



**Evergreen**  
School District

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**Mental Health Committee  
Achievements and Recommendations**

Board Meeting - April 13, 2017



# Evergreen School District

*From strong roots grow bright futures*

## Introductions

- Erika Alvarez - District Social Worker
- Eshani Arumalla - Middle School Student
- Theresa Elliott - School Psychologist
- Mary Escobar - Health Clerk
- Mariana Gonzalez - School Counselor
- Angelica Holguin - District Social Worker
- Tara Huff - Parent
- Sorn Kham - District School Counselor
- Gary Kishimoto - Director of Pupil Services
- Laura Marshall-Lambert - Teacher
- Anthony Morris-Podzamsky - Elementary School Student
- Bea Nikoley - School Counselor
- Jennifer Oien-Chen - Speech Language Pathologist
- Jesus Padilla - Parent
- Karen Papesh - Occupational Therapist
- Eva Robledo - District School Counselor
- Karen Scharff - School Psychologist
- Jim Sherman - Principal
- Brittany Syu - District Social Worker
- Jessica Tang - Starlight Community Services
- Kim Tran - School Counselor



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## **2015 – 2016 Recommendations**

- Provide training for staff in the areas of reducing the stress/anxiety of children, bullying and conflict management and forming positive student-teacher relationships
- Conduct parent workshops that address stress/anxiety reduction of their children and where and how to receive counseling services
- Explore adding school psychologists to provide additional mental health services at sites
- Consider contracting with a social worker to supervise social worker interns to address needs



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## **2015 – 2016 Recommendations**

- Purchase additional mental health materials that staff and students can utilize
- Investigate offering after school clubs at each school site.
- Develop a plan to administer mental health screenings.
- Provide mental health programs.
- Continue to expand PBIS to additional schools.



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## **2016 – 2017 Achievements**

- Created stress reduction lesson plans for all district classrooms
- Initiated new social-emotional group counseling curriculum to address stress, grief, anger management, social skills, girls and boys empowerment
- Expanded PBIS Tier 1 to the following schools: Cedar Grove, Carolyn Clark, OB Whaley, Laurelwood, LeyVa
- Continued PBIS Tier 2 with Katherine Smith and Chaboya
- Explored mental health screenings for all students
- Extended capacity to address mental health concerns by employing 3 district social workers and 2 additional district counselors



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## **2016 – 2017 Achievements**

- Partnered with Asian Americans for Community Involvement (AACI) to pilot Club Live at LeyVa, a drug and alcohol prevention program
- Partnered with SJPD to have liaisons present classroom lessons on bullying and conflict management at LeyVa
- Worked with Santa Clara County Behavioral Health Services to expand counseling services across the district
- Completed Question, Persuade, Refer (QPR) training for middle school staffs to recognize students at risk of mental health concerns and use protocol to support and link students to ongoing mental health support



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## **2016 – 2017 Achievements**

- Created an online community resource list that is posted on the District website
- Provided quarterly mental health newsletters for parents addressing communication, bullying and anxiety. Newsletters are posted on the District website and distributed through the district weekly parent email
- Began a mental health resources library for parents and staff
- Led parent workshops addressing effective communication with children, discipline and boundaries, social media safety and cyberbullying, and ways to connect children to school-based mental health support



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## Survey Data

Recommendations for 2017-2018 are based on data from the Project Cornerstone survey and community experiences and feedback from the 2016-2017 interventions.

Postponement from district mental health survey

- Need to revise district mental health survey
- School sites administered numerous surveys: Project Cornerstone Developmental Assets, Youth Truth (students, parents and staff), and School Safety (students, parents, and staff)
- Project Cornerstone survey addresses similar topics as the district mental health survey





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## **2017 – 2018 Recommendations**

**Continue** to expand current interventions, pilots, and supports:

- Monthly stress reduction lesson plans for all district classrooms
- Social-emotional group counseling curriculum to address stress, grief, anger management and social skills
- PBIS training and support
- Community partnerships with AACI, SJPD, SCC Behavioral Health Services
- Online community resource list



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## **2017 – 2018 Recommendations**

**Continue** to expand current interventions, pilots, and supports:

- Mental health resources library
- Parent workshops on how to address mental health concerns and ways to connect to school-based mental health services
- Staff training to recognize signs of students at risk at all elementary sites
- Maintain district social workers, counselors and continue to search for school psychologists



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## **2017 – 2018 Recommendations**

**Introduce** the following interventions, pilots, and supports:

- Pilot clubs to provide community service and involvement opportunities for students
- Develop a plan to administer universal mental health screenings
- Investigate classroom social-emotional curriculum
- Research and, if possible, pilot mentorship programs (i.e. Big Brother/Big Sister)
- Expand community partnerships to increase capacity for mental health support



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## **2017 – 2018 Recommendations**

**Introduce** the following interventions, pilots, and supports:

- Pilot interventions to form positive relationships between students and staff (i.e. Restorative Practices, Trauma-Informed Care)
- Increase capacity for students to be able to reach out for mental health support
- Foster a more accepting climate for mental health conversations
- Apply for Scale-Up MTSS Statewide (SUMS) grant to provide comprehensive mental health services through Multi-Tiered Systems of Supports (MTSS)



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**Questions?**

Thank you!