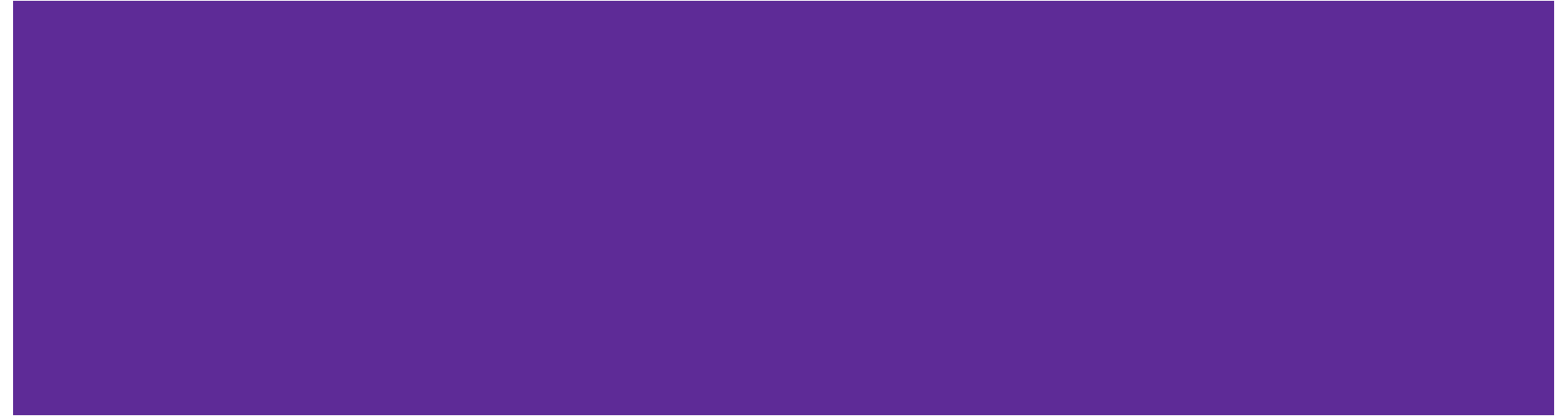# Student Mental Health

Distance Learning - Fall 2020

Highlights:
Robust & Creative Services this Year!

We are able to serve students, staff and families this year in multiple ways:

Full staffing:
- Wellness Staff: Diverse and Fun!
  - Jefferson: Two bilingual Spanish speakers; 1 conversational Portuguese
- Interns!
  - 5 Wellness
  - 5 Clinical Psych
- Daly City Youth Health Center
- PD/Parent & Guardian nights by Wellness and Interns
- Creative ways to get to students: text, voice, zoom

Additional Resources:
- Atlas App (free)
- Care Solace (via County Mental Health Services Act grant)
- CRM: Community Resilience Model - Trauma Informed Practices (via County Mental Health Services Act grant)
- Other Trauma Trainings - Matt Reddam (via CARES)
- Relationship and collaboration with Jefferson Elementary School District

Care Solace Data

ALL CASES

Key Performance Indicators (KPIs)

	Jul	Aug	Sep	Oct	Nov	Total
Inquiries received	31	58	83	47	9	228
Communications saved	192	384	521	370	98	1565
New cases & Warm Hand-offs	2	9	7	6	0	24
Total appointments into care	2	2	0	2	1	7
Anonymous searches	18	15	5	2	1	41

STUDENTS & THEIR FAMILIES

Key Performance Indicators (KPIs)

	Jul	Aug	Sep	Oct	Nov	Total
Inquiries received	22	33	44	30	7	136
Communications saved	74	176	352	275	67	944
New cases & Warm Hand-offs	1	4	6	5	0	16
Total appointments into care	1	1	0	1	1	4
Anonymous searches	16	2	1	0	1	20

STAFF & THEIR FAMILIES

Key Performance Indicators (KPIs)

	Jul	Aug	Sep	Oct	Nov	Total
Inquiries received	9	25	39	17	2	92
Communications saved	118	208	169	95	31	621
New cases & Warm Hand-offs	1	5	1	1	0	8
Total appointments into care	1	1	0	1	0	3
Anonymous searches	2	13	4	2	0	21

Care Solace Data:

MENTAL HEALTH CONCERNS
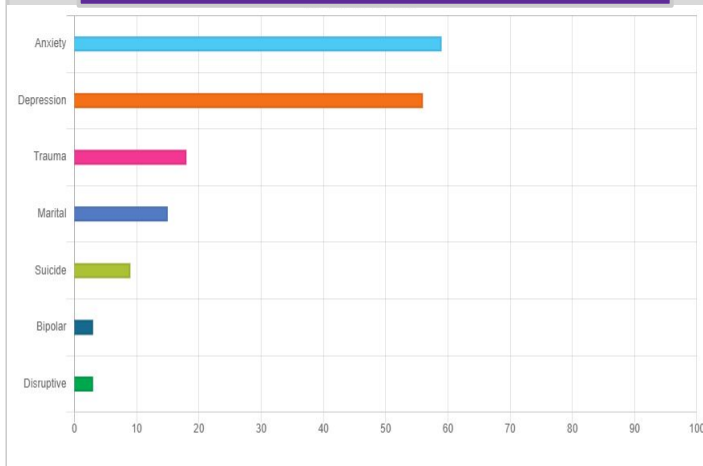
ANXIETY: 59%
DEPRESSION: 56%
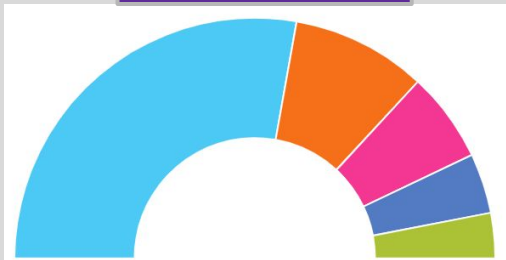**TRAUMA: 18%**
MARITAL: 15%
SUICIDE: 9%
BIPOLAR: 3%
DISRUPTIVE: 3%
DRUGS/ALCOHOL (NOT ON GRAPH): 4%
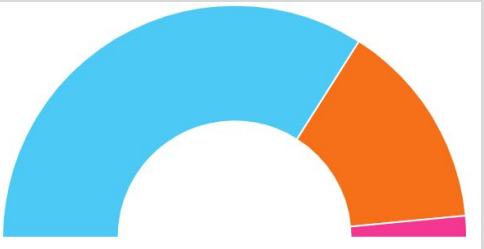
ETHNICITY

WHITE: 55%
LATINX: 18%
ASIAN/PACIFIC ISLAND: 12%
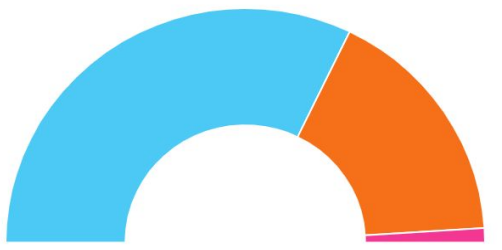**DECLINE: 8%**
OTHER: 6%

GENDER

FEMALE: 68%
MALE: 29%
NON BINARY: 3%

AGE

ADULT (18-64): 65%
TEEN (12-17): 34%
CHILDREN (3-11): 3%

The Nitty Gritty

- Direct Student Contact/Sessions: **464**
- Total students attending groups: **50**
- Total being seen by interns: **64**
- Other forms of contact (email, phone, text) **869**
- Contact with parents/guardians **337**
- Teacher/staff consultations: **402**
- Referrals to mental health outside school: **29**
- Referrals to other agencies: **8**
- SST/SAT/504/IEP meetings: **67**
- Contact with outside professionals: **102**
- Total being served by outside providers: **41**
- Police Reports: **5**
- CSF (Children, Family Services) reports: **8**
- APS (Adult Protective Services) reports: **1**

Suicide Assessment Data: 24 Total

- Gender:
  - F - **11**
  - M - **10**
  - NB - **3**
- Grade:
  - 9th - **11**
  - 10th - **2**
  - 11th - **4**
  - 12th - **7**
- Ethnicity (overlapping categories)
  - Af Am - **1**
  - White - **3**
  - Latinx (and biracial latinx) - **10**
  - Filipino - **6**
  - Chinese - **1**
  - Pacific Island/Samoan - **2**
  - Other Asian - **1**

- IEP - **5**
- Referral:
  - Self Referred - **6**
  - Social Media post - **3**
  - Friend - **4**
  - Parent/Guardian - **5**
  - Academic Counselor or School Psych - **5**
  - Other school staff - **2**

- Level of Risk:
  - High - **3**
  - Moderate - **8**

- Hospitalizations - **5**

Concerns

- Suicide assessments down by about ½ - ⅔ (last year Aug-Dec = 67)
- Lack of access to students
- Students not engaged/not showing up for sessions
- Students not on camera (hard to relate, soothe, and assess)
- Extreme stress is compounding - many cases are overwhelming by the time we get them
- We are under the same stress - Covid, election, working from home, parenting, etc… (Chronic stress is hard to navigate); teachers, too
- Lack of in-person time means less eyes on kiddos
- Families in extreme conditions (exacerbated) = lack of basic resources
- Getting back to 1:1 in-person sessions
- What students will be dealing with when we return