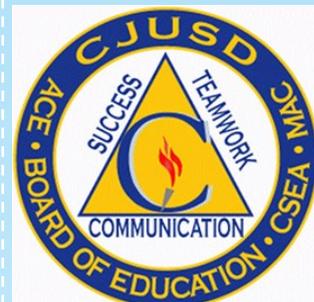


CJUSD Department of Behavioral & Mental Health

Many children in the Colton Joint Unified School District are challenged to succeed in life and school due to a variety of converging social problems such as poverty, low level of parent’s education, domestic violence, substance abuse, child abuse, unmet mental health needs, acculturation issues, violence, and gangs. Evidence of these problems can be seen in our neighborhoods, schools, and in homes. Often these problems are coupled with emotional and mental health issues ranging from depression, anxiety, severe panic attacks, posttraumatic stress disorder (PTSD), suicidal ideation or substance abuse problems. The following is an overview of our department’s programs and supports for students and families in need:

School-Based Mental Health Counseling Services

CJUSDs Department of Behavioral & Mental Health is a comprehensive program (k-12th grade & Adult Ed.) that hopes to reduce barriers to treatment, making mental health services more accessible to our student population. The main goal of the program is to remove social/emotional barriers to educational success in children and families through mental health counseling and education, case management, parent education, and linkage to community resources. CJUSD’s Behavioral & Mental Health Program was launched in the [2017-2018](#) school year, and received **219** referrals in it’s first year of service. Ultimately, CJUSD is committed to providing children with essential building blocks to foster social, emotional, and physical health thereby ensuring a truly resilient and successful future in the lives of **our students**.



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Crisis Intervention

When a school-wide crisis situation happens at a school site, a Crisis Response Team is immediately made available to the students and staff in order to offer emotional support. The District's Crisis Response Team is composed by 17 Elementary School Counselors and Mental Health Interns.

In the **2018-2019** school year there were **4** incidents whereby the Crisis Response Team was deployed to various sites.

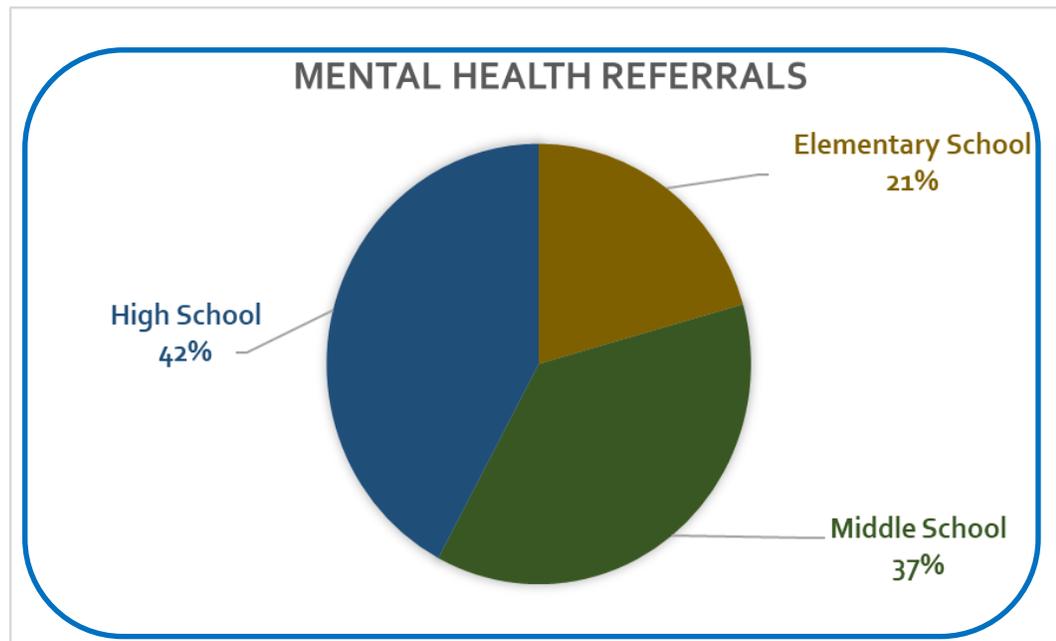
During the **4 incidents**, Crisis Intervention Services were provided to:

213 students

Mental Health Referrals

In the 2018-2019 school year our program received **346 mental health referrals**. At the time of referral the students were most commonly suffering from **Mood Disturbances** which included symptoms of:

- Anxiety, Depression, Low Self-Esteem, and Frequent Mood Changes.
- Grief/Loss (alienation/rejection by parents/significant others, loss of significant peer relationships or of person by death, and/or divorce)
- High Risk Behaviors (suicidal thoughts, suicide attempts, self-harm, and psychosis) were also significantly represented in the referrals.



The graph depicts the distribution of referrals between Elementary, Middle and High Schools.

Mental Health Treatment Groups

Mental Health Groups were implemented at various school sites within CJUSD. Some of the topics for the mental health groups included: Coping Skills for Depression and Anxiety, Grief and Loss, Self-Esteem, and a Newcomer Group (newly immigrated or refugee) addressing their unique needs such as social & acculturation adjustment.

46 students took part in **9 different Mental Health Groups**.





Mental Health Prevention Services

Prevention services are intended to prevent mental illness from becoming severe and disabling, and to encourage wellness and resiliency in students. Strategies and activities are implemented early on to deter the onset of mental health conditions or relapse among individuals. Below are the prevention strategies implemented by our program this 2018-2019 school year:

- Instruction and training to school counselors, mental health interns, school psychologists, & administrators on our district's Suicide Prevention, Intervention, Postvention protocol (199 trained).
- Staff training to **all** secondary sites on suicide prevention.
- Presentations to multiple 7th & 8th grade students in PE classes at JBMS on mental health awareness & self-care.
- Launched a drive to collect prom dresses for all high school students.
- Piloted a *mindfulness curriculum* with students at Slover Mountain HS during advisory period.
- Presented to staff at multiple sites (Slover, CMS, JBMS, Wilson Elementary, Crestmore & Sycamore Hills Elementary) on mental health issues in the classroom and tips for teachers.
- Trained Think Together Staff on mental health awareness and supports for kids.
- Mental health awareness presentations given to parents at ELAC, DELAC and AAPAC meetings.
- Education and resources provided to GTHS students during their first annual Mental Health Awareness Fair.
- Mental health and community resources provided at Student Service's Community Resource Fairs.

Adult Services

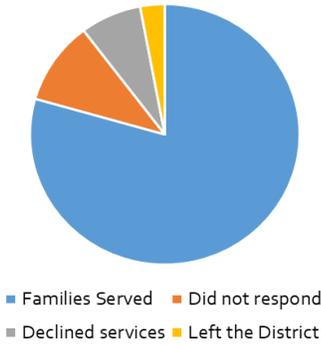
With the addition of our new Clinical Therapist/Supervisor, Mrs. Leslie Maldonado, LCSW, we expanded our program this academic school year to include services to adults attending our **Adult Ed. program.** & to several parents of our k-12 clients. Services included Individual therapy, case management for basic need resources, psychoeducation on mental health awareness, as well as a *psycho-educational dance class* focusing on emotional wellness, led by mental health intern Alva Dominguez Alviso. We are excited and greatly anticipating the expansion of our services to our adult population this new 2019-2020 academic school year.



Case Management Services

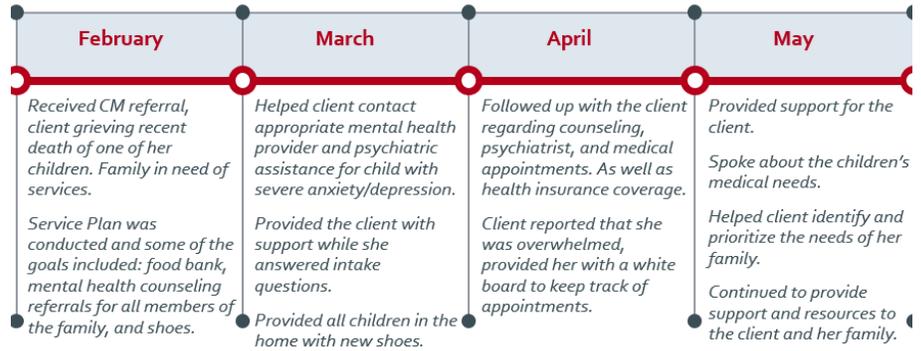
Our Case Management Program was officially launched this academic school year and is here to connect the children and families of our district to available community resources such as shoes & clothing, domestic violence shelters and supports, children’s programs, parenting support, child care, counseling services, job hunting, immigration issues, health care and much more.

CJUSD - Case Management Program
Received 68 Referrals



A CJUSD Family’s Story:

Case Management
Assigned Case Timeline



To Our Students & Families:

"Healing isn't about changing who you are; it's about changing your relationship to who you are.

A fundamental part of that is honoring how we feel."

-Suzanne Heyn

Future Goals

The social and emotional needs of our district have driven the growth and expansion of our Mental Health program for the past 2 years. For the new academic school year (2019-2020), we are anticipating 24 mental health interns & 4 Bachelors level interns in our program. Ultimately, our goal for the new school year is to continue our efforts to support the social and emotional needs of our students and in return have a positive impact on their academic success.

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