



## I. Background of Provider

### Agency Philosophy

As a nonprofit agency with experienced leadership, we are both ambitious and pragmatic. Our mission is to de-stigmatize mental health and make supporting students' social and emotional well-being the norm in our local schools. We envision a world where all youth get the support they need to be successful in school and in life. At the same time, we understand that creating such a utopia will take a serious commitment from our schools, financial support from our communities, and tireless work by our therapists day in and day out.

Although every CASSY program is unique, we stick to five core values:

**1. We are available to help all students, regardless of their ability to pay.**

We serve all communities, including financially disenfranchised communities, where free services at school are the only realistic way to reach youth. We also serve financially stable communities where many families have the resources, but other barriers such as stigma, transportation, and insurance limits get in the way.

**2. We partner with schools that value mental health in the educational process.**

The only way to achieve our shared goals is to create a strong working relationship between our agency and the school. To do so, we set up shop right on campus and integrate the CASSY team with the school's staff. Together, we create a mental health resource team that is as much a part of the school as the guidance department, school psychologist, and special education.

**3. We tailor our programs to meet the unique needs of the population we will serve.**

We factor in the unique characteristics of your schools when creating any new program. For example, our staffing for a 2,000-student high school with a single site will be quite different from that for a district with a dozen elementary school sites. We have also found that bilingual therapists are essential for some schools.

**4. We hire, train and mentor professional therapists who love working with youth.**

We use experienced therapists to tackle our clients' issues rather than using our clients' issues to train inexperienced therapists. Our model starts with a licensed Clinical Program Manager who supervises a staff of professional postgraduate therapists.

**5. We are committed to making a difference.**

We take great pride in improving the lives of the students we support. We will always see each case through whether we handle it internally, refer out to a community-based provider, or both. When there is a mental health crisis on campus, we will be there leading the way.



## II. Our Services and Programs

The specific services we propose to implement at MVLA High School District will be aligned with your district and school goals. Listed below are services we offer with many of our partner schools.

### For Students:

#### **Proactive Mental Health Education**

A great way to improve students' overall mental health is to educate them before they are in crisis. This involves psycho-educational presentations directly to students.

#### **Ongoing Counseling – Individual and Group**

CASSY provides individual and group counseling sessions on-campus during school hours.

#### **Crisis Intervention and Treatment**

During the school year, individual students experience a broad range of personal crises, with some students becoming a danger to themselves or others. In each case, the CASSY therapist assesses risk and initiates interventions which can include onsite therapy, referral to an outside agency, or hospitalization. Sometimes a traumatic event, such as the death of a student or teacher, affects the entire student body. For such a school-wide crisis, CASSY identifies those in need, provides ongoing grief counseling, and supports school staff.

### For Staff:

#### **Staff Consultation**

School staff can freely consult with the on-campus therapists regarding disconcerting situations that they see in their classrooms. Teachers in schools with CASSY therapists report feeling comforted in knowing that they can get confidential advice and counseling. School staff can also ask CASSY therapists to check in with students.

#### **Staff Training**

We provide staff training as needed on mental health issues, such as the following:

- Child Protective Services (CPS) reporting requirements
- Classroom management of grief and loss
- How to identify mental health red flags
- When to refer a student to CASSY

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**[CASSYbayarea.org](http://CASSYbayarea.org)**



## **For Parents & Community:**

### **Parent Consultation**

CASSY therapists are experienced dealing with adolescent behaviors and issues. We offer parents confidential consultations at the schools we serve. Parents are encouraged to consult with our staff on all mental health issues involving their child. We can help parents distinguish between normal and risky behaviors and assist them in securing additional support when needed.

### **Community Outreach**

CASSY provides parent education opportunities by giving presentations and leading discussions about raising emotionally healthy children.

## **III. Guidelines for Use of CASSY Services**

CASSY believes that school-based counseling should continue until the presenting issues are resolved and any negative symptoms are relieved (if the student is actively engaged in the therapeutic process). This is a major advantage over some outside, insurance-based counseling services which provide only a limited number of sessions, regardless of the outcome. Beyond the normal referral process, CASSY staff will be available for crisis counseling during the school day and should be part of the school-wide crisis team.

Some of the appropriate and common concerns we deal with include depression, anxiety, academic stress, family conflict, and peer relationship issues. However, not all assessed students are appropriate for the school-based model.

Given that students who receive treatment through CASSY will not have access to their therapist after hours, weekends, school holidays or summer break, any student needing care outside school hours would either be referred out for treatment or seen in conjunction with a psychiatric team or other outside community professionals. CASSY also collaborates with outside professionals when students:

- Show ongoing, pervasive depressive symptoms which would require a psychiatric evaluation
- Experience severe eating disorder symptoms which require medical care
- Present severe suicidal ideation requiring hospitalization
- Abuse drugs or alcohol and require specialized treatment.



### III. Program Evaluation/Expected Data Collection

CASSY will collaborate with MVLA High School District to measure the success of our services. We offer the following measurable objectives to assess our program:

#### Quantitative:

- **Pediatric Symptoms Checklist (PSC)** - The (PSC) is a psychosocial screen designed to facilitate the recognition of cognitive, emotional, and behavioral problems so that appropriate interventions can be initiated as early as possible. CASSY therapists assess students at the beginning and end of treatment, with the results compiled at the end.
- **Progress toward treatment goals** - Treatment goals are the building blocks of a student's treatment plan. Goals are developed with the student and are designed to be specific, realistic, and tailored to the needs of each individual youth.

#### Qualitative:

- **Self-report by students** - We ask students if they thought counseling was helpful and whether they would seek counseling again in the future.
- **Parent feedback** - We request a parent feedback form which gives the parent an opportunity to evaluate the impact of our services on their child.
- **Staff feedback** - We invite key staff to complete an end of year survey.

CASSY will collect and compile statistical data on all students that we see. This data is shared with school staff on a regular basis.

### IV. Specific Proposal and Budget

The CASSY therapists at MVLA High School District will be on campus during the entirety of the school year. S/he will be available to participate in student assessment team meetings to provide mental health expertise and guidance on all students. S/he will also attend MVLA High School District staff meetings, guidance or other administrative meetings as requested and be available to present at various staff meetings on mental health topics as requested.

To provide the highest level of mental health services for MVLA High School District, CASSY proposes to provide a school-based therapist for 8 hours each school day during the school year.



The program cost per FTE for the entire academic year is \$130,000. To support MVLA High School District during the 2024-2025 school year, we respectfully request a total of \$650,000 to provide the following school support:

- 2 FTEs at Mountain View High School
- 2 FTEs at Los Altos High School
- 1 FTE at Alta Vista High School

We would be honored to partner with MVLA High School District. Please let me know if there are any questions to our proposal or if I can provide more information.