

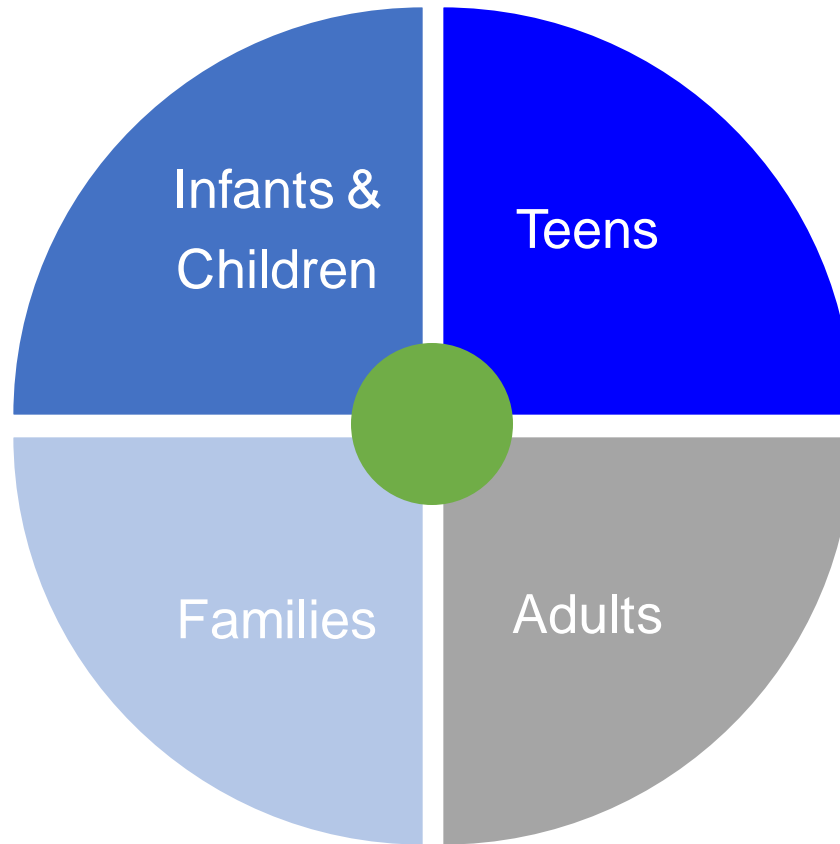


Community Health Awareness Council  
Schools & Community Update

**Marsha Deslauriers**  
**Executive Director**  
**March 18, 2021**

# CHAC: Building Safer, Harmonious School and Communities through Healthy Relationships

- 1:1 Counseling
- Psycho-educational Classes
- Support Groups
- Family Resource Centers
- Substance Abuse



- LGBTQ+
- Neuro-psychological Assessments
- Teacher Support
- Youth Programs-36 schools

48 years of community service to members of all ages

# CHAC's Community and School Service Delivery Model: Internship Training

Professional Training program for 75-80 pre-licensed psychologist and marriage & family therapist

American Psychological Association accredited Doctoral Internship Program

Average age of clinician is 36 years old; Median age is 33 yrs. and 10 years in prior field (JD, MD, MS, Humanities)

AMFTs, TMFTs and Doctoral candidates from top programs (PGSP Stanford PsyD. Consortium, Santa Clara U, Wright Institute, PAU, NDNU)

Broad range of theoretical modalities and clinical expertise

12 Licensed Clinical Professional Supervisors – MFT's and Clinical Psychologists in support

# Collaborating with School Psychologist and Counselors

## Increasing School-based Mental Health Capacities

CHAC Therapists provide services across settings (School and Outpatient Clinic) with specialized background in:

- Solution Focused, Trauma-Informed Care
- Culturally Informed Evidence-Based Practice
- Attachment and Child Development
- Parent and Teacher Consultation and Support
- Family Therapy
- Art Therapy
- Play Therapy
- Psycho-Diagnostic and Neuro-Cognitive Assessment

CHAC Therapists provide support and care for the following:

- Anxiety and Depression
- Non-Suicidal Self Harm
- Grief and Loss
- Conduct and Externalizing Behaviors
- Social Skills
- Family Conflict
- Supporting 504 and IEPs
- Risk Assessment and Crisis Intervention



# Covid Response: Tele-health for 1100 Clients

- **Tele-health:** Within 5 days of SIP converted >100 clinicians to tele-health
- **Outreach:** Began outreach to 1158 existing clients for continuity of care
- **Training:** Provided ~ 20 hours tele-health training with local and national experts
- **Technology:** Invested technology improvements
- **Processes:** revamp consent forms, referrals, etc. second slides learning from telehealth, what worked what did not

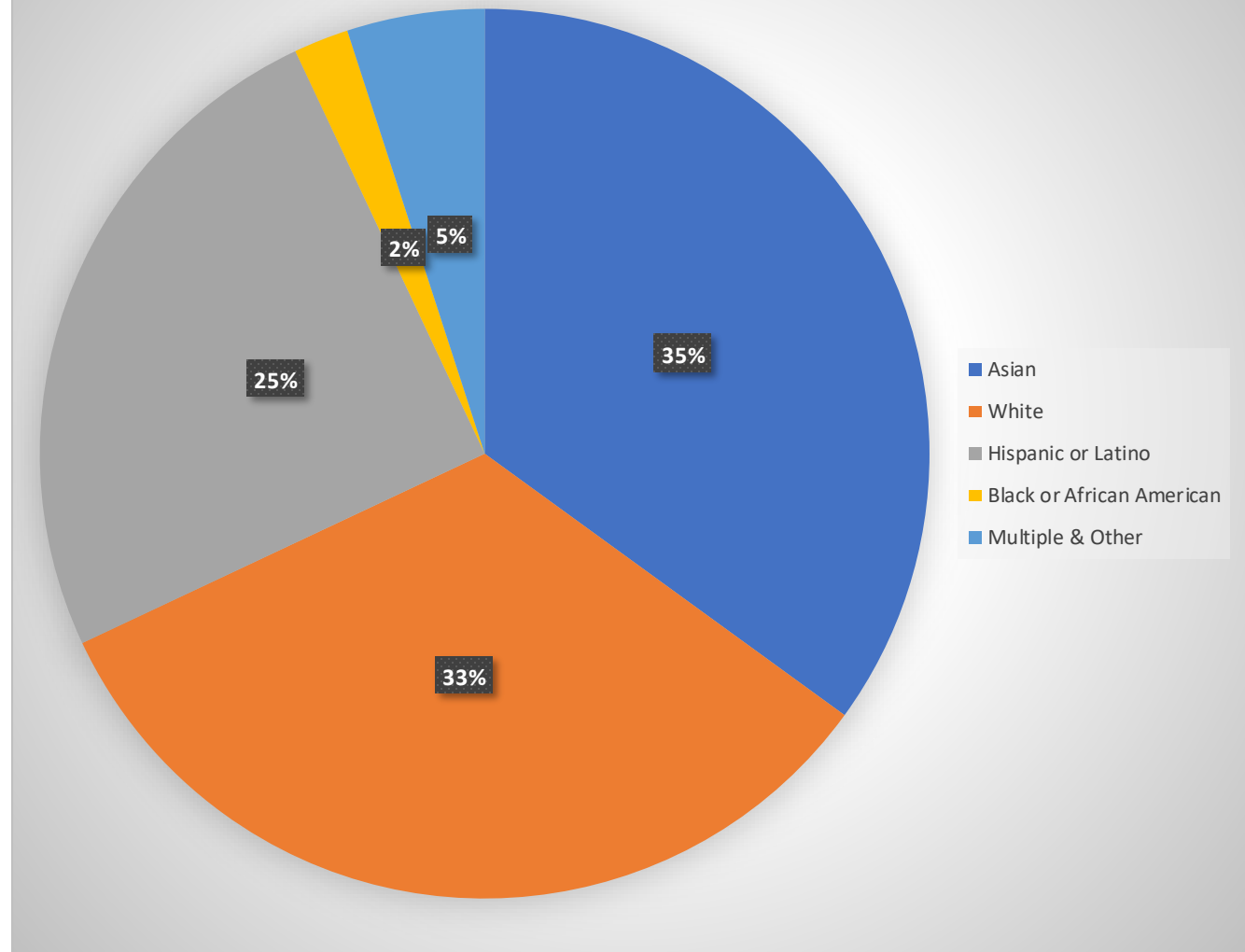


# Pivot to Parent and Provider Support

- Shortened sessions with kids focused on parent engagement
- 91% increase in parent conversations (1773 hours) vs LY
- Advantage of virtual home visit supporting CHAC's family-systems model of care
- Bringing parent and child together for "live" parent/child dynamic"
- Produced 40+ videos for independent activities for kids
- Transition plans for those already in the groups to bring closure

RACIAL AND  
ETHNIC  
COMPOSITION  
*of Santa Clara  
& San Mateo  
Counties*

Community Population by Race & Ethnicity





# Our Commitment to Diversity, Equity & Inclusion

At CHAC, we aspire to be a diverse, inclusive and equitable organization where all employees, clinicians, and clients – inclusive of those whose gender, race, gender identity, ethnicity, national origin, age, sexual orientation, education, disability, veteran status or other dimension of diversity- feel valued, respected and included.





# Promoting Mental Health by Prioritizing Clients' Needs and Removing Barriers to Care

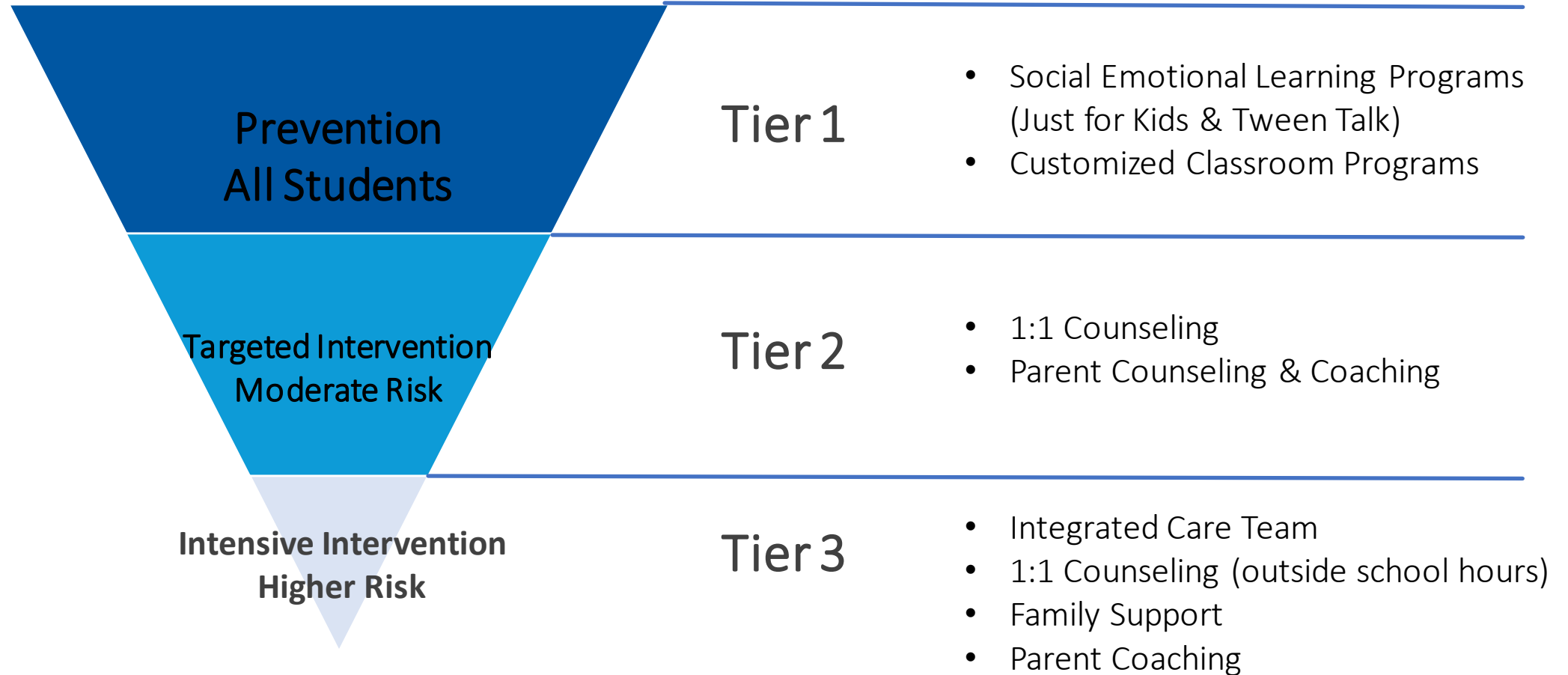
We help all cultures in the community that we serve, recognizing the signs and symptoms of mental illness, particularly anxiety and stress. We understand the barriers to seeking mental health services that are unique to all cultures.

Our diverse services include online resources, community outreach, assessment, prevention, education, and therapeutic interventions.

The services at CHAC are offered with compassion, respect for others and appreciation of individual and cultural differences.



# School Partnership: CHAC Support of MTSS Multi-Tier Support System



# How Does CHAC Integrate with the School System

- Collaborative, developmentally appropriate treatment goals
- Ongoing communication with teachers, school support systems
- Parent education and support to bridge home and school
- Use of a common language
- Support for school staff
- Participation in team meetings, SST, 504, IEP
- Mental Health education for all students

# Clients served at MVWSD: 2019-20 & First half of 2020-21

19/20 FY		FIRST HALF OF 20/21	
Total number of clients/students served	740	Total number of clients/students served	214
Total number of appointment hours	5884	Total number of appointment hours	1377
Total number of collateral/case management hours	824	Total number of collateral/case management hours	420

## Key Statistics by School by 2019-20

School	# of Clients Seen	Total # of Service Hours
Bubb	62	566
Castro	133	982
Crittenden MS	45	717
Graham MS	42	543
Huff	62	701
Jose Vargas	26	236
Landels	74	699
Mistral	128	814
Monta Loma	75	731
Stevenson	46	316
Theuerkauf	45	398

# Fall 2020: Clinician Reported Challenges for MVWSD Students and Families

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Therapist have reported that students have problems with internet connection, email issues, getting a hold of parents not all students have access to high-speed internet.



Families and students currently, navigating telehealth in a virtual space



For those students who were already at risk for mental health crises before the pandemic, there seems to be an even bigger increase in anxiety



Covid related anxiety/depression

# Fall 2020: Benefits for MVWSD Students and Families on Telehealth



The benefits of telehealth include - seeing the student in their room/home and gaining insight into their family dynamic.



The students are still able to access therapy while staying in quarantine and it can work around their schedule easily.



Collaboration, communication and engagement between schools and CHAC .

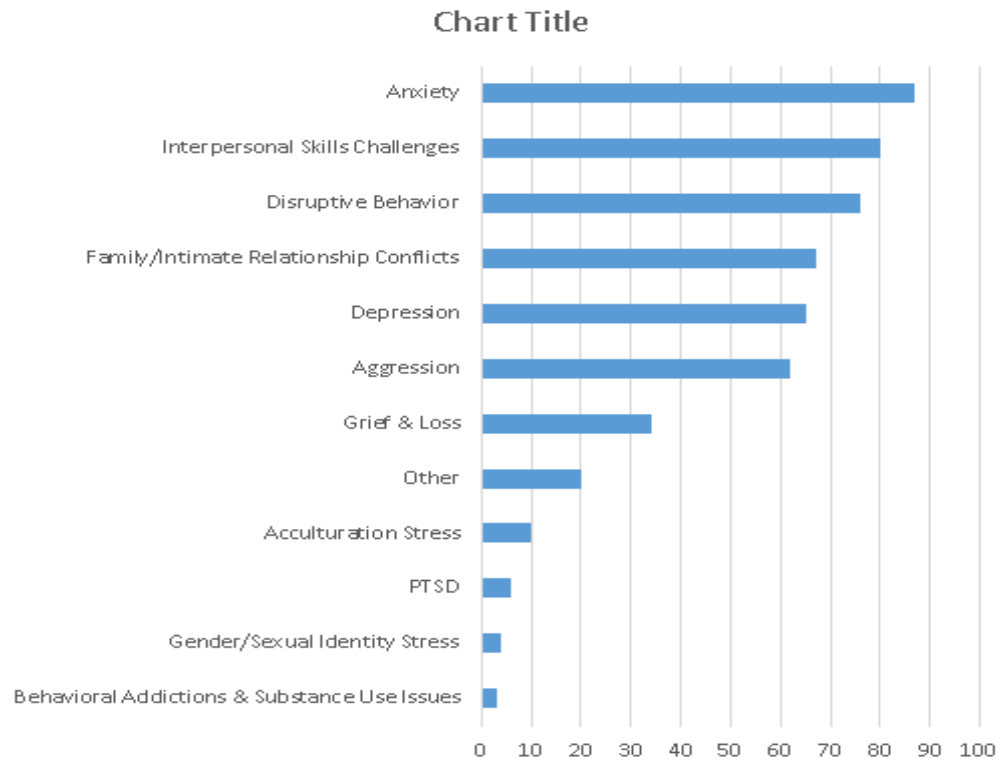


# MVWSD Top Reasons for Counseling Referrals

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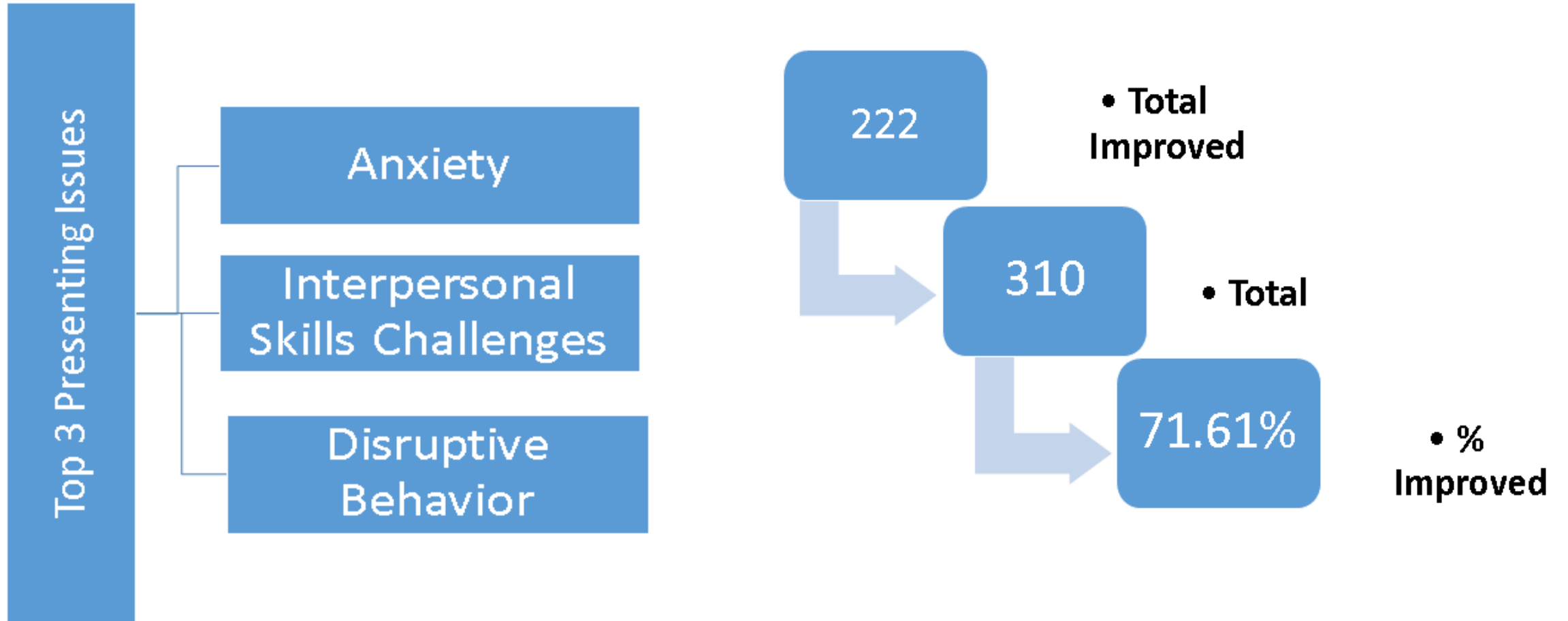
<b>Reason for Referral</b>	<b># of Referrals</b>
Social Behaviors	106
Academic Performance	88
Anxiety	85
Classroom Behavior	72

# Top Presenting Issues



<b>Depression</b>	Depressive symptoms, mood disorders, suicidality, low self-esteem, gender dysphoria, school refusal.
<b>Anxiety</b>	Separation anxiety, social anxiety, OCD, specific phobias, self-harming, school refusal.
<b>Grief &amp; Loss</b>	Grief, sadness
<b>PTSD</b>	Symptoms of PTSD, complex/developmental trauma, abuse & neglect.
<b>Aggression</b>	Chronic aggression, anger, peer/sibling conflict, defiance, conduct disorders
<b>Disruptive Behavior</b>	Hyperactivity, attention deficits, chronic impulsivity, or classroom behaviors that interfere with learning.
<b>Interpersonal Skills Challenges</b>	Social withdrawal, excessive shyness, and/or mutism, social awkwardness, interpersonal struggles due to other conditions such as Autism Spectrum, ADHD or Learning Disorders.
<b>Behavioral Addictions &amp; Substance Use Issues</b>	Problems related to substance use/abuse, gaming, technology, social media, sex and other behavioral habits or addictions.
<b>Acculturation Stress</b>	Acculturation level; acculturation stress; acculturation gaps in the family. Consequences of the acculturation process which can be psychological (internal adjustment, well-being) and behavioral (external adjustment).
<b>Gender/Sexual Identity Stress</b>	Stress resulting from minority group membership. Gender Dysphoria, minority stress; questioning sexual and/or gender identity.
<b>Family/Intimate Relationship Conflicts</b>	Difficulties with parenting, couples and family system functioning.

# 72% Improvement on Key Issues



# Responding to Need: Prevention & Other Programs

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- **First 5 Family Resource Center**
- **Social-Emotional Learning Programs**
  - Just-for-Kids- 3rd Grade
  - Tween Talk – 5th Grade
  - S.P.A.C.E. – Middle School
- **Summer Bridge Program**
- **Suicide Contagion**
- **Village Program**



# Pre - Covid Prevention & Other Programs: Castro

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- Village Wellness program
- Kimochis Program – 1<sup>st</sup> and 2<sup>nd</sup> grade
- 2<sup>nd</sup> Step – Kindergarteners
- Mindfulness – 3<sup>rd</sup> grade
- What's Trending – 5th grade
- Newcomers Group



# Family Resource Center Programs Offered Ages 0-5

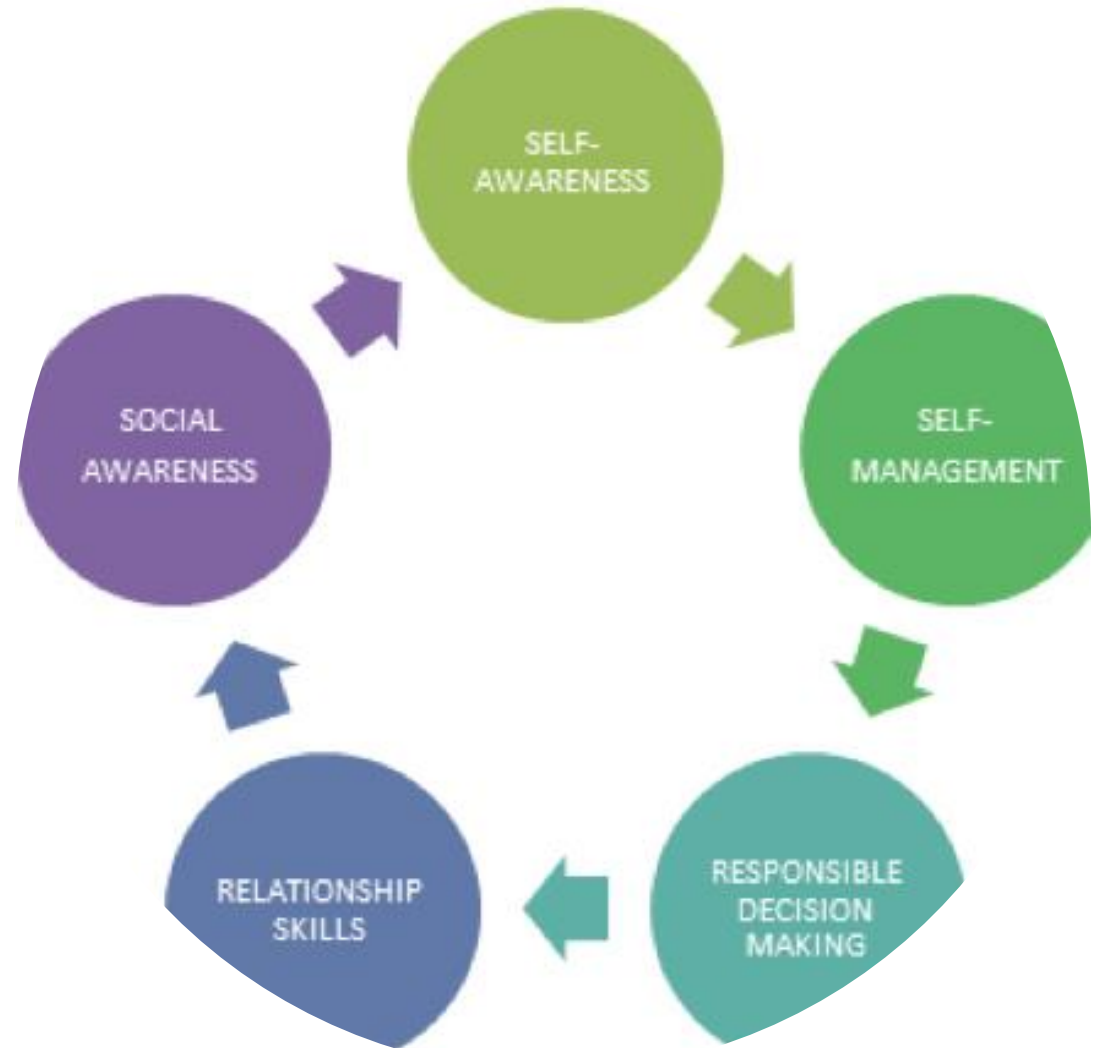
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- Supportive Care
- Play & Learn in Mandarin
- Live Music Mondays
- Jugando y Aprendiendo
- Bilingual English/Spanish Art Studio
- Empowering Families
- School Series: I Can Learn! (English & Mandarin)
- Childcare Provider Coaching Workshops
- Self-Care & Resilience (Any Time!)
- Self-Care & Resilience
- Mothers & Babies (Spanish)
- Cafecito (Spanish)
- I'm Ready For Kindergarten



# Students Social-Emotional Learning Program 2019-20

- Social Emotional Learning (SEL) Skills Programs
- SEL & Educational Group Hours 2019-20
- 467 Students Registered in 2019-20
- Weekly Virtual (Zoom) Group Meetings
- Groups meet once a week for eight consecutive week
- Pivot to “Plugged-In” to all 3rd, 4th, and 5th grade students





# Latinx Program Services

- 196 Individuals & Family Clients Served in FY 2020
- 189 translations with monolingual Spanish speaking parents
- Provided extensive support to address:
  - Privacy challenges
  - Access to Technology
  - Ability to Use Technology



# Latinx Community and School Outreach and Programs Coming Soon

- Miércoles de Bienestar Personal: Mindfulness and skill building on topics such as stress management sleep hygiene, communication strategies, etc. Currently meeting once monthly on the third Wednesday of the month)
- Clases de padres: criando a nuestros hijos sin violencia.
- Counseling for the family, couple, and individual: call CHAC to request an intake.
  
- ¡Bienvenidos! Newcomer Program In-House: An open group for Latinx recently immigrated, who need support with psychosocial adjustment to their new home country.
- Caminando a través del Dolor: In-house virtual group that supports families and friends of those who are grieving the loss of a loved one.
- Latinx Provider Support: A collaborative group for South Bay providers who deliver services to the Latinx community with the goal to share resources, discuss barriers and needs, and support this fulfilling work.

# Response to Community Need: Contagion Prevention

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- Fall 2019 Suicide Response
  - Diverted 12 experienced/licensed clinicians to school campus immediately
  - Extended support for a two-week period
  - Identified 400 potentially at-risk students
  - Prepared and implemented clinically appropriate interventions
  - Coordinated efforts with MVLA staff for heightened observations



# Summer 2020 Bridge Program: Flatten the Curve

## Free services to youth in need

Unprecedented expansion of counseling services over summer

Created Bridge Program for 197 student clients

Provided 956 appointments

Free services for all in the program

Tripled our summer staff to accommodate

Continued access to parents/caregiver to provide support

# Building Collaborative School and Communities with Outreach: Webinars, Classes & Groups

- Community Conversation with CHAC (Coping and Thriving During a Pandemic) (May 29, 2020)
- Community Virtual Town Hall: (Supporting Families Mental Health during COVID) (August 30, 2020)
- Virtual Stress Management for Parents and Teachers During COVID (How to Keep Calm and Carry On) (October 22, 2020)
- Wellness Wednesdays
- Teacher Support Groups
- CHAC Bedtime Storytime (February 16 & 18)
- (SAGA) Middle School – Prevention Support Group
- Newcomers Groups – Prevention Support Group

# Pandemic Long-term Effect Unknown

- Significant tail of mental health effects (Lee, 2020)
- Secondary effects will outlast the pandemic
- Mental health demand will spike after pandemic subsides
- May see upticks in OCD, agoraphobia, germaphobia
- Supportive Interventions – Cultivating
  - Caring
  - Self-Efficacy
  - Connectedness
  - Hope
  - Sense of safety



CHAC'S - MVWSD  
Forward Vision:

Partnership  
Collaboration

- New Director School-based Services: Joanna Carson-Young, MFT
- 26 Clinicians in 11 schools (15 TMFT/AMFT, 11 PhD)
- 9 Spanish speakers
- Increase collaboration with school sites
- Bridging the gap between the family (home) and the student
- Maintaining regular and open communication with the school regarding CHAC services



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Save the Date : May

CHAC's Mental Health Awareness Month

Free weekly virtual workshops designed to promote mental wellness in our community

- May 5: Creative Ways to Reduce Anxiety
- May 12: Teen Panel: Today's Youth Explore The Role of Mental Wellness for Tomorrow's Leaders
- May 19: "Parenting Us Doesn't Need to Be Painful!" Teens Provide Tips for Compassionate Connection
- May 26: Panel Discussion: Self-Care and Support During Difficult Times with CHAC's FRCs

Workshops will be held from 6:30-7:30pm

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Ways to Give to [CHAC](#)

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