

MVLA Wellness Services Update

2021-2022



Areas of Focus

- Defining and Refining MVLA's Infrastructure for Wellness and School Mental Health Services
- Current Initiatives
- Data that Guides our Work

MVLA's Wellness Vision and Mission

Definition of Wellness:

MVLA defines Wellness as the active process of becoming aware of and making choices toward a healthy and fulfilling life through a holistic balance in one's academic, social, emotional, physical, and intellectual development.

Vision Statement:

The MVLA community honors wellness as a process to support all students and staff in realizing their full potential. We value a learning environment and community that fosters opportunities to thrive academically, emotionally, socially, and physically.

Mission Statement:

Through academic support, health-based curricula, counseling and clinical staff teams, professional development, and partnerships with our community agencies and families, we are committed to the promotion of preventative strategies and the implementation of wellness services to empower all students and staff to achieve their individualized goals.

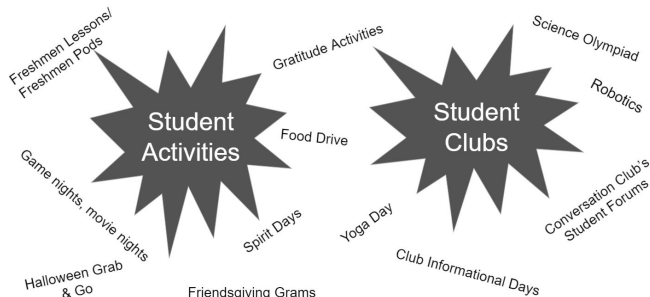
MVLA Wellness Program

Wellness Services - Wellness Services refers to **preventative programs and services** that foster the physical, emotional, intellectual, and social well-being of students and staff.

School-Based Mental Health Services - refers to mental health services and case management for students who are experiencing behavioral, emotional, or social challenges that **impede learning**.



Wellness Initiatives



| Wellness Week | | | | |
|---|--|---|--|--|
| Monday, November 30 th Mindful Monday Use this time to relax, unwind, and destress! | Tuesday, December 1 st Take a Breath Tuesday Practice mindful breathing to help relax! | Wednesday, December 2 nd Spartans Pause 1. Holiday Art 2. Dancing! 3. Guided Meditation | Thursday, December 3 rd Thoughtful Thursday Reflect on what you're thankful for! | Friday, December 4 th Fun Friday Entertaining videos, jokes, and music videos! |
| Hosted by MVHS Student Ambassadors | | | | |

Planned Acts of Kindness presents

MENTAL HEALTH SPEAKER SERIES

© LUNCH, Meeting ID: 971 5569 4641

| | |
|--------|--|
| feb 11 | LISA SLEDE, LMFT & ZAINA HAMID Lisa Slede, LMFT is a counselor at Foothill College. She and Zaina Hamid, Foothill's wellness coordinator, will be walking students through stress reduction and management techniques. |
| mar 4 | JODI HWANG Jodi Hwang is a teacher at Los Altos High School and a Registered Yoga Teacher. She will be leading a mindfulness practice. |
| mar 18 | SUSANA HERRERA Susana Herrera is the positive psychology teacher at Los Altos High School. She will be focusing on self-care and gratitude. |
| apr 8 | VANESSA CORNEJO, MFT Vanessa Cornejo, MFT is a mental health counselor from the County of Santa Clara Behavioral Health Services Department. She will be addressing how to discuss mental health with family and friends. |
| apr 29 | SHARON MARTIN, LCSW Sharon Martin, LCSW is a psychotherapist at her own private practice in San Jose. She will be speaking about stress management and self-care. |

In partnership with the Glee Club, LMFT Student Club, Yoga Club, and Psychology Club

Concern | Wellbeing. Done Well.

Free confidential counseling

Life balance resources

24/7 crisis intervention

Spartans Pause
Promoting Year-round Wellness at MVHS

Brought to you by PTSA, Ambassadors and others who care about student wellness.

PAUSE and Take Time for Yourself
Sometimes you need to PAUSE and take time to...

- PLAY: Move. Take a walk. Play a game.
- EAT: Nourish yourself. Have a snack.
- RELAX: Meditate. Listen to music. Rest.
- CONNECT: Talk to someone you trust.
- HELP: Volunteer or help someone else.

"Self-care means giving yourself permission to PAUSE." — Cecilia Tran



- ✦ **Connecting: Moving from Isolation to Community Again**
- Staff-created and curated resources for Building Community within the classroom
 - [Community Building Activities by Categories](#)
 - [Building Community](#)
 - Community Building Ideas from 6 Feet Apart
 - ["People Parfait"](#)
 - [List of Ice Breakers and Team Building for Social Distancing](#)
 - [Team Building from 6 Feet Apart](#)
 - Staff Community Building
 - The LAHS Staff Wellness Innovation Team's [Padlet](#): Share your memories, reflections and takeaways from this year.
 - CHAC's Wellness Watercooler – MVLA Adult Drop-in Support Group
 - Recurring meeting weekly on Wednesdays from 4 to 5pm ([Zoom link](#))

Wellness Services Personnel and Roles

- **Associate Superintendent of Educational Services (Teri Faught)**
 - Oversees Wellness and School-Based Clinical Services
- **Director of Student Services and Equity (Perla Pasallo)**
 - Oversees Student Services
- **Wellness Coordinator (William Blair)**
 - Leads District-level Wellness Initiatives
 - Designs Tier 1 Preventative Support
- **Assistant Principals (Kristin Castillo at LAHS and Marti McGuirk at MVHS)**
 - Oversee site-based Wellness Initiatives
- **Assistant Principals (Suzanne Woolfolk at LAHS and Jon Robell at MVHS)**
 - Oversee site-based Activities and Inclusion Strategies
- **School Counselors**
 - Social-emotional curriculum embedded within school counseling curriculum
 - Tier 1 social-emotional support
- **Instructional Support Team (Tim Farrell)**
 - Supports Classroom Inclusion Training

MVLA Opening of School GuideBook 2021-2022

Guidance for Supporting Students' Well Being

As we return to campus, we wanted to remind everyone about the myriad of ways in which we support the social, emotional, and social well being of our students. After up to 17+ months of not being on campus, we anticipate that many of our students will need some extra support as they transition back into our community. As a reminder, we have captured various initiatives and activities that will help to support students' transition.

| Tier I Opportunities available to ALL students | Tier II Targeted Intervention (approximately 20% of students) | Tier III Intensive Intervention (approximately 5% of students) |
|--|--|---|
| <ul style="list-style-type: none"> → Classroom-based strategies include community building within the classroom, inclusion and equity based instructional strategies, positive behavioral support, culturally relevant teaching, and social and emotional curriculum → Whole-school wellness opportunities include ASB and Student Leadership activities, student clubs, rallies, lunchtime activities, wellness weeks, spirit weeks, movie nights, dances, etc. → Extracurricular Courses and Sports → Optional workshops and special events are held throughout the year and may include opportunities for guest speakers, diversity training such as Challenge Day or Candidly Speaking, healthy relationships workshops, digital citizenship training, etc. → imSparkd by Vivensity, a web-based app promoting social and emotional learning. Students have access to the app 24/7 and teachers have the option to include curriculum within the course | <ul style="list-style-type: none"> → Teacher or Staff Member fostering a 1:1 connection with a student → Non-emergency referrals to our School-based mental health Team can be made via our Student Support Referral Form located online at bit.ly/mvlasupport (Spanish: bit.ly/mvlayuda) or by visiting the Administration Office. → Referrals to our Ambassadors and SCL Class leaders → Referrals to School Counselors → Referrals to Mentor Tutor Connection → Referrals to our Student Assessment Team via Administration | <ul style="list-style-type: none"> → Short-term Tier III Support: 6-12 therapeutic sessions may include individual therapy with treatment goals assisting in a long-term support plan → Educational/Mental Health Referrals: mental health school year-long health support through special services. Tiers based upon an agreed upon Individualized Plan team. → Referrals to our community partnership agencies such as CHAC, Uplift Family Services, Community Services Agency, Bill Wilson Center, etc. |

Community Building Ideas

Types and Objectives:

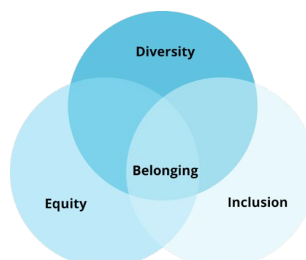
1. [1st 2 Weeks of School Ideas](#)
2. [Icebreakers](#) – to meet new people or to integrate new members
3. [High energy](#) – to build energy or to create a more comfortable environment
4. [Fostering Connections](#) – to foster connections among people that move beyond the superficial
5. [Introspective](#) – to foster growth and self-awareness

Community Builders are most rewarding when the purpose of the activity is communicated, when everyone is involved, and when the activity is linked to content.

1st 2 Weeks of School Ideas

"Honoring Names and Pronunciations"

- Meet students outside of the class on the first day and ask each student how to pronounce his or her name. Practice pronouncing each name before sending the student into class.
- On the first day, allow each student the opportunity to introduce himself or herself to the class in a brief self-introduction.
- Invite each student to say his or her name aloud and have the class repeat it with an enthusiastic "Hi, _____!"
- Have each student say his or her name each day for the first week of school. You can pair this with having the students provide a new fact about themselves each day of the week (for example, hobbies, a "title" for the summer, favorite food, a good movie or book, etc.).
- Include Names and Pronouns on biographical index cards or letters to the teacher with phonetic spelling for you to practice.



Wellness Services 2021-22 Initiatives

- Returning to On-Campus Activities and Extracurriculars
- Strengthening Community Building and Inclusion Strategies within the Classroom
- Continuing to provide Suicide Prevention Trainings (Partnering with Kognito, Santa Clara County Suicide Prevention, Palo Alto University, and the HEARD Alliance)
- Unified Vision and Mission for Wellness Services
- imSparked Social and Emotional Support
 - 24/7 Webapp
 - SEL Curriculum
- Fostering One-to-One Connections
- Restarting the Wellness Advisory Committee



FRIDAY, AUGUST 13

Frosh/Soph Ice Cream Social 3pm,
-hosted by LAHS
Jumpstart Mentors Quad

FRIDAY, AUGUST 20

B2S Carnival & Dance 8:30-
-check IG accounts for 10:30pm
grade dress-up themes FB Field

FRIDAY, AUGUST 27

Senior/Junior Movie Night 7:30pm
-buy tic at LAHS Webstore
or from ASB leaders

FRIDAY, SEPTEMBER 3

Friday Night Lights 4:30pm JV
-first home football game 7pm Vars
-vs. San Lorenzo HS

FRIDAY, SEPTEMBER 10

Rally & Football vs. MVHS 4:30pm JV
-SPIRIT WEEK 7pm Vars

FRIDAY, SEPTEMBER 17

Frosh/Soph Movie Night 7:30pm
-buy tic at LAHS Webstore
or from ASB leaders

Los Altos Spirit

UPCOMING SPIRIT FRIDAYS

ON FRIDAYS, WEAR BLUE



School-Based Mental Health Services

MVLA's School-Based Mental Health Services

School-based mental health services refer to mental health services and case management for students who are experiencing behavioral, emotional, or social challenges that impede learning.

The MVLA School District also partners with local community mental health agencies to extend additional services to our students. Partnerships include Community Health Awareness Council (CHAC), Uplift Family Services, and Stanford Child Psychiatry.



Our Services

Short-term Therapeutic Support

6-12 weeks of therapeutic support which may include group support, individual check-ins, 1:1 therapy with school-based treatment goals, or assisting in a referral to an outside agency for on-going, long-term support.

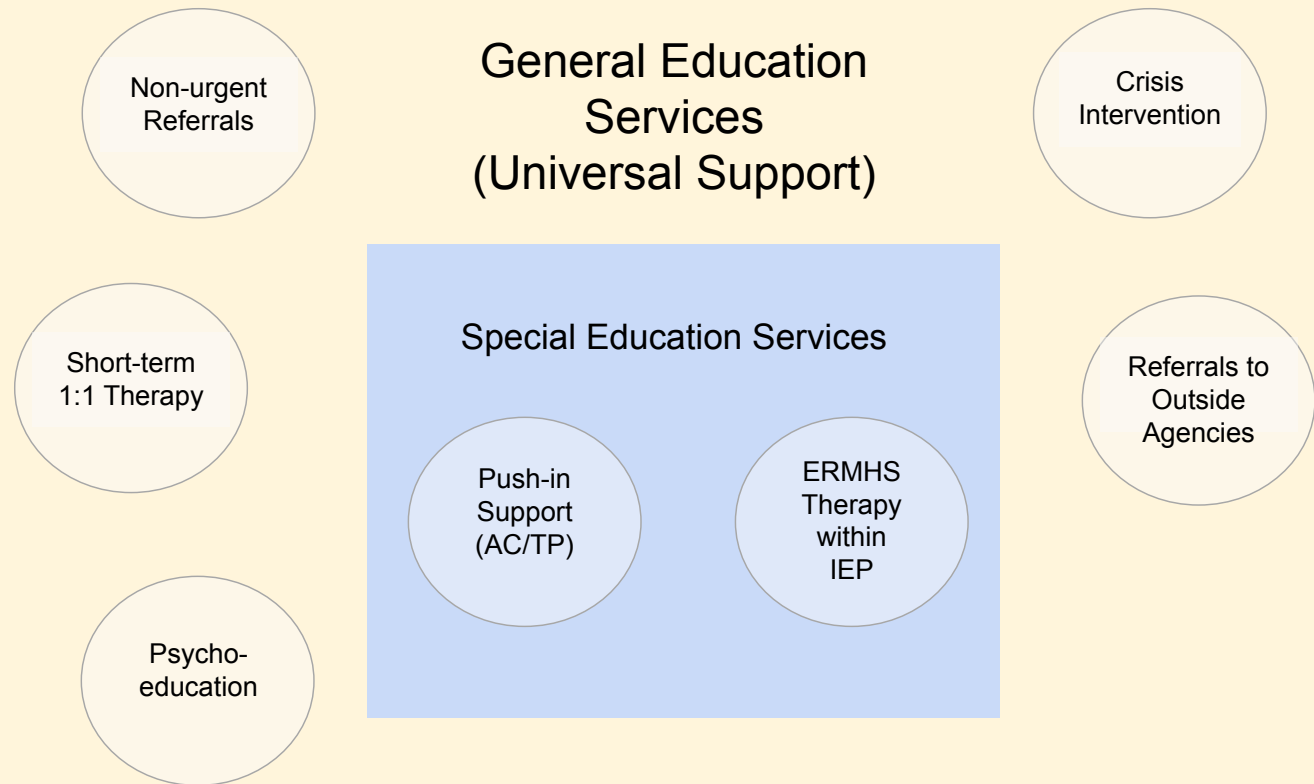
Educationally-Related Mental Health Services

Educationally-related mental health services are school year-long mental health support available through special education services. Treatment is based upon annual goals agreed upon by the Individualized Educational Plan team.

Wellness Check-ins / Drop-In Counseling Services

Trained mental health clinicians are available for drop-in and crisis intervention support.

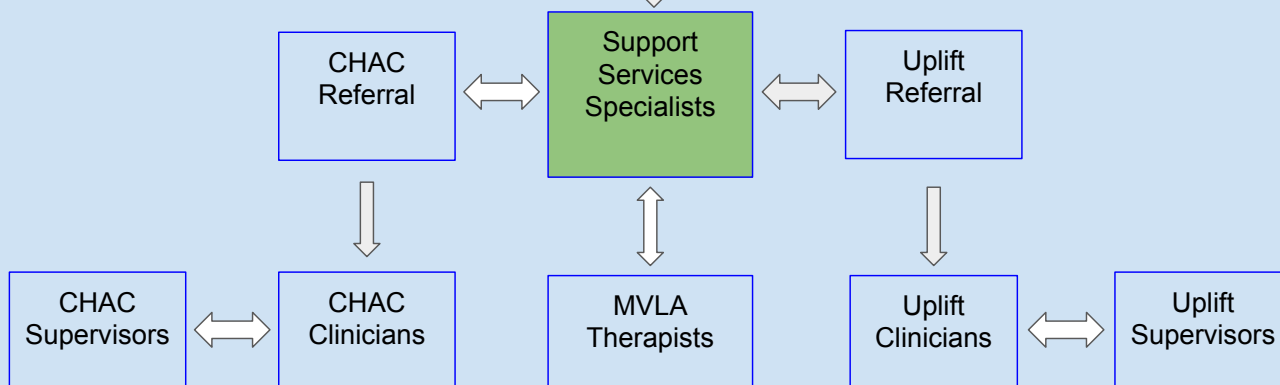
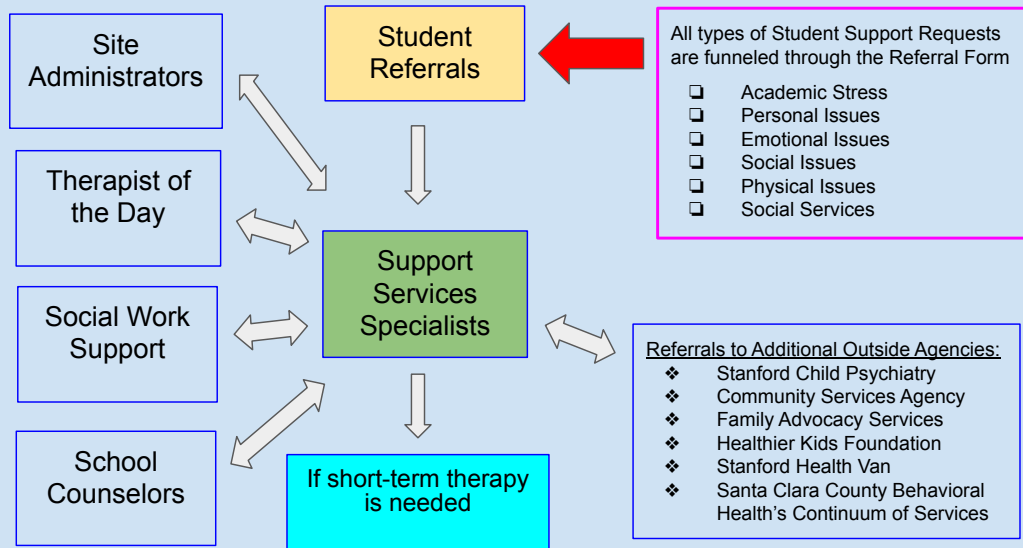
School-Based Mental Health Services



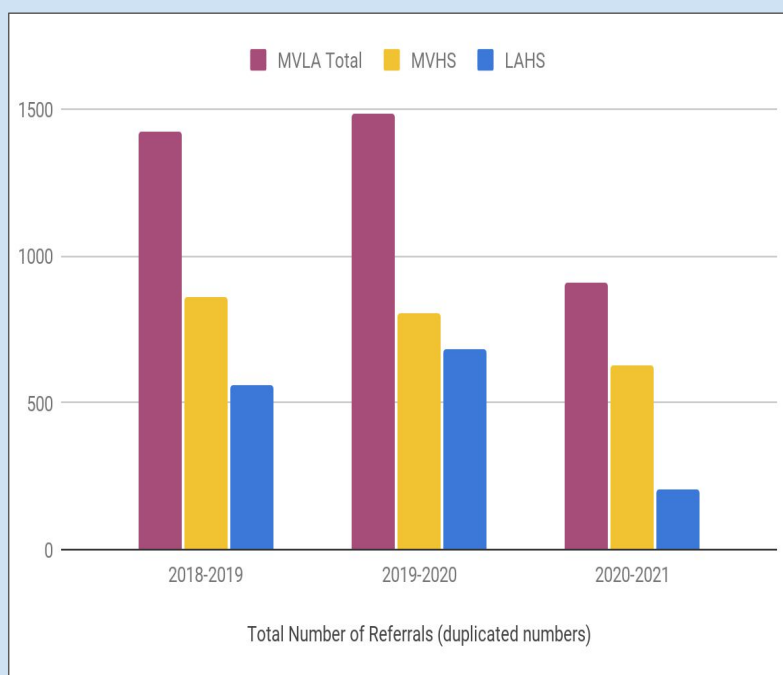
School-Based Clinical Services Personnel and Roles

- **Associate Superintendent of Educational Services (Teri Faught)**
 - Oversees Wellness and School-Based Clinical Services
- **Director of Student Services and equity (Perla Pasallo)**
 - Oversees Student Services
- **Special Education Administrator (Neena Mand)**
 - Oversees MVLA Clinical Team; Oversees ERMHS
- **Wellness Coordinator (William Blair)**
 - Oversees Suicide Prevention and Postvention; Oversees Outside Agency Coordination; Oversees the General Education Referral System
- **Special Education Site Program Coordinators - (Erica Starks at LAHS and Nicole Kopels at MVHS)**
 - Assigns ERMHS Cases
- **Assistant Principals (Kristin Castillo at LAHS and Marti McGuirk at MVHS)**
 - Manage the MVLA Clinical Team; Site-based Management of Outside Agencies
- **MVLA Support Services Specialists (Makenzie Gallego at LAHS and Felipe Aranda at MVHS)**
 - Screens and Triages Referrals; Monitors Clinical Services and Referrals; Manages Wait-lists
- **Community Resources Coordinator (Alba Garza)**
 - Intake Coordinator for all AVHS referrals; refers to CHAC Associate Clinicians and Uplift Clinicians
- **MVLA School-Based Therapists**
 - LAHS
 - Ryan Cuevas - ERMHS; Spanish-speaking; Academic Communication Class
 - Jennifer Royer - ERMHS
 - Dr. Susan Flatmo - ERMHS
 - MVHS
 - Simi Ketterer - ERMHS
 - Gabi Elfenbein - ERMHS; Academic Communication Class; Life Skills
 - Josune Sullivan - ERMHS; Spanish-speaking
 - Professional Expert Contract for a Spanish-Speaking Therapist (Miguel Angel Verduzco)

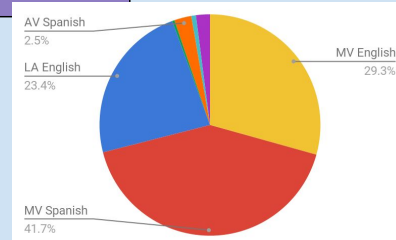
MVLA Student Support Process Model



MVLA Student Support Referrals in 2020-21(duplicated)

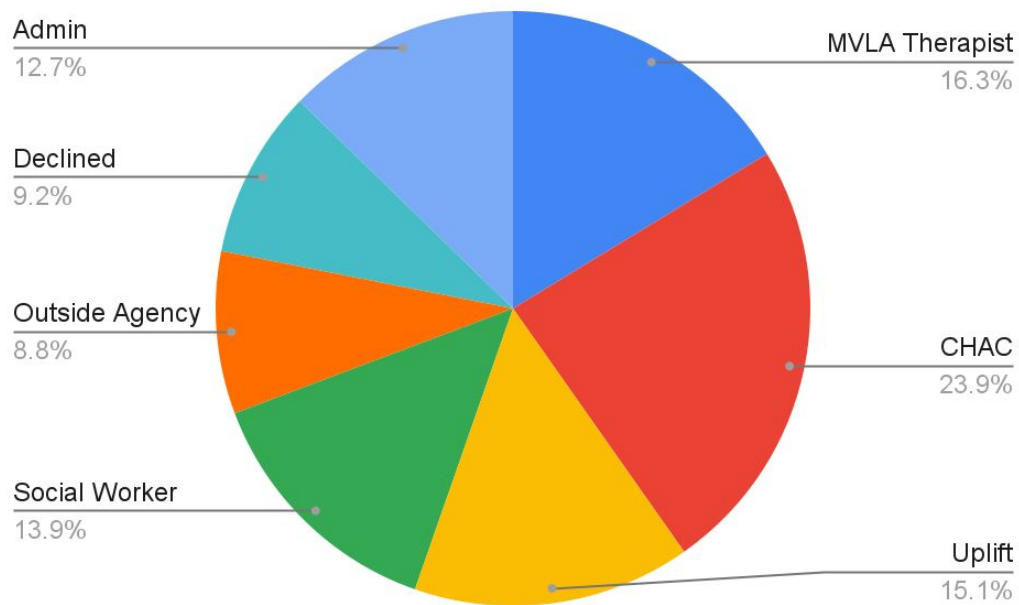


| | |
|--------------------------|-----------|
| MVHS English Referrals | 29% (258) |
| MVHS Spanish Referrals | 42% (367) |
| LAHS English Referrals | 23% (203) |
| LAHS Spanish | <1% (3) |
| AVHS English Referrals | <1% (6) |
| AVHS Spanish Referrals | 2.5% (22) |
| Middle College Referrals | 2% (18) |



* Of note: The intensity of each case in 2020-21, and 2021-22, appear greater than in previous years

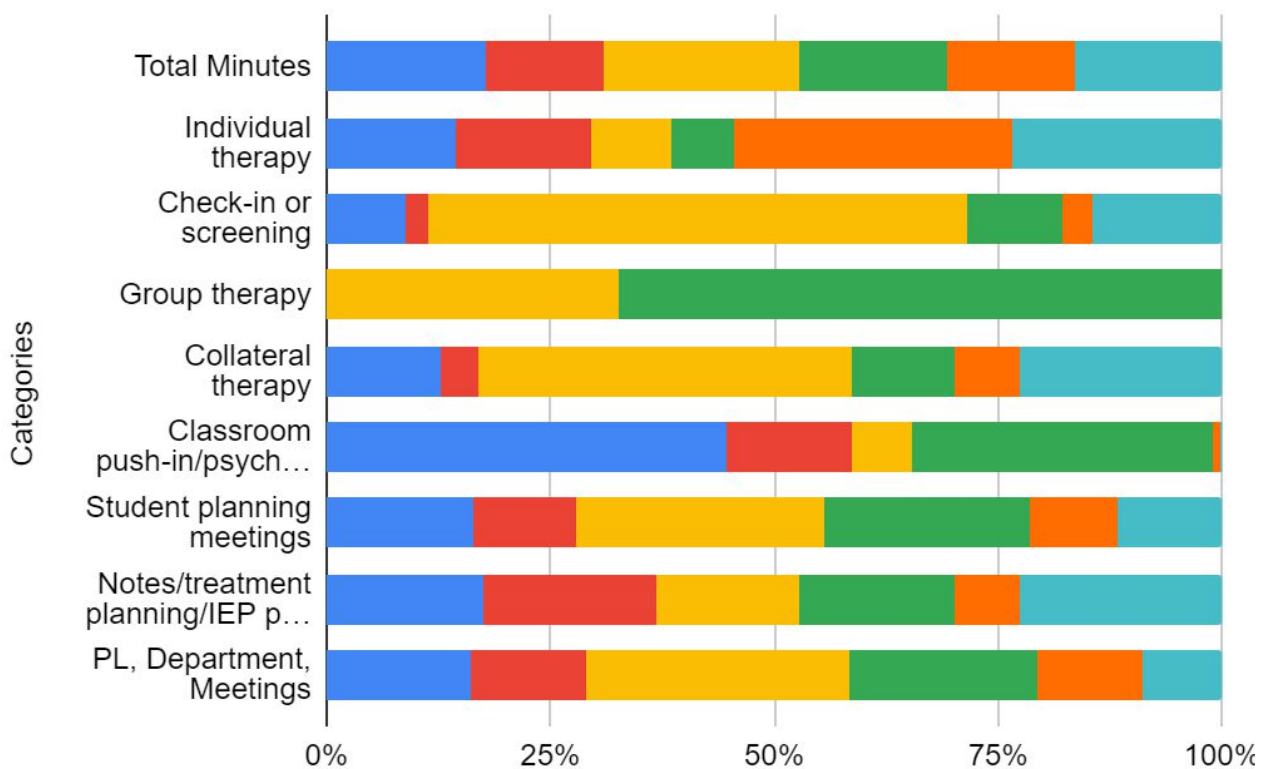
2020-21 Assignments of Student Support Referrals



*Note: n = 589; Data does not include Crisis Intervention and Check-ins

MVLA Therapists 2020-21

Categories of Services and Total Minutes



School-Based Clinical Services 2021-22 Initiatives

- **Continuing to define and refine MVLA's School-based Mental Health Services**
 - On-boarding New Positions
 - Refining ERMHS Processes
 - Refining Data Collection Processes
 - Partnership with Fremont Unified School District for Substance Abuse Interventions
 - School-Based Mental Health Services Brochure Services
- **Expanding Capacity for Services**
 - Professional Expert Spanish-Speaking Therapist at MVHS
 - Family Advocacy Services' Part-time McKinney Vento Case Manager (Anticipated in September)
 - Community Services Agency's EL-dedicated Case Manager (Anticipated in September)
 - CHAC Pilots and New Initiatives

Questions?

