

Mental Health & Social- Emotional Supports



Irvine Unified School District

Agenda

- Mental Health & Wellness Department:
District-Wide Supports
- Special Education Supports
- Interdepartmental Collaboration
- Resources



Mental Health and Wellness Department

- *Director: Natalie Hamilton*
- *MH&W Coordinator: Krista Mettlach*
- *Supervisors of Mental Health:*
 - *Christine Guerrero*
 - *Kelly Alexander*
- *Intervention Psychologist: Marci Russell*
- *Mckinney Vento & Foster Youth Liaison*
 - *Elana Lesse*
- *Teachers on Special Assignment (TOSA)*
- *Site-based staff*



Tiered System

- **TIER 1: 80 - 90%**
 - **UNIVERSAL INTERVENTIONS**
- **TIER 2: 5 - 10%**
 - **TARGETED INTERVENTIONS/SMALL GROUP**
- **TIER 3: 3 - 5%**
 - **INTENSIVE INDIVIDUAL INTERVENTIONS**



Elementary

● Guidance Assistants

- Demonstrate an understanding, patient, warm, and receptive attitude toward children
- Support student social emotional development at the classroom level, small group and recess play time

● Elementary Resource Counseling Specialist

- Supports students in building social emotional skills through activities such as Lunch Bunch, classroom lessons, and small groups
- They work with students individually for a variety of reasons including skill building, crisis intervention, resource linkage, etc.
- Collaborates with school site team on addressing student needs



Secondary

- **Project Success**

At the high school level, Project Success Specialists support students in individual or small group settings to address a variety of topics such as stress management, goal setting, conflict resolution, healthy relationships, developing self-control, and dealing with loss and/or major life transitions.



- **Mental Health Specialists**

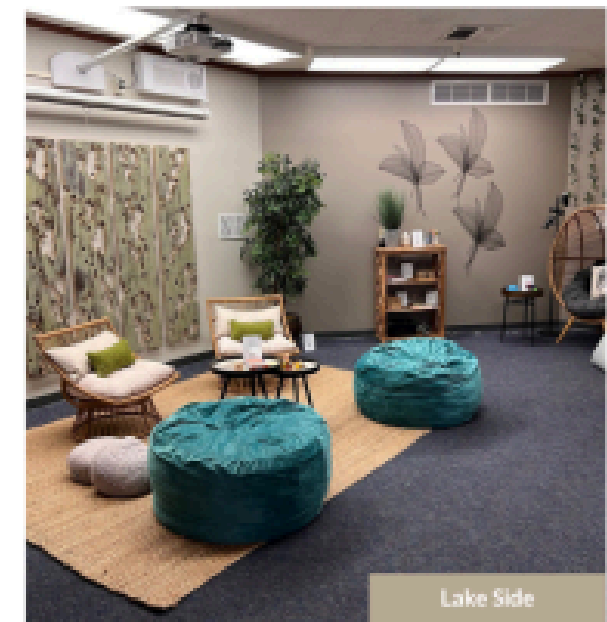
MHS provide a variety of therapeutically informed interventions to support students in crisis, through short-term individual, small group, and resource linkage. Additionally, Mental Health Specialists support the school site through school-wide initiatives and campaigns related to suicide prevention, mental health awareness, and wellness workshops.

Wellspaces

When needed, students are able to visit the WellSpaces on their campus, which can be self-referred or recommended by a teacher, counselor or friend.

They offer a space of calm, they can engage in mindfulness activities such as journaling, aromatherapy, crafts and much more.

Students may learn breathing exercises and other techniques to help them build resilience and self-regulation skills so they may gain a better sense of control and return to learning.



IUSD
WellSpaces
2023-2024



Mental Health Awareness Month

Elementary

Activities: friendship bingo, Post-it wall for words of encouragement, classroom SEL lessons on positive thinking and self care and lots of spirit week activities.



Secondary

Activities: making coping kits/goal setting cards, affirmation cards, guided relaxation skills, community speaker presentations on a variety of mental health topics and SHRED your stress away activity.

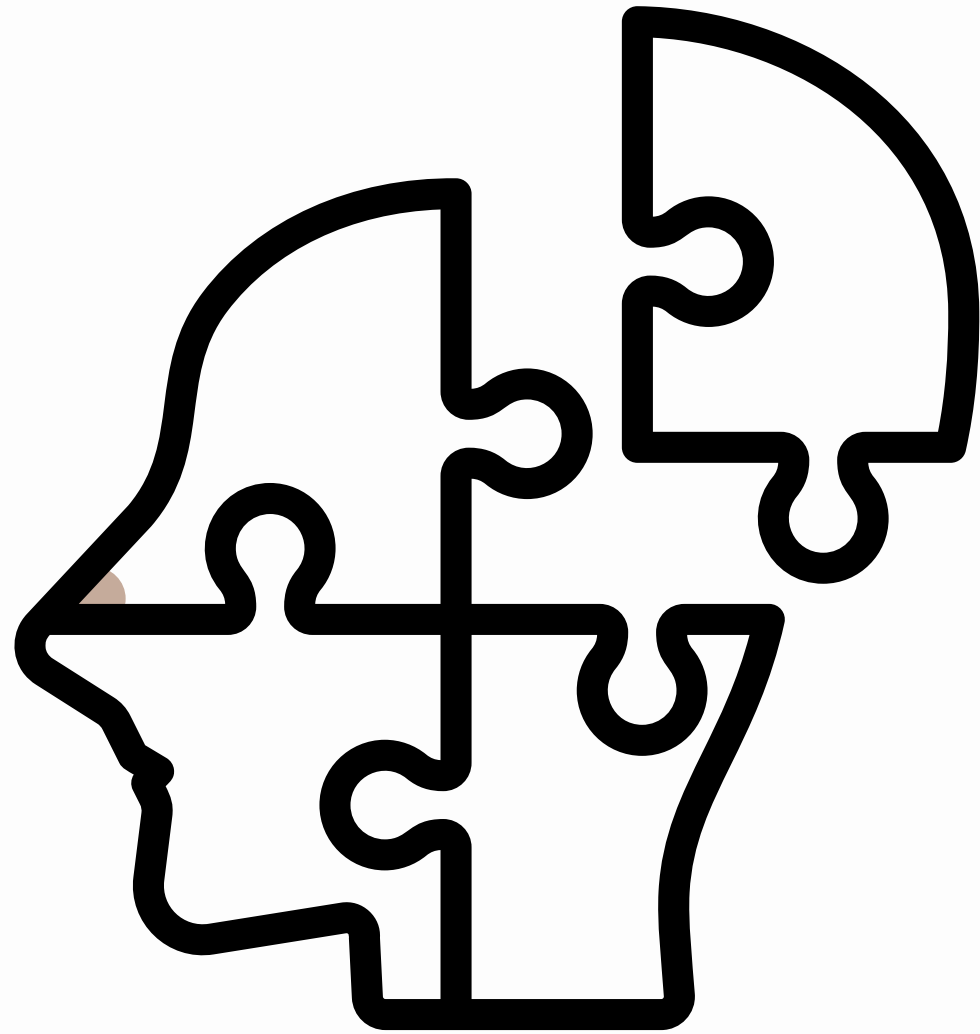
Social Emotional Support Staff within Special Education

- *Coordinator ERMHS: Christina Reyes*
- *Coordinator Behavior/Autism: Sean Viney*
- *Lead School Psychologist: Isabel Vu*
- *Site-based Staff:*
 - *School Psychologists*
 - *ERMHS Specialists*
 - *Behavior Specialists*



Special Education Staff Roles

School Psychologists



ASSESSMENT

Guides the assessment, analysis of data and consideration of Special education eligibility

DEVELOPMENT OF IEP

Identifies strengths and challenges, goal areas, accommodations and/or modifications, services, educational setting

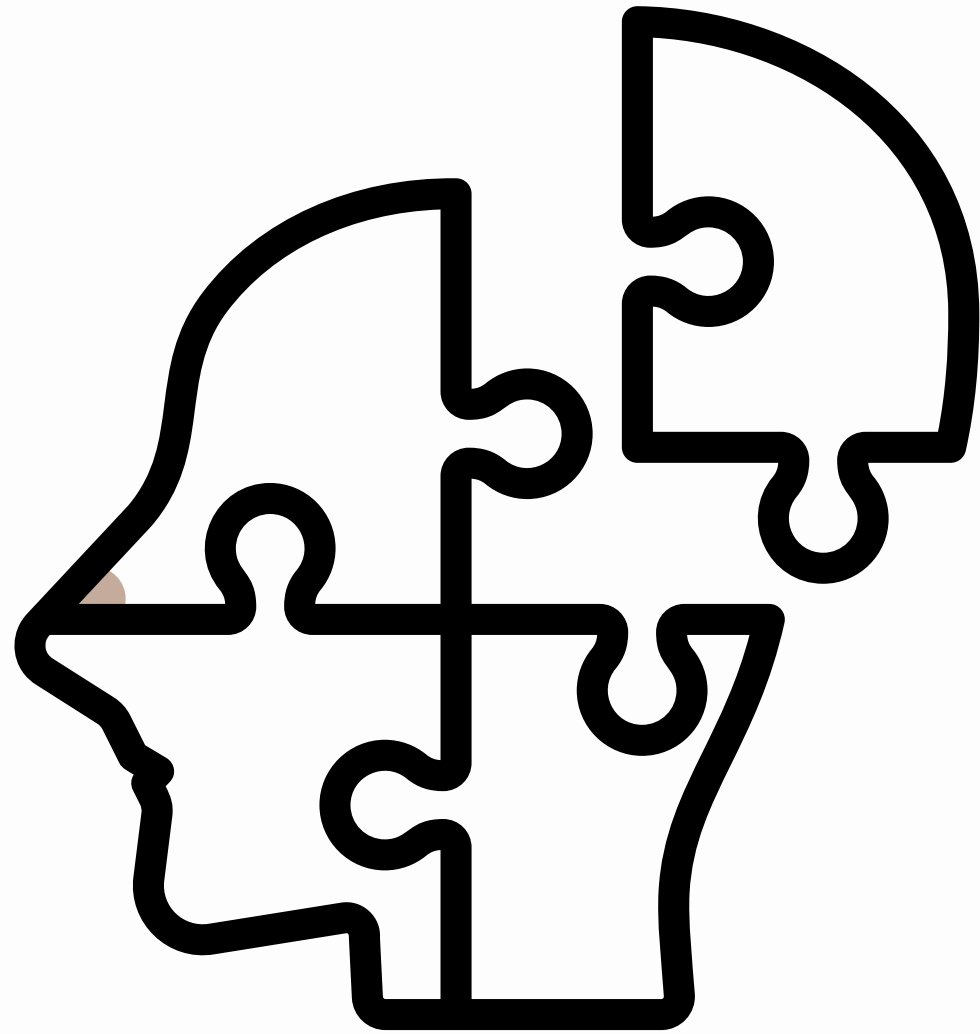
DIRECT SERVICES provided:

If student demonstrates social-emotional challenges that are impacting their educational progress, School Psychologist may recommend education-based counseling services

- Examples of areas of need that can be targeted during counseling sessions with a School Psychologist include:
 - Identifying feelings
 - Developing coping strategies
 - Challenging negative thoughts
 - Recognizing physiological symptoms

Special Education Staff Roles

Educationally Related Mental Health Services (ERMHS) Specialists



ASSESSMENT

Contributes to School Psychologist's Social Emotional assessment, usually taking a deeper dive into complex social emotional needs

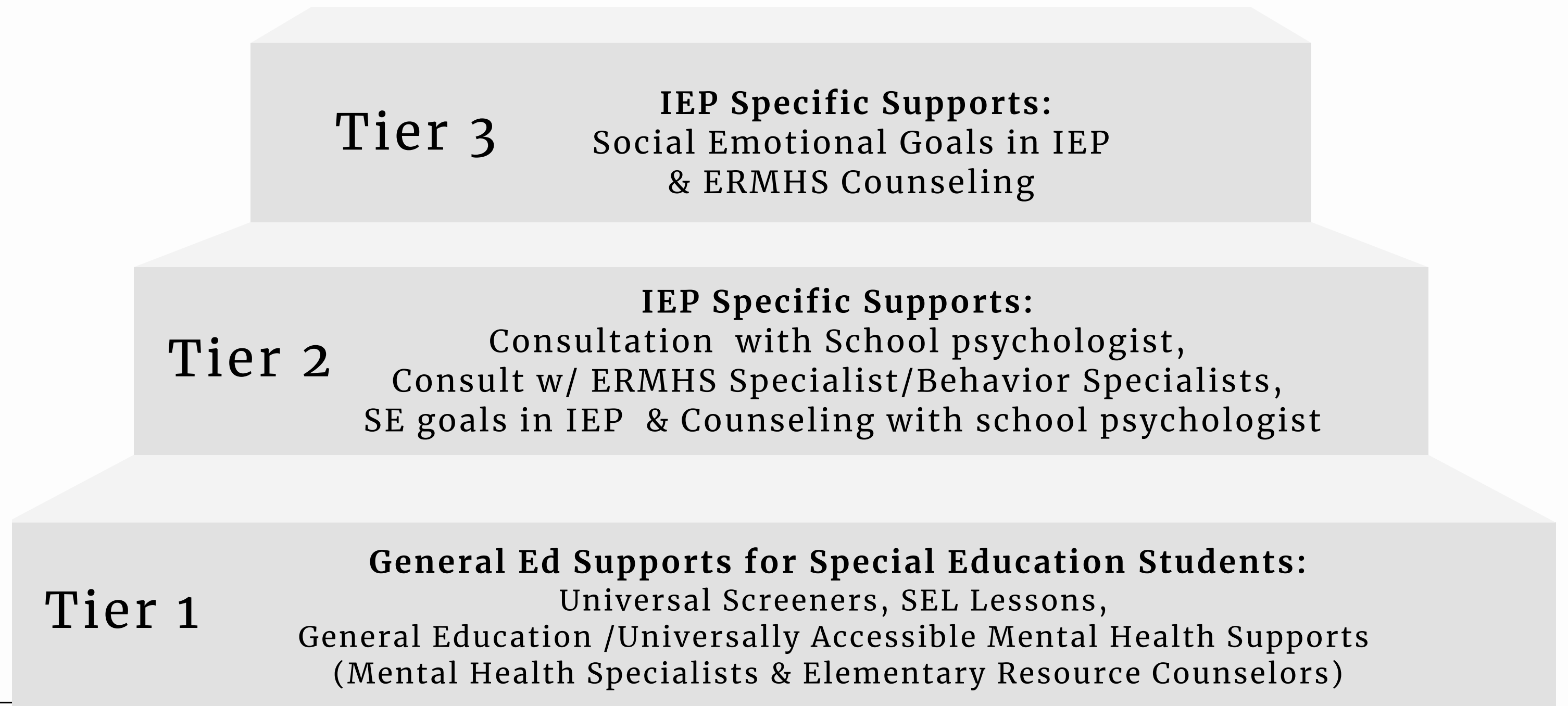
DEVELOPMENT OF IEP

Collaborates with IEP team members in identifying Social Emotional strengths and challenges, goal areas, accommodations and/or modifications, services, educational setting

DIRECT SERVICES provided:

At times, such as when a student with mental health challenges is not making progress on social emotional goals with the school psychologist, or if the student's mental health needs are extremely significant, counseling with an ERMHS Specialist might be recommended.

Social Emotional Supports for Students Requiring Special Education



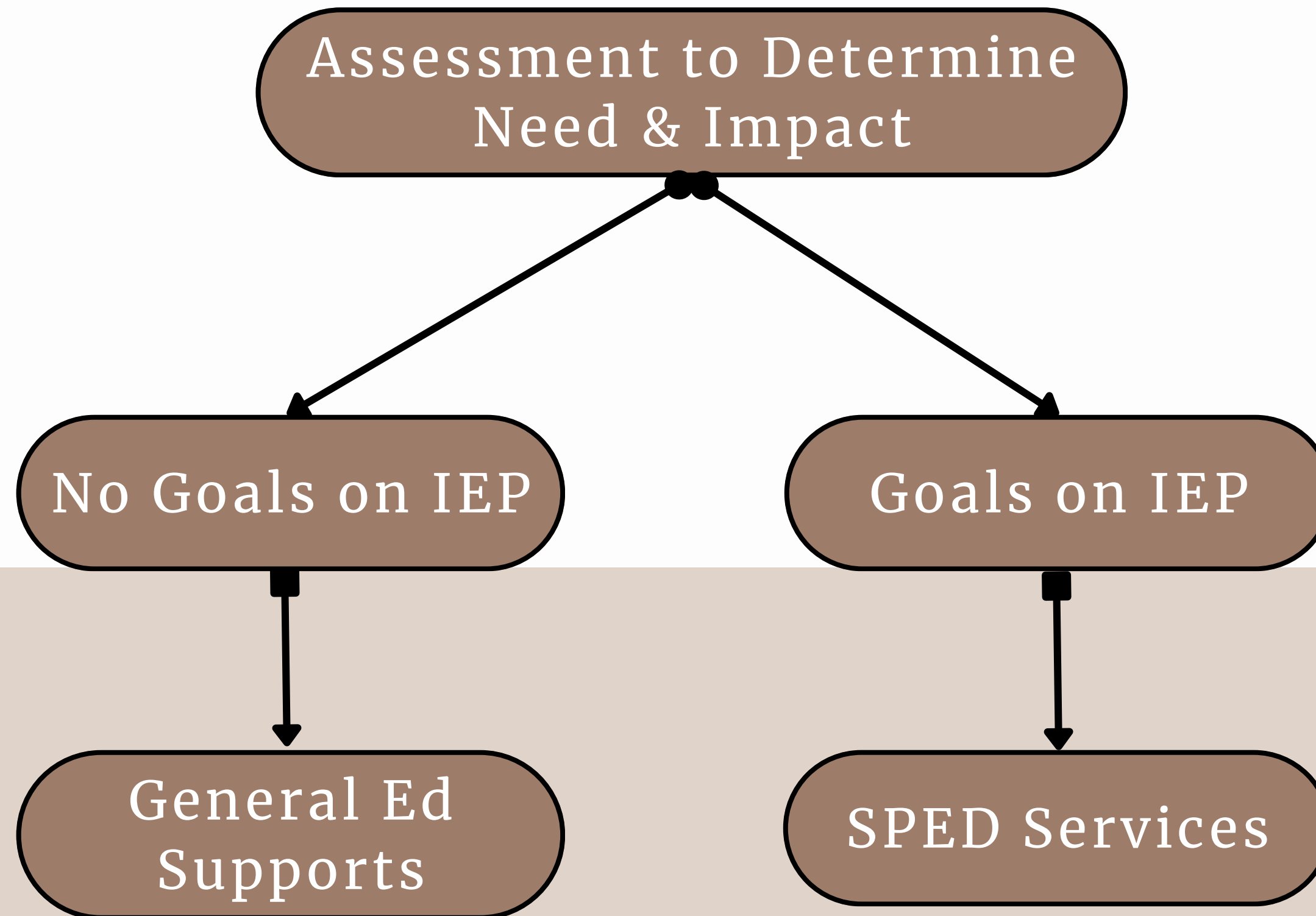
Social Emotional Supports & the IEP



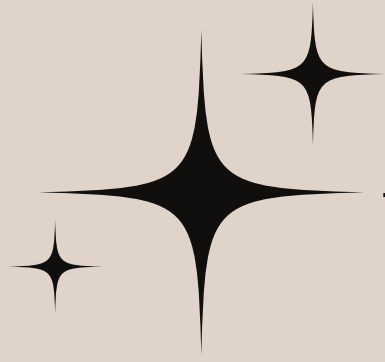
Lesser Restrictive Environment

More Restrictive Environment

Social Emotional Supports & the IEP



Counseling Services



Counseling with
Elementary
Resource Counselor
or
Mental Health
Specialist

Non-IEP Service

Counseling with
School Psychologist

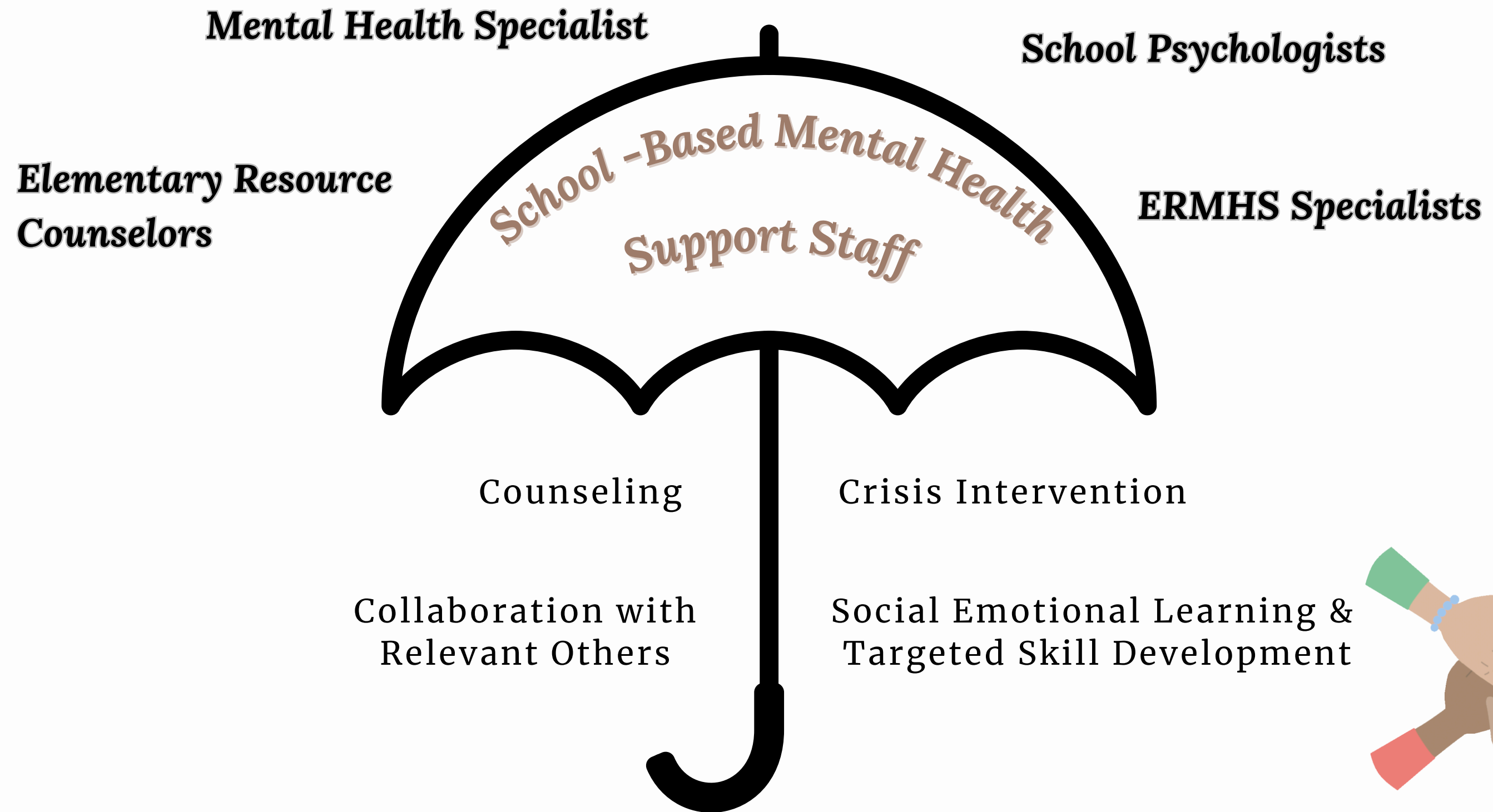
IEP Service

Counseling with
ERMHS Specialist

IEP Service



Interdepartmental Collaboration



Important Note Regarding School-Based Counseling Services :



Education-based counseling services address issues that are relevant to the context of a student's academic or social-emotional functioning within the school setting

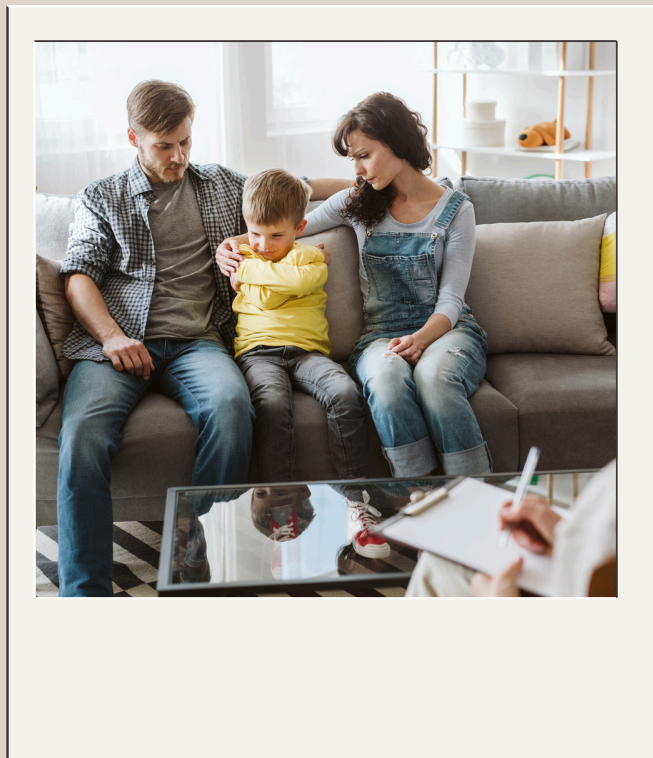
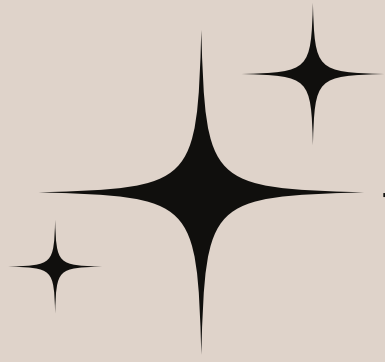


The goal of education-based counseling services is to teach students the skills necessary to function more effectively in the school setting

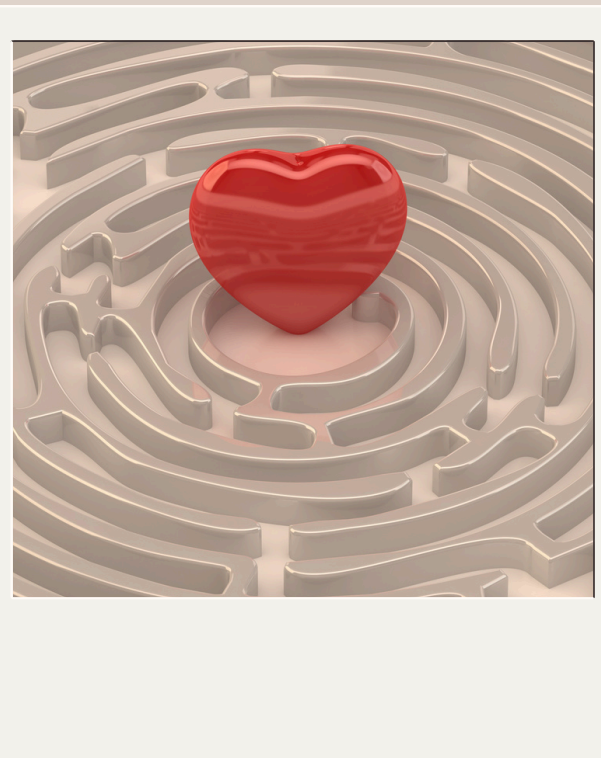


It should not be viewed as a replacement for psychotherapy, which may be a more long-term service that addresses more significant psychological needs, often permeating home and other environments

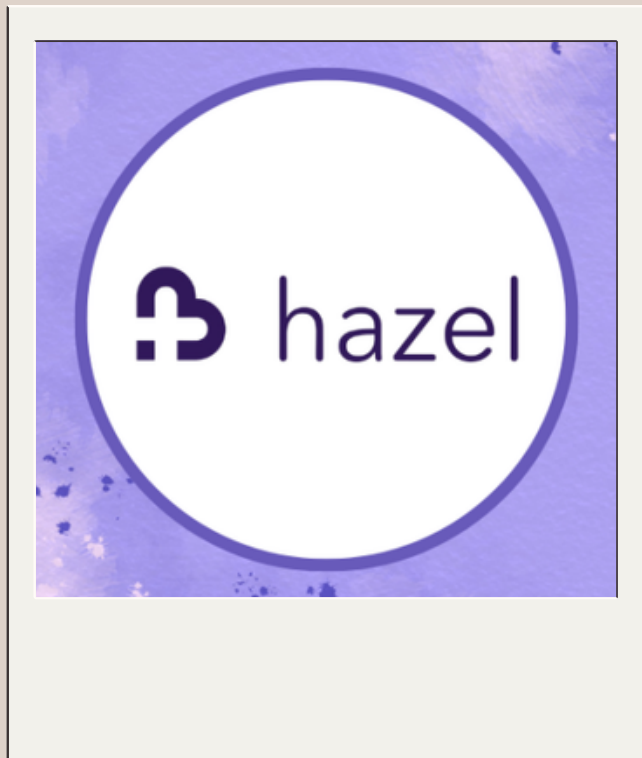
Resources



IUSD Family
Counseling
Center



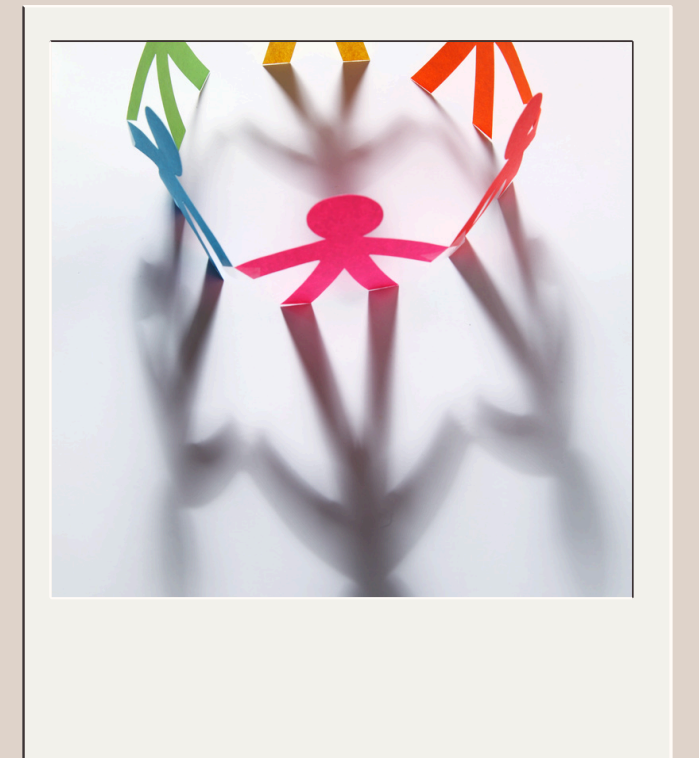
Care Solace



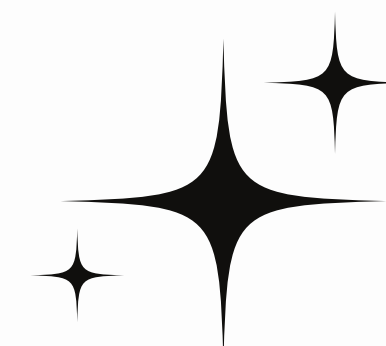
Hazel
Health



Say Something



Speak Up
We Care



Thank you

Any questions?

