

The Irvine Unified School District Mental Health and Wellness Department

Vision:

To provide culturally competent, collaborative services that promote student wellness and social-emotional well-being, prevent mental health challenges, and increase access to mental health services for Irvine Unified School District students and families.

Mission:

To effectively support the social-emotional and mental health needs of our students by incorporating evidence-based strategies in our services; offering staff access to mental health professional learning, and by delivering quality mental health services to students and families in the Irvine Unified School District.

Contact the Mental Health and Wellness Department
(949) 936-7501



Guidance Resources Department
Elementary and Secondary Behavioral Health Support
(949) 936-7508

Guidance Assistants

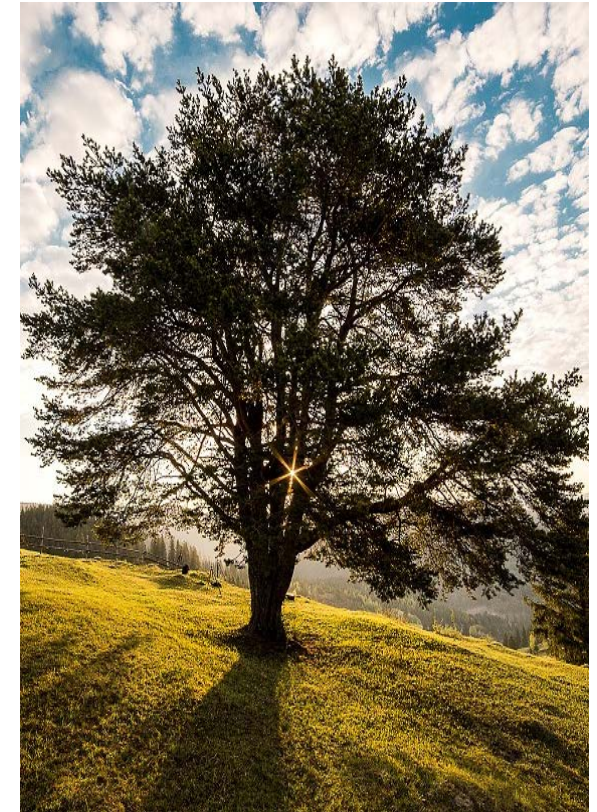
Paraprofessional staff who provide small group and classroom social-emotional skills lessons, using an evidence-based curriculum at the elementary school level.

Elementary Resource Counselors

Staff who provide short-term individual and group counseling for at-risk students, provide behavioral techniques for teachers, parent consultations, education and resource linkage.

Project Success Specialists

Staff who provide solution-focused small group counseling sessions for students at the middle and high school levels where they receive support in areas such as goal setting, communication skills, self-esteem, stress and anger management, peer pressure, and LGBTQ.



Mental Health is the ability to experience, manage and express emotions in a healthy way; ability to learn and apply healthy social skills in order to form personal social relationships; ability to cope with life's challenges; ability to develop positive psychological and emotional well-being.

Hotlines and Online Resources

Orange County Suicide Prevention/Crisis Line

Confidential 24-hour telephone counseling to individuals contemplating, threatening, or attempting suicide.
877-7CRISIS (877-727-4747)

The OC Warm Line

Non-crisis, caring support for anyone struggling with emotional/mental health challenges.
(877) 910-WARM (877-910-9276)

211 & OC Links Information & Referral Service

Free 24 hr information and referral line linking to thousands off local health and human service programs in the OC.
2-1-1 | 855-OCLINKS (888-625-4657)

Reach Out

Information and support services for young adults facing tough times and struggling with mental health issues.
1 (800) 448-3000 | www.reachouthere.com

My3app

Suicide prevention app for iPhone & Android.
www.my3app.org



Melissa Di Scala, Psy.D.
Coordinator of Mental Health & Section 504
Melissadiscala@iusd.org
(949) 936-7501

Provides oversight of District Mental Health and Wellness supports, suicide prevention, crisis response, and Section 504 Compliance.

School Wellness Coordinators

Demetrio Nava, Licensed Clinical Social Worker (LCSW)
Demetrionava@iusd.org

Provides support to Creekside High School, Lakeside Middle School, Rancho San Joaquin Middle School, and Sierra Vista Middle School.

Christine Guerrero, Licensed Marriage & Family Therapist (LMFT)
Christineguerrero@iusd.org

Provides support to Irvine High School and crisis consult support to feeder elementary schools in the Irvine High School region.

Lauren Stallings, Licensed Marriage & Family Therapist (LMFT)
Laurenstallings@iusd.org

Provides support to Woodbridge High School and crisis consult support to feeder elementary schools in the Woodbridge High School region.

Dr. Nilou Tohidian, Licensed Marriage & Family Therapist (LMFT), Licensed Professional Clinical Counselor (LPCC)
Niloutohidian@iusd.org

Provides support to University High School and crisis consult support to feeder elementary schools in the University High School region.

Megan Keller, Licensed Marriage & Family Therapist (LMFT)
Megankeller@iusd.org

Provides support to Northwood High School and crisis consult support to feeder elementary schools in the Northwood High School region.

Maureen Muir, Licensed Marriage & Family Therapist (LMFT), Licensed Professional Clinical Counselor (LPCC)
Maureenmuir@iusd.org

Provides support to Portola High School, Jeffrey Trail Middle School, South Lake Middle School, and Venado Middle School.



Irvine Family Resource Center Staff

The Irvine Family Resource Center provides parent classes, resource linkages, and clinic-based, solution-focused therapy services.

For More Information Please Call:
(949) 936-7502

Susan Holt, MSW
Susanholt@iusd.org
(949) 936-7502

Provides parent consultations, resource linkage to community agencies, coordinates parenting classes and IFRC therapist appointments.

IFRC Therapists

Beth Baker, LMFT is a Licensed Marriage & Family therapist providing short-term therapeutic and case management services to students and families enrolled in IUSD.

Nicole Gyurik, LCSW is a Licensed Clinical Social Worker providing short-term therapeutic and case management services children and families enrolled in IUSD.