YOU GOT THIS!

Approved by Dr. Erin Simon, Assistant Superintendent of School Support Services





The Virtual Wellness Center is a place for students, families and staff to find resources for managing emotions, feelings, and building resilience. In the Virtual Wellness Center, you will find videos and activities to help enhance your overall well-being. Take some time to enjoy, explore, and relax!





# What are the advantages of the FRC model?

Provide comprehensive social/emotional services.

Integrated into the school system.

Program development.

Reduced stigma for mental health services.

Linguistic match (Spanish)

Access to services regardless of insurance, both General Education & SPED programs (Exception: DIS Counseling via the IEP),

Stable funding (LCAP).

Student access to services (faster, less intrusive, self-refer).





# Final Questions





# Thank you!

## Contact Information:

Dr. Erin M. Simon - [ESimon@lbschools.net](mailto:ESimon@lbschools.net)

Will Safotu- [SSafotu@lbschools.net](mailto:SSafotu@lbschools.net)

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