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[CLICK HERE FOR THE DIRECTOR OF MENTAL HEALTH'S REPORT DATED AUGUST 11, 2022](#)

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DEPARTMENT OF MENTAL HEALTH

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JONATHAN E. SHERIN, M.D., Ph.D.
Director

Curley L. Bonds, M.D.
Chief Deputy Director
Clinical Operations

Gregory C. Polk, M.P.A.
Chief Deputy Director
Administrative Operations

June 11, 2019

TO: Supervisor Janice Hahn, Chair
Supervisor Hilda L. Solis
Supervisor Mark Ridley-Thomas
Supervisor Sheila Kuehl
Supervisor Kathryn Barger

FROM: Jonathan E. Sherin, M.D., Ph.D.
Director

SUBJECT: **REPORT RESPONSE ON LOS ANGELES COUNTY COMMUNITY
SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9, 2019)**

On January 15, 2019, the Los Angeles County Board of Supervisors (Board) approved Motion 22-B, which instructed the Department of Mental Health (DMH) to provide funding to the Los Angeles Unified School District (LAUSD) to enhance mental health and wellbeing services among students, families, and staff. The Board approved a subsequent amendment to this motion instructing the Director of Mental Health, in partnership with the Los Angeles County Office of Education (LACOE), the Los Angeles County Chief Executive Office (CEO), and the Auditor-Controller to develop a Countywide plan for providing school-based mental health services, including but not limited to, prevention and early intervention services, education, support and outreach.

On April 9, 2019, the Board approved subsequent motion directing DMH to:

1. Coordinate with LACOE to identify additional funding needed to expand the Community Schools Initiative (CSI) to include five additional pilot school districts; and
2. Develop a Mental Health First Aid pilot program, which would educate students on how to support a friend or loved one who is experiencing mental health challenges to be included in the CSI.

The following summary is the response to the April 9, 2019, Board Motion.

EXPANSION OF CSI PILOT SCHOOL DISTRICTS

DMH and LACOE identified five additional CSI Pilot School Districts, resulting in 15 School Districts to be served. The School Districts selected target is at least one school in each of the Supervisorial Districts utilizing the analysis of data included in *Measure of America's Portrait of Los Angeles County* and Los Angeles County Department of Public Health's *Education and Health in LA County Report* data.

Data criteria used included:

- Education index
- Underrepresented students
- High school graduation rates
- Graduates with A-G requirements
- Student suspension rates
- Chronic absenteeism
- Violent crimes
- Student poverty

The LACOE Community Schools Initiative will focus on children, youth, and families residing in the following 15 pilot districts:

▪ Antelope Valley Union High	▪ Compton Unified	▪ Norwalk-La Mirada Unified*
▪ Azusa Unified	▪ Duarte Unified*	▪ Paramount Unified
▪ Baldwin Park Unified	▪ Inglewood Unified	▪ Pasadena Unified*
▪ Bassett Unified	▪ Lynwood Unified	▪ Pomona Unified
▪ Bellflower Unified*	▪ Montebello Unified	▪ Santa Monica-Malibu Unified*

* Additional five Community School pilot districts identified following the April 9, 2019, Board Motion

Currently, LACOE is in the interviewing and hiring stage of its initial implementation proposal.

Outreach and Recruitment	March-April 2019
Interview and Hire	May-June 2019
Training and Development	July-August 2019

DMH will enter into a specialized agreement with LACOE for the provision of school-based Prevention Services, which includes the development and implementation of the CSI. The total amount of funding committed for CSI implementation at LACOE pilot sites is \$16,264,886. This funding will be allocated over three fiscal years beginning with fiscal year (FY) 2019-20.

Mental Health First Aid Pilot Program

DMH through the Community Schools Initiative will focus on empowering youth to take control of their mental health well-being. The following three programs will be implemented at selected community schools to educate students on how to support a friend or loved one who is experiencing mental health challenges.

Mental Health First Aid

Historically, DMH has focused on training educators and adults on Youth Mental Health First Aid. DMH and LACOE will partner with the State to develop a teen Mental Health First Aid (tMHFA) pilot program that will target high school students. tMHFA is an evidence-based training that teaches teenagers the skills they need to recognize and help their friends who demonstrate risk factors and warning signs of mental health and substance use concerns and crises and how to access support for them.

Margaret's Place

DMH and LACOE have partnered with Joe Torre Safe at Home Foundation, Margaret's Place, to provide on-site mental health programming at five community schools sites. Their core program is a "safe room" on the school campus which is staffed with a master's level therapist who provides individual counseling, group counseling, youth leadership training, school-wide anti-violence campaigns, and violence prevention workshops for school employees, parents, and students.

Margaret's Place utilizes the Youth Empowered to Speak curriculum, which educates middle and high school aged youth about issues related to violence and empowers them to seek alternatives to violence. The topics are intended to educate, elicit personal responses and support students in engaging in reflection.

Topics include:

- Understanding violence
- Impact of trauma
- Coping skills and safety strategies
- How to help a friend and be a responsible bystander
- Empowerment

National Alliance on Mental Illness Los Angeles County Council (NAMI LACC)

NAMI LACC is an established County leader with a very broad reach in providing peer and family approaches in mental health stigma and discrimination reduction, as well as support and education for the community on mental illness and mental health. One of NAMI's programs focuses on educating students.

NAMI Ending the Silence for Students

This 50-minute presentation is designed for middle and high school students, which includes warning signs, facts and statistics and how to get help for themselves or a friend. Research has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students' knowledge and attitudes toward mental health conditions and toward seeking help. The goal of this program is to create a generation of students who are well-positioned to end the silence and stigma surrounding mental illness.

NAMI Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic.

IMPACT ON CURRENT SERVICES OR PROJECTS

The efforts summarized above, in response to the Board Motion, are part of the larger Community Schools Initiative of the DMH. The co-joint efforts between DMH, LACOE, and LAUSD will ensure the expansion of prevention services for children and families in school and community settings to address their needs early and promote resilience.

For additional information, please contact Darlesh Horn at (213) 739-5488.

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 Los Angeles Unified School District



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July 9, 2019

TO: Supervisor Janice Hahn, Chair
Supervisor Hilda L. Solis
Supervisor Mark Ridley-Thomas
Supervisor Sheila Kuehl
Supervisor Kathryn Barger

FROM: Jonathan E. Sherin, M.D., Ph.D.
Director

SUBJECT: **STATUS REPORT BACK ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF
APRIL 9, 2019)**

On January 15, 2019, the Board directed the Department of Mental Health (DMH) to identify funding for the development and enhancement of mental health and wellbeing services for both the Los Angeles Unified School District (LAUSD) and additional school districts under the Los Angeles County Office of Education (LACOE). In response to this directive, DMH proposed the implementation of the Community Schools Initiative (CSI).

The purpose of CSI is to integrate an array of new practices on school campuses with the goal of improving access and linkage for students and their families to regional service providers and holistic programs. CSI will also support the development of regional mental health teams. These teams will provide school-based services, including but not limited to community outreach, peer support, crisis response, screening, triage, and linkage service to regional providers for students and families in need. Additionally, CSI will support trauma informed education and training for school staff and administrators with the goal of creating a trauma-informed learning environment toward improved student wellbeing and achievement.

On June 11, 2019, DMH submitted an initial report back to your Board on the status of CSI planning and implementation. That report identified the specific LACOE school district sites for CSI implementation and the other components of CSI to be implemented across LAUSD and LACOE, including Mental Health First Aide (MHFA) and support for students and their families through the National Alliance on Mental Illness (NAMI).

The current report will provide an update on the implementation of CSI within LAUSD and LACOE school districts, and the hiring of positions to develop and deploy countywide regional school-based mental health teams.

COMMUNITY SCHOOLS INITIATIVE PROGRESS REPORT

For this initial pilot, DMH will provide \$30,953,585 over three fiscal years to support the development and enhancement of school-based mental health services through CSI implementation. Funding will be allocated beginning fiscal year (FY) 2019-20 and will support the following:

- \$9,993,699 to fund CSI implementation efforts at 10 LAUSD selected school sites, including five Early Childhood Education Centers and five feeder Elementary schools;
- \$16,264,886 to fund CSI implementation efforts at 15 LACOE selected school districts sites; and
- \$4,695,000 to fund 45 new positions to be requested in the FY 2019-20 Supplemental Budget for the development and deployment of 10 regional school-based mental health teams to provide support and linkage services at school sites countywide.

CSI IMPLEMENTATION FOR LAUSD

LAUSD's current CSI implementation efforts are focused on hiring staff needed to support the work of this new initiative. A qualified candidate for the Mental Health Coordinator position was successfully recruited and hired. Filling this position was a priority as the Coordinator will lead the CSI efforts for the district. In collaboration with DMH, LAUSD has also interviewed candidates for the position of CSI Director. This position will oversee the day-to-day administration of CSI services. LAUSD will continue with its aggressive hiring plan to ensure that all allocated positions are filled with well-qualified staff.

In addition to hiring, LAUSD is collaborating with local subject matter experts to provide a robust training program for CSI staff and collaborators. Through partnership and coordination with the University of California Los Angeles (UCLA) Center of Excellence (COE), LAUSD is developing a training implementation plan for CSI staff, which will provide the most current research and practice based information on relevant topics. Lastly, LAUSD has developed a partnership with Providence St. John's Child and Family Development Center to develop and implement a training curriculum on early childhood mental health as well as clinical consultation in this area for LAUSD psychiatric social workers.

CSI IMPLEMENTATION FOR LACOE

LACOE's current CSI implementation efforts are also focused on hiring staff needed to support the work of this new initiative. An experienced candidate was recently recruited and hired for the CSI Director position. The newly hired Director is currently collaborating with DMH on the CSI hiring plan for the other positions available. LACOE has received numerous applications and has selected candidates to interview for the following positions: Community Schools Program Specialists, Para-Educators, Research and Evaluation Coordinator, and Coordinator I.

In addition to hiring, LACOE is collaborating with the CSI district sites to ensure each site has a training curriculum, developed in collaboration with UCLA COE. The individualized training plans will be tailored to meet the CSI sites specific training needs. This will ensure that all staff have training, which is research and practice based, as well as the ability to rely on clinical consultation in order to provide excellent services to the communities they serve.

IMPACT ON CURRENT SERVICES OR PROJECTS

The enhancement of school-based services through the implementation of CSI and additional supports is a collaborative effort between DMH, LACOE, and LAUSD. The CSI will ensure the expansion of prevention services for children and families in school and community settings to address their needs early and promote resilience.

For additional information, please contact Darlesh Horn at (213) 739-5433.

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October 10, 2019

TO: Supervisor Janice Hahn, Chair
Supervisor Hilda L. Solis
Supervisor Mark Ridley-Thomas
Supervisor Sheila Kuehl
Supervisor Kathryn Barger

FROM: Jonathan E. Sherin, M.D., Ph.D.
Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF
APRIL 9, 2019)**

On January 15, 2019, Motion 22-B was approved, directing the Department of Mental Health (DMH) to identify funding for the development and enhancement of mental health and wellbeing services for both the Los Angeles Unified School District (LAUSD) and 15 school districts under Los Angeles County Office of Education (LACOE).

On April 9, 2019, your Board subsequently approved a second motion instructing DMH, in coordination with LACOE, the Chief Executive Office (CEO), and the Auditor-Controller (A-C) to develop a countywide plan for providing school-based mental health services.

In response, DMH proposed the implementation of the Community Schools Initiative (CSI). To fully capture the variety of school initiatives DMH supports, DMH renamed CSI to the School-Based Community Access Platforms (SBCAP), which encompasses the following:

- LACOE Community Schools (CS),
- LAUSD's Trauma and Resilience Informed Early Enrichment (TRiEE), and
- Department of Public Health (DPH) Student Well-Being Centers (SWBC).

The purpose of SBCAP is to integrate an array of new practices on school campuses with the goal of improving access and linkage for students and their families to regional service providers and holistic programs. A component of SBCAP is the addition of DMH regional mental health teams that will provide school-based services, including but not limited to, community outreach, peer support, crisis response, screening, triage, and linkage for students and families in need. SBCAP will support the creation of trauma and resilience-informed learning environments aimed at improving student wellbeing and achievement through trainings for school staff and administrators.

On June 11, 2019, DMH submitted an initial report to your Board on the status of CSI planning and implementation. That report identified the specific LACOE school district sites for CS implementation and additional components of SBCAP to be implemented across LAUSD and LACOE, including Mental Health First Aid (MHFA) and support for students and their families through the National Alliance on Mental Illness (NAMI). This current report provides an update on the implementation of SBCAP within LAUSD and LACOE school districts and the hiring of the DMH positions to develop and deploy countywide regional school-based mental health teams.

SCHOOL-BASED COMMUNITY ACCESS PLATFORMS PROGRESS REPORT

DMH will provide \$30.9 million over a three-year period to support the development and enhancement of school-based mental health services through SBCAP implementation, including:

- \$9,993,699 to fund Prevention Programming with LAUSD at 10 sites, including 5 Early Childhood Education Centers and 5 feeder Elementary schools;
- \$16,264,886 to fund CS implementation efforts at 15 LACOE selected school district sites; and
- \$4,695,000 to fund 45 new positions, to be requested in the Fiscal Year 2019-20 Supplemental Budget for the development and deployment of 10 regional school-based mental health teams to provide support and linkage services at school sites countywide.

PREVENTION PROGRAMMING WITH LAUSD

LAUSD's current implementation efforts focus on the hiring of all the positions for this initiative. To date, LAUSD has hired 17 of the 25 positions, which includes the following: 1 Mental Health Coordinator, 15 Psychiatric Social Workers, and 1 clerical support staff. Efforts are underway to hire the remaining eight staff including two Psychiatric Social Workers and Family Navigators.

LAUSD continues to collaborate with the University of California, Los Angeles (UCLA), on both its evaluation plan and staff development curriculum. LAUSD Psychiatric Social Workers received training from UCLA on the Strategies for Enhancing Early Developmental Success (SEEDS) for Family School Readiness (Train the Trainer model) and from St. John's Child and Family Development Center on Early Childhood Mental Health Consultation (ECMHC). In the following six months, St. John's will provide clinical consultation and booster trainings. LAUSD's training plan includes training its entire staff in classroom observation, Family Over Coming Under Stress (FOCUS) Resilience Curriculum, and other relevant trainings.

LAUSD also collaborated with UCLA in developing the TRiEE program evaluation measures. The TRiEE measures includes a pre and post survey for school staff, parents, and Psychiatric Social Workers. As the measures continue to be developed, LAUSD will elicit input from the local community including school staff until the measures are finalized.

COMMUNITY SCHOOLS IMPLEMENTATION FOR LACOE

LACOE's current Community Schools implementation efforts are focused on hiring and training staff. LACOE has worked collaboratively with every CS site to hire the Program Specialists and Educational Community Workers. To date, LACOE has on boarded 23 of the 34 staff. LACOE will continue with its aggressive hiring plan to ensure all positions are filled with well-qualified staff. Furthermore, LACOE, in partnership with DMH and UCLA Center of Excellence (COE), completed a training series for the first cohort of hired staff in August 2019. The second cohort is anticipated to be trained in October 2019.

In addition, LACOE is collaborating with the CS sites to ensure each of the 15 sites has a training curriculum for its school staff, developed in partnership with UCLA COE. To date, UCLA COE has conducted trainings at four of the school sites focused on trauma-and resilience-informed care and maintaining wellbeing in the workplace. Four additional sites have calendared their upcoming trainings. UCLA COE will continue to outreach to the remaining sites to schedule trainings. The individualized training plans will be tailored to meet the sites' specific training needs. This will ensure that all staff have research and practice based trainings, as well as the ability to rely on clinical consultation in order to incorporate best practices in the communities they serve. The results of these visits will be used to develop plans to integrate mental health support in partnerships with LACOE CS sites.

DMH has hired a consultant to support the implementation of SBCAP. The consultant has completed 15 site visits with the school site administration and engaged in comprehensive discussions on each site's mental health needs, available resources and identifying any additional supports needed in their school community. The results of these

visits will be given to the LACOE CS Staff as a starting point of their engagement of the school sites.

Lastly, on September 18, 2019, DMH held the second Annual School Symposium entitled "Community Schools: Cultivating Wellbeing." The symposium was a vehicle to kick start all programs under SBCAP. Over 250 participants attended the event representing LACOE CS sites, LAUSD, DPH SWBC, and mental health providers. The day included trainings by UCLA COE, presentations on Innovative School practices, and several networking opportunities.

DPH WELL-BEING STUDENT CENTERS

DMH is actively collaborating with DPH on the development and implementation of the SWBC in 50 high schools countywide. The SWBC is a DPH program in partnership with Planned Parenthood Los Angeles (PPLA). The partnership focuses on providing youth with preventative health care, substance use services, and sexual health education and screening.

As part of its collaboration, DMH has agreed to provide outreach and engagement groups for students and families. In an effort to understand the needs of the schools, DMH has begun conducting site visits to the identified high schools. Additionally, DMH is providing support and technical assistance to PPLA as they develop their after-hours call center.

In August of 2019, DMH coordinated and delivered a mental health training series to the first cohort of SWBC staff. The trainings focused on implicit bias, responding to youth in crisis, and trauma-and resilience-informed care. DMH has agreed to coordinate and deliver this training series to the second cohort of SWBC staff once they are completely hired.

DMH REGIONAL TEAMS

DMH has begun the hiring of the 45 staff needed to support the work of SBCAP. A hiring fair was organized and held on August 28, 2019 and other recruitment efforts are underway. DMH will continue with its aggressive hiring plan to ensure that all allocated positions are filled with well-qualified staff.

IMPACT ON CURRENT SERVICES OR PROJECTS

The enhancement of school-based services through the implementation of SBCAP and additional supports is a collaborative effort between DMH, DPH, LACOE, and LAUSD. SBCAP will ensure the expansion of prevention services for children and families in school and community settings to address their needs early and promote resilience.

Each Supervisor
October 10, 2019
Page 5

If you have any questions or require additional information, please contact me, or staff can contact Darlesh Horn, Administrative Manager, MHSA Programs and Special Projects, at (213) 739-5433 or at DHorn@dmh.lacounty.gov.

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DEPARTMENT OF MENTAL HEALTH

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Gregory C. Polk, M.P.A.
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January 6, 2020

TO: Supervisor Kathryn Barger, Chair
Supervisor Hilda L. Solis
Supervisor Mark Ridley-Thomas
Supervisor Sheila Kuehl
Supervisor Janice Hahn

FROM: Jonathan E. Sherin, M.D., Ph.D. *Jonathan E. Sherin*
Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9,
2019)**

BACKGROUND

In response to the January 15, 2019, Board Motion 22-B and subsequent motions, the Department of Mental Health (DMH) developed and funded the School-Based Community Access Platforms (SBCAP), which includes student wellbeing services provided in the Los Angeles Unified School District (LAUSD) and 15 school districts under the Los Angeles County Office of Education (LACOE).

This quarterly report provides an update on the implementation of SBCAP within LAUSD and LACOE school districts, support provided to the Department of Public Health (DPH) Wellbeing Centers (WBC), and the activities of the on-boarded DMH Regional Mental Health Teams (Regional Teams).

SBCAP PROGRESS REPORT

SBCAP was created to improve mental health access and linkage for students and their families. SBCAP focuses on creating trauma and resilience-informed learning environments to improve student wellbeing and achievement by providing essential training and professional development for school staff and administrators. Through the

Regional Teams, SBCAP has increased partnerships and collaboration between community agencies, local mental health providers, and school districts to increase access to care.

DMH REGIONAL MENTAL HEALTH TEAMS

DMH continues to pursue fully staffing the Regional Teams with exceptionally qualified staff. Regional Teams staff are engaging with the schools and communities by participating in the follow-up site visits at each of the community school sites; attending wellbeing center site visits along with DPH staff; assisting in the collaboration between the Planned Parenthood Los Angeles (PPLA) Warmline and the ACCESS line; and building relationships with the community school site administrators, staff, and school community. DMH staff are participating in discussions about how to best support the community schools, are actively assisting in the organization and coordination of services on school campuses, and collaborating with and increasing linkages to local mental health providers. Regional Teams staff are assisting school districts by identifying DMH contracted agencies that have the capacity to increase school-based services and encouraging school and district staff to create and/or increase memoranda of understanding between agencies.

PREVENTION PROGRAMMING WITH LAUSD

LAUSD's implementation of Prevention Programming via the Trauma and Resilience Informed Early Enrichment (TRiEE) program is currently underway. LAUSD has filled 20 of the 25 positions, including two lead Psychiatric Social Workers (PSWs) and a Mental Health Consultant. The Mental Health Consultant is scheduled to begin in January 2020, and LAUSD plans to fill the remaining five Family Navigator positions in spring 2020.

LAUSD continues to collaborate with the University of California, Los Angeles Center of Excellence (UCLA COE), and St. John's for staff training and development. St. John's has completed their Early Childhood Mental Health Consultation (ECMHC) trainings and is providing ongoing weekly consultation and guidance for the PSWs. The PSWs completed the Family Over Coming Under Stress (FOCUS) Resilience curriculum training as of December 2019.

Further, the Early Education Center (EEC) directors, principals and PSWs have been trained in the initial Strategies for Enhancing Early Developmental Success (SEEDS) for Family School Readiness curriculum, and the PSWs are currently participating in the SEEDS facilitator trainings. SEEDS is an 18-hour training which supports early childhood professionals in providing trauma informed care so that children with histories of trauma can build healthy relationships and self-regulation, both essential skills for school

readiness. LAUSD is planning for SEEDS implementation to begin in two of the EECs in early 2020 and completing the roll out to the additional three EECs by the end of the spring semester.

The TRiEE PSWs are engaging in weekly classroom observations and regular ECMHC consultation with teachers and aides as well as periodic planning and consultation with EEC principals. Additionally, the PSWs have provided professional development trainings and informal information sessions with parents about the TRiEE program, vicarious trauma, and self-care. They are actively engaging caregivers and making referrals to internal LAUSD mental health and developmental supports and external community supports, such as referrals for basic needs (i.e., homelessness and food shelters), as necessary.

LAUSD is currently developing an implementation plan for elementary school engagement, roll out of the FOCUS curriculum and implementation of the SEEDS curriculum at the EECs in the upcoming reporting period.

LACOE COMMUNITY SCHOOLS IMPLEMENTATION

LACOE has filled 28 of the 34 community school positions. Currently, LACOE Program Specialists and/or Educational Community Workers (ECW) are at 11 of the 15 school sites, building relationships and educating the community about SBCAP and the various collaborative efforts and services associated with the platforms. There are three (3) Program Specialists in the process of on-boarding and five (5) ECW positions left to fill.

Through the trainings provided by UCLA COE, 527 high school staff from nine (9) community school sites have participated in trainings focused on trauma and resilience-informed care and maintaining wellbeing in the workplace. UCLA COE continues to reach out to the remaining sites and plans to schedule additional trainings.

The DMH consultant supporting the implementation of SBCAP completed initial site visits for the 15 LACOE schools. These visits with the school site administration helped to initially identify each site's general mental health needs, available resources and additional supports needed for the school community.

Currently, the DMH consultant, LACOE Coordinators, LACOE Program Specialists, School Site Administration, and DMH Regional Teams staff are conducting follow-up site visits to provide technical assistance, coordination and linkage to external supports. These follow up visits are allowing the Regional Teams to build relationships and provide ongoing support to school site staff. Visits include updates on implementation, deciphering and streamlining the referral process, identifying challenges, encouraging and planning for participation in UCLA trainings, and identifying additional needs.

To date, LACOE community school Program Specialists have coordinated various events, affecting an estimated 1,009 participants, across Los Angeles County. In collaboration with various County offices and school site staff, they have collaborated with local agencies and businesses to provide health care enrollment opportunities; made presentations to school boards and their local communities; provided parent workshops and staff trainings; and attended and/or presented at school events and information booths. The Program Specialists have assisted in obtaining grant funding for after-school programs, outreached to local businesses, solicited donations, coordinated food distributions, and assisted families in attaining basic human needs. LACOE staff have logged over 327 parent and family contacts and are building solid foundations for further collaboration.

DPH WELLBEING CENTERS

DMH continues to collaborate with DPH and its partner PPLA on the development and implementation of WBCs in 50 high schools countywide. The WBCs are designed to address the social, emotional, and sexual health needs of adolescents. To date, PPLA has begun providing services in five (5) DPH WBCs including Bell High, South East High, West Adams High, Southgate High, and Esteban Torres High. An additional four (4) DPH WBCs are scheduled to open by February 2020.

As part of the collaboration with DPH, DMH has begun providing training and technical support to the PPLA after-hours call center staff on the nature of suicide, suicide related statistics, suicide risk factors, and warning signs. On November 21, 2019, the managers of DMH's ACCESS Center and Emergency Outreach and Triage Division, along with Regional Teams staff, conducted their first call center site visit. This first visit allowed DMH to review the metric PPLA has created to screen calls, assess for needs, and gather data regarding types of calls received and peak hours of received calls. A second site visit in December 2019 included a discussion on the referral process to ensure there is linkage to and follow up by the on-campus LAUSD staff, WBC staff or an outside provider.

On December 11, 2019, PPLA was given the opportunity to visit the DMH ACCESS Center to provide ACCESS Center's after-hours staff with information about the PPLA Warmline. This visit included discussions about which calls are appropriate to link to the ACCESS Center, client privacy constraints, and how client calls will require a warm handoff if they warrant an assessment by the Psychiatric Mobile Response Team (PMRT). The agencies agreed to continue collaborative efforts to improve the service delivery as the services unfold.

IMPACT ON CURRENT SERVICES OR PROJECTS

In light of the recent tragedy at Saugus High School, DMH is evaluating and updating its crisis response protocol. DMH's Emergency Outreach and Triage Division, in collaboration with the Regional Teams, is in the process of drafting a response protocol to ensure that coordinated mental health support is provided to schools, parents, and communities impacted by a crisis.

The partnership between DMH, DPH, LACOE, and LAUSD helps to ensure that mental health, wellbeing services and supports are timely and accessible. The implementation of SBCAP furthers efforts to improve the overall wellbeing of children and families throughout Los Angeles County.

If you have any questions, or require additional information, please contact me or your staff can contact Kanchi Tate, Mental Health Program Manager, Prevention Division, at (213) 739-5483 or KTate@dmh.lacounty.gov.

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Los Angeles County Office of Education
Los Angeles Unified School District



DEPARTMENT OF MENTAL HEALTH

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JONATHAN E. SHERIN, M.D., Ph.D.
Director

Gregory C. Polk, M.P.A.
Chief Deputy Director

Curley L. Bonds, M.D.
Chief Medical Officer

July 20, 2020

TO: Supervisor Kathryn Barger, Chair
Supervisor Hilda L. Solis
Supervisor Mark Ridley-Thomas
Supervisor Sheila Kuehl
Supervisor Janice Hahn

FROM: Jonathan E. Sherin, M.D., Ph.D.
Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF
APRIL 9, 2019)**

On January 15, 2019, the Department of Mental Health (DMH) responded to Board Motion 22-B and subsequent motions by developing and funding the School-Based Community Access Platform (SBCAP), a program that works in collaboration with the Los Angeles Unified School District (LAUSD), Los Angeles County Office of Education (LACOE) and Department of Public Health (DPH) to address the wellbeing of students and families. The intention of this platform is to create trauma-informed schools, increase access to needed services for the school community, and cultivate resilience in school communities.

Due to the COVID-19 pandemic and school closures throughout Los Angeles County, the initiatives under SBCAP re-directed services to address COVID-related community mental health needs and concerns. This quarterly report provides an update on the implementation of SBCAP in response to COVID-19.

LACOE COMMUNITY SCHOOLS

In the midst of the COVID-19 pandemic, LACOE continues to support the 15 community schools by being a resource hub. In collaboration with 211LA, each school site has developed a Resource Directory specific to the services available within that community. All staff members have developed Remote Work Plans to best address the pressing

needs of the community school and are offering remote support (e.g., wellness check-ins with students/families, facilitating parent forums, creating weekly newsletters with resources) to each site as needed during the crisis. LACOE has also transitioned the existing Advisory Councils to function as Crisis Support Teams. The members of the Advisory Councils include teachers, district staff, caregivers, community partners, and, in some cases, staff from the mayor's offices. These meetings are utilized to assess the needs of the community and strategize about how to connect families with resources.

Community school staff worked closely with their school campus administration to determine how to support the students, parents/caregivers, and educators. To that end, community school staff maintained a regular workday schedule with flexibility to support schools during special events such as evening and weekend meetings, celebrations, and community engagement sessions. They also engaged parent/caregivers through resource sharing, including concrete supports. Several of the community school staff spearheaded or assisted school administration in organizing community food distribution and gift cards. Community school staff also supported schools in doing virtual meetings or groups with parents/caregivers. Throughout the summer, community school staff will continue hosting virtual meetings and trainings, as well as assist with their school site's re-opening plans.

In May, LACOE community schools sent out the Spring Community Schools Survey to school administrators, school staff, students in each grade, parents, and caregivers. The survey assessed school climate, quality of school relationships, and opinions/feelings about various areas including discipline and safety. The collected data will serve as the baseline data in the program evaluation. As this was the first year of implementation for the Community Schools Program, deploying the survey across all 15 school districts posed a number of challenges, such as obtaining input from all 15 school counsels and agreeing on a mechanism to disseminate the survey. Therefore, this year LACOE Community Schools disseminated the survey in May. In the future, the goal is to collect this survey during the fall and spring semesters of each school year.

LAUSD TRAUMA AND RESILIENCE-INFORMED EARLY ENRICHMENT

To respond to the needs of children and families impacted by COVID-19, the LAUSD established a support and information hotline. The hotline operated Monday through Friday, 6:00 am to 6:00 pm beginning March 17, 2020, and is now operational 8:00 am to 5:00 pm for the summer months. The hotline, which is staffed by LAUSD clinicians, initiates referrals to the DMH School Regional Team to link students and their families to mental health services or work directly with the ACCESS Center in times of crisis. In addition to providing mental health support, LAUSD is collaborating with other County departments to connect families to housing, financial, and health resources.

Psychiatric Social Workers (PSWs) from the Trauma and Resilience-informed Early Enrichment (TRiEE) Early Education Centers (EEC) are reaching out to staff and families to provide support and resources. PSWs developed a series of virtual Professional Development trainings for EEC teaching staff. Topics included: Supporting Families During COVID, Understanding Attachment Styles, and Coping with Anxiety. PSWs also developed a variety of supports and trainings for parents to help them manage the current situation such as: Anxiety about COVID, Anxiety in Children, Managing Multiple Roles at Home, and Parental Self-Care. The parent/caregiver trainings and resources were delivered either through live virtual platforms or pre-recorded and uploaded on the school's website. The evaluation team completed the initial TRiEE surveys, and they were distributed to all staff and EEC parents.

While we do not yet know what the next academic year will look like, the TRiEE program is currently planning to be able to provide supports in person, virtually, or utilizing a hybrid model.

DPH WELLBEING CENTERS

Since March 30, 2020, DPH's Wellbeing Center staff have been working on the COVID-19 response. In partnership with Planned Parenthood Los Angeles (PPLA), the Peer Health Advocate program was continued via a virtual platform through the end of the current school year. DPH Wellbeing staff met virtually with the students involved in the leadership program (10 students per school, once a week). Meetings with the student leaders focused on building community and offering mental health supports. The meetings are continuing through the summer on a voluntary basis as requested by the students.

Additionally, the DPH Consultant/Wellbeing Program Manager has been working with four school districts preparing to open six new Wellbeing Centers in the fall. PPLA and DPH have met with school administrators to prepare for building out the PPLA clinics at the remaining 20 LAUSD sites. The independent school district sites will follow.

DMH-UCLA PUBLIC PARTNERSHIP FOR WELLBEING

The DMH-UCLA Public Partnership For Wellbeing (PP4W) has been a tremendous ally in the implementation of the SBCAP programs. Since July 2019, the PP4W has provided 92 trainings to 2,970 school staff across Los Angeles County School Districts. In response to the COVID-19 Pandemic, PP4W utilized their Wellbeing4LA Online Learning Center platform (<https://learn.wellbeing4la.org>) to make COVID-19 specific tip sheets and

Each Supervisor
July 20, 2020
Page 4

resources available to educators and other school staff. In addition, the PP4W created a series for educators specifically about reopening schools.

The Educators Overcoming Under Stress series features County leaders including: Dr. Jonathan E. Sherin, Dr. Debra Duardo, and Deputy Superintendent of LACOE, Arturo Valdez.

DMH REGIONAL TEAM

DMH Legal Entities and school mental health providers have shifted to providing tele-mental health services to support families during this stressful period. In order to support schools, the DMH Regional Team is serving as a centralized referral and triage system to link families to mental health services and to address any access to care issues. When a school district identifies a student in need of mental health services, it initiates a referral to the Regional Team for follow up. The Team has received 120 referrals since implementation began on April 27, 2020. DMH has also provided school districts resources and trainings, including Virtual Crisis Response and Access to Care trainings and written materials, to help them support the wellbeing of children, youth, parents and school personnel and to aid in reducing anxiety and managing stress during the COVID-19 pandemic. The Regional Team will continue collaborating with LACOE and LAUSD to support the school communities.

If you have any questions or require additional information, please contact me, or staff can contact Kanchi Tate, Program Manager, MHSA Prevention Division, at ktate@dmh.lacounty.gov.

JES:GCP:KT:mgb

c: Executive Office, Board of Supervisors
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October 20, 2020

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2019)**

The Department of Mental Health (DMH) responded to Board Motion 22-B and subsequent Motions by developing and funding the School-Based Community Access Platform (SBCAP). SBCAP works in collaboration with the Los Angeles County Office of Education (LACOE), Los Angeles Unified School District (LAUSD), Department of Public Health (DPH), and DMH-UCLA Prevention Center of Excellence (COE) to address the wellbeing of educators, students, and families. The intention of this platform is to cultivate trauma- and resilience-informed school communities and increase access to needed mental health services.

The COVID-19 pandemic has highlighted and exacerbated racial inequities and disparities in health outcomes, education and access to services across the county. In response, the SBCAP initiatives reimaged services to improve the mental wellbeing of the school community. This quarterly report provides an update on SBCAP services, including those that were tailored in response to the COVID-19 pandemic.

DMH SBCAP REGIONAL TEAM

Since the early days of the pandemic, DMH Legal Entities, who provide school mental health services, continued to deliver tele-mental health services to support students and families across the County. In order to support their efforts, the SBCAP Regional Team began hosting quarterly virtual workshops to support the wellbeing of DMH Legal Entity

employees. The first workshop took place on August 5, 2020, and had over 200 registered participants. Presentation topics included the impact of COVID-19 and institutional racism on school staff, students, and families. The next virtual workshop is scheduled to take place on November 4, 2020, and will address culturally attuned strategies for engaging students and families during the ongoing pandemic.

In collaboration with LACOE, DMH provided school districts resources and trainings, including a virtual roundtable, on engaging students and families during COVID-19 and amidst the social justice movement. Trainings also included professional wellbeing of school staff. Included in each session was an introduction to Headspace, to familiarize school staff with the benefits of mindfulness and equip them with a resource to share with students and parents.

In addition, the SBCAP Regional Team continued its role as a centralized referral and triage system to link school-referred students and families to mental health services and troubleshoot any access to care issues. To date, the team has triaged over 170 referrals.

In October, the DMH SBCAP, LACOE, and UCLA team hosted the Third Annual School Symposium titled *"Hope, Connection, and Wellbeing: Leading with Resilience in School Communities."* The four-session event covered racial justice and education equity, educator and school staff wellbeing, parent and caregiver engagement, and uplifted student voices. The symposium had over 700 registered school staff, educators, and mental health providers. Evaluations were administered after each session and overall participants were "Very Satisfied" with the information presented. The youth panels were an audience favorite as evident by the positive feedback.

The SBCAP Regional Team is partnering with the UCLA Pritzker Center on supporting school sites with their reopening plans, to ensure the wellbeing of school community are prioritized to meet the complex needs of students, parents, and families. The first step toward this effort included Dr. Sherin and Dr. Duardo sending a joint letter to the Superintendents with a list of resources that can be shared with their school community. (Please see attachments to view letter and resource list.)

DMH-UCLA Prevention Center of Excellence

Since stay-at-home orders were issued in Los Angeles County on March 19, 2020, the COE has provided 48 virtual trainings to 1,804 attendees across Los Angeles County School Districts.

During this quarter, in collaboration with the LAUSD Trauma and Resilience-informed Early Enrichment (TRiEE) Program, the COE is delivering professional development sessions and parent support workshops at LAUSD Early Education Centers (EEC). A

virtual training series titled Strategies for Enhanced Early Development Success (SEEDS), Trauma-Informed Care for Infants and Toddlers will also be rolled out in the coming months. Additionally, the COE has helped LAUSD transition to virtual training on the Families Over Coming Under Stress (FOCUS) Resilience Curriculum for Early Education and the FOCUS Resilience Curriculum for Parents. In support of LACOE Community Schools (CS), the COE developed new curricula to support school site leadership in promoting educator and student wellbeing, responding to racial injustice, and managing student stress and anxiety. The COE has also created a moderated virtual Learning Community specifically for CS educators and is in the process of creating a parallel community for school counselors and mental health providers.

LACOE COMMUNITY SCHOOLS

LACOE continues to support the 15 CS sites by serving as a virtual resource hub. To assist with school site re-opening plans, LACOE provided professional development specific to school site principals, assistant principals, and district leaders to equip them to welcome back staff, students, and parents. Schools were also provided with professional development specific to opening the school year during the pandemic. Additional sessions focused on responding to racial injustice and implications for teachers and schools and managing student stress and anxiety.

Each school site continues to collaborate with 2-1-1 LA to update its Resource Directories. LACOE continues to lead Advisory Council meetings at each site to ensure community input. These meetings allow schools to strategize on ways to connect families with resources and have been an essential support for school personnel and families during the closures.

CS staff work closely with their school campus administration to support the students, parents/caregivers, and educators, including during evening and weekend meetings, celebrations and community engagement sessions. They engaged parent/caregivers through resource sharing, including concrete supports. Several of the CS staff spearheaded or assisted school administration in organizing community food distribution. CS staff also supported schools in doing virtual meetings or groups with parents/caregivers.

In September and October, LACOE Community Schools sent out the Fall Community Schools Survey to freshman students and their parents and caregivers. The survey assessed school climate, quality of school relationships, and opinions/feelings about various areas including discipline and safety. Since schools continue in distance learning, the staff are utilizing various platforms to promote the survey, through emails, social media, and phone calls. The survey results will be analyzed by the UCLA research team and shared with DMH and LACOE.

LAUSD TRAUMA AND RESILIENCE-INFORMED EARLY ENRICHMENT

LAUSD continued operating the Student and Family Wellness Hotline. This partnership between DMH and LAUSD has allowed for Hotline staff to initiate referrals to the DMH School Regional Team to link students and their families to mental health services. In addition to providing mental health support, LAUSD is collaborating with other government agencies to connect families to housing, financial, and health resources.

Psychiatric Social Workers (PSWs) from the TRiEE EEC continue to provide virtual Professional Development to the EEC staff and workshops/trainings to parents. Teachers have transitioned to a structured online teaching schedule, which many find stressful and challenging. PSWs offer support and consultation to those staff to mitigate burnout and increase wellbeing.

PSWs refer and link families to resources and services in the community. PSWs conduct virtual classroom observations, offer continuing Early Childhood Mental Health Consultation (ECMHC), and at some sites, assist by modeling and teaching Social Emotional Learning lessons. TRiEE PSWs have teamed with DMH-UCLA COE and adapted the SEEDS Infant and Toddler Booster Series for parents.

All PSWs received a booster training on ECMHC with Providence St. John's team in September and will be trained on a Home Visiting Model called Promoting First Relationships in October. This model has been adapted to a virtual format.

DPH WELLBEING CENTERS

From April 1, 2020, through August 31, 2020, all DPH Wellbeing Center (WBC) staff, with the exception of the Program Manager, were assigned to COVID-19 emergency response work. On September 1, 2020, all WBC Senior Health Educators and Health Educators were re-assigned to work alongside the Staff Analyst and Program Manager on the School Technical Assistance Team, supporting schools in their efforts to safely re-open to specialized student populations. In addition, DPH has initiated a new peer leadership program in which students from each of the WBC campuses will be learning from DPH Infectious Disease physicians about COVID-19, social determinants of health and public health behavioral change models. The peer leadership program will also implement an educational campaign to enhance prevention practices.

In partnership with Planned Parenthood Los Angeles (PPLA), the Peer Health Advocate program resumed through the summer via a virtual platform. DPH Wellbeing staff met virtually with the students involved in the leadership program - 10 students per school - once a week. Meetings with the student leaders focused on building community and offering mental health supports.

Each Supervisor
October 20, 2020
Page 5

In order to accommodate the needs of the students the DMH SBCAP Team began facilitating virtual prevention workshops, October 2020, at the participating DPH Wellbeing Center school sites. The prevention workshops are tailored to increase students' awareness of mental health, wellbeing and community resources while acknowledging and discussing racial disparities and its impact on social-emotional wellness. Each workshop includes a Headspace meditation in order to introduce students to the benefits of mindfulness. During these unprecedented times, the partnership among DMH, LACOE, LAUSD, DPH, and UCLA has allowed SBCAP Programs to adapt to the new needs of students and their families. The DMH SBCAP Regional Team will continue to coordinate the efforts of these entities and DMH mental health providers to provide the highest level of support to school communities.

If you have any questions or require additional information, please contact Kanchi Tate, Program Manager, MHSA Programs and Special Projects, at ktate@dmh.lacounty.gov.

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Attachments

c: Executive Office, Board of Supervisors
 Chief Executive Office
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 Los Angeles Unified School District



**Los Angeles County
Office of Education**

September 21, 2010

Dear Superintendents:

RESOURCES AND SUPPORTS

"None of us are well until all of us are well," is a mantra the Department of Mental Health (DMH) lifts up because we believe deeply in community and the wellbeing of our collective; at the end of the day we must provide for, and look after, each other. In finishing up September, Recovery and Suicide Prevention Month, we recognize that our students, teachers, and administrators have returned to school with new challenges. We are therefore writing to make sure you are aware of the many [resources and supports](#) DMH and the Los Angeles County Office of Education (LACOE) have available to you.

To help support the self-care journeys faced by each of us, DMH is providing free access to [Headspace](#), a set of online and mobile app meditation and mindfulness resources proven to reduce stress, until the end of 2020. Please share this link (<https://www.headspace.com/lacounty>) broadly across your district.

Given the unique challenges of a virtual environment, DMH has also launched a training series specifically for educators, to help them watch out for and respond to the mental health and wellbeing needs of students. These trainings, along with additional tools to support educators, students and families are available through our Learning Center (learn.wellbeing4.LA.org).

For concerns relating to the risk of self-harm and/or suicide please call the [National Suicide Prevention Lifeline](#) at 800-273-8255, 24/7/365. When you call the Lifeline you will be connected to the local hotline, operated by DMH's contracted community provider, Didi Hirsch, who will provide a trained counselor to help guide you through crises. **Remember, you do not have to wait until a crisis occurs before reaching out.**

In addition, the [Department of Mental Health Help Line](#) can be called 24/7 at (800) 854-7771 for anyone seeking emotional support, mental health services, or help navigating the roads to get help. Lastly, we urge the courageous school staff, who we recognize as core first responders, to call the **LA County Wellbeing Line**, (833) 307-0509, for access to confidential support 7 days a week from 10 am to 6 pm.

Each year schools are asked to do more with less. Attending to each other's wellbeing is more difficult and important than ever. We stand in solidarity and extend our deep gratitude for your dedication to the kids and schools of Los Angeles County. Please share these resources with all of your communities and don't hesitate to reach out to us at SchoolMH@dmh.lacounty.gov if you have any questions.

Thank you for all that you do.

Sincerely,

Jonathan E. Sherin, M.D., Ph.D.
Director of Department of Mental Health

Debra Duardo, M.S.W., Ed.D.
County Superintendent of Schools

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH

Educational Resources

Crisis Support	
<i>Resources that may help if you are experiencing a mental health crisis or need immediate support</i>	
Title/Description	Phone Number/Website
LA County Wellbeing Line (10am-6pm PST phone) <i>Support line for professionals experiencing stress, desiring someone to talk to or supportive resources. Open 7 days a week, 10am-6pm.</i>	(833) 307-0509
Suicide Prevention Lifeline through Didi Hirsch (24/7 phone) <i>Lifeline to call when you or someone you know may be considering suicide. Call even if it isn't a crisis, 24 hours 7 days a week.</i>	1-800-273-8255
DMH Helpline (27/7 phone) <i>Hotline for anyone seeking emotional support, mental health services, or navigating services for a loved one, available 24 hours a day, 7 days a week.</i>	1-800-854-7771
Emotional Support Warm Line (9am-9pm PST phone) <i>One of the options when calling the DMH Helpline, for county residents who may not want mental health services but would like to talk with a trained listener.</i>	1-800-854-7771 (option 2 when calling the DMH Help Line)
Trevor Project (24/7 phone/text/chat)	1-866-488-7386, or visit https://www.thetrevorproject.org/
Trans Lifeline (24/7 phone)	1-877-565-8860, or visit https://translifeline.org/
CA Youth Crisis Hotline (24/7 phone)	1-800-843-5200, or visit http://calyouth.org/chat-with-a-crisis-counselor/
Teen Line (6PM – 9PM PST phone/text)	310-855-4673 or text "TEEN" to 839863, or visit https://teenlineonline.org/yyp/edelman-mental-health-center/

Office of Surgeon General	
Title/Description	Link
California Surgeon General's Playbook: Stress Relief for Caregivers and Kids during COVID-19	https://files.covid19.ca.gov/pdf/wp/california-surgeon-general-stress-busting-playbook-draft-v2clean-ada-04072020.pdf

Los Angeles County Office of Education Resources	
Title/Description	Link
Los Angeles County Schools: Rising to the Challenge of COVID-19 – A Planning Framework for the 2020-21 School Year	https://www.lacoe.edu/Home/School-Reopening
Los Angeles County Head Start and Early Learning: Reopening Planning Framework – Rising to the Challenge of COVID-19	https://www.lacoe.edu/Portals/0/HSEL%20Reopening%20Planning%20Framework.pdf?ver=2020-07-15-141136-690

Resources: Equity, Social Justice, and Engagement	https://www.lacoe.edu/Curriculum-Instruction/Equity-Social-Justice-and-Engagement
Coronavirus (COVID-19) Resources	https://www.lacoe.edu/Home/Health-and-Safety/Coronavirus-Resources
COVID-19 Response – Resources and Announcements – Early Childhood Education	https://www.lacoe.edu/Early-Learning/ECE-Covid-19-Resource-Page

DMH-UCLA Prevention Center of Excellence

Title/Description	Link
Wellbeing4LA Learning Center <i>Trainings to help school staff build confidence in recognizing and responding to the emotional and mental health needs of students and families</i>	https://www.wellbeing4la.org/wellbeing4la-online-learning-center/
Preparing to Reopen: Prioritizing Prevention With Dr. Jonathan Sherin, Director, Los Angeles County Department of Mental Health	https://learn.wellbeing4la.org/detail?id=1761
The Path to Reopening Los Angeles Schools With Dr. Debra Duardo, Superintendent of Schools, LACOE	https://learn.wellbeing4la.org/detail?id=1756
Preparing to Reopen: Considerations for Student and Staff Safety With Arturo Valdez, Deputy Superintendent of Schools, LACOE	https://learn.wellbeing4la.org/detail?id=1759
Preparing to Reopen: Listening, Partnering, and Breathing With Dr. Laurel Bear, Educational Consultant, Los Angeles County Department of Mental Health <i>For more information, check out "Educators Overcoming Under Stress," a series of videos to support educators and school staff during the COVID-19 pandemic. The full series is available for free on the DMH-UCLA Prevention Center of Excellence learning platform.</i> <i>*Please note: You will have to sign up for an account before being able to access the trainings.</i>	https://learn.wellbeing4la.org/detail?id=1760

Additional Resources for Educators

Title/Description	Link
Getting Back to School after Disruptions (Positive Behavioral Interventions & Supports) <i>Resources for making your school year safer, more predictable, and more positive</i>	https://www.pbis.org/resource/getting-back-to-school-after-disruptions-resources-for-making-your-school-year-safer-more-predictable-and-more-positive
Addressing Racism in the Classroom (NCTSN) <i>A resource for educators</i>	https://schoolcounselor.org/asca/media/PDFs/FINAL-Race-and-Trauma-in-the-Classroom-Factsheet.pdf
Teaching Through Trauma (California Educator) <i>A series of stories that look at how educators are handling students with trauma</i>	https://californiaeducator.org/2019/08/19/teaching-through-trauma/
Helping Youth after Community Trauma (NCTSN) <i>Tips for educators</i>	https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/156/helping_youth_after_community_trauma_for_educators_final_explosions.pdf
School Reentry Considerations (American School Counselor Association)	https://www.schoolcounselor.org/asca/media/asca/Publications/SchoolReentry.pdf

<i>Supporting student social and emotional learning and mental and behavioral health amidst COVID-19</i>	
Back to School After COVID-19 (Mental Health Technology Transfer Center Network)	https://mhetcnetwork.org/centers/new-england-mhetc/product/c-tlc-back-school-after-covid-19-supporting-student-and-staff
<i>Supporting student and staff mental health toolkit</i>	
Countering Coronavirus Stigma & Racism (National Association of School Psychologists)	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/countering-coronavirus-stigma-and-racism-tips-for-teachers-and-other-educators
<i>Tips for teachers and other educators</i>	
Teaching Tolerance	https://www.tolerance.org/the-moment/may-8-2020-affirming-black-lives-without-inducing-trauma?fbclid=IwAR276l4wLsnNCsPdoVl_FjPN-ZTjsPv4t-D9vXwroEGmvDIQI9aOul7mnP0
<i>Affirming Black lives without inducing trauma</i>	
Supporting Black LGBTQ Youth Mental Health (Trevor Project)	https://www.thetrevorproject.org/wp-content/uploads/2020/06/Supporting-Black-LGBTQ-Youth-Mental-Health.pdf
<i>Tips for educators</i>	

Additional Resources for Parents

Title/Description	Link
Supporting your child's mental health as they return to school (UNICEF)	https://www.unicef.org/coronavirus/supporting-your-childrens-mental-health-during-covid-19-school-return
<i>How parents can help their children navigate their feelings during school reopenings</i>	
'What will a return to school during COVID-19 pandemic look like?' (UNICEF)	https://www.unicef.org/coronavirus/what-will-return-school-during-covid-19-pandemic-look
<i>What parents need to know about school reopening in the age of coronavirus</i>	
Starting a New School Year Following a Summer of Change (Psych Central)	https://psychcentral.com/lib/starting-a-new-school-year-following-a-summer-of-change/
<i>Resources for helping students transition back to school</i>	
Helping Children Cope with Changes Resulting From COVID-19 (National Association of School Psychologists)	https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19
<i>Tip for parents on helping children during the COVID-19 pandemic</i>	
Helping Kids Grieve (Sesame Street in Communities)	https://sesamestreetincommunities.org/topics/grief/
<i>Tips and resources for parent on helping children who lost a loved one</i>	

Resources for Youth

Title/Description	Link
Responding to Change and Loss (National Alliance for Grieving Children)	https://www.chesterfield.gov/DocumentCenter/View/15523/NAGC-Activity-Booklet-Responding-to-Change-and-Loss-PDF?bidId=

<i>Activities for children and teens experiencing grief</i>	
Guided Meditations for Teens (Mindfulness for Teens)	http://mindfulnessforteens.com/guided-meditations/
How LGBTQ Youth Can Cope with Anxiety and Stress During COVID-19 (Trevor Project)	https://www.thetrevorproject.org/2020/03/26/how-lgbtq-youth-can-cope-with-anxiety-and-stress-during-covid-19/
NAMI Resources (NAMI-Urban Los Angeles)	https://www.namiurbanla.org/resources
<i>Various local resources for teens and families</i>	

Additional Resource for LA County Residents	
Title/Description	Link
Headspace	https://work.headspace.com/lacdmhresidents/member-enroll
<i>Mindfulness and meditation app provided for free to all LA County residents.</i>	
Wellbeing4LA Learning Center	https://learn.wellbeing4la.org/
<i>Trainings to help school staff build confidence in recognizing and responding to the emotional and mental health needs of students and families.</i>	



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January 20, 2021

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FROM: Jonathan E. Sherin, M.D., Ph.D.
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SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
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2019)**

The surge in the pandemic and the expansion of the stay-at-home order have altered School Districts' proposed plans to begin in-person instruction this school year. As remote learning continues and the need for basic supports and mental health assistance increases, the Department of Mental Health (DMH) School-Based Community Access Platform (SBCAP), in partnership with Los Angeles County Office of Education (LACOE), Los Angeles Unified School District (LAUSD), Department of Public Health (DPH), and DMH+UCLA Public Partnership for Wellbeing (PPfW) continue to support school communities. This quarterly report provides an update on the DMH SBCAP Regional Team services and partnership efforts from October through December 2020, including services tailored to meet the needs of the school communities.

DMH SBCAP REGIONAL TEAM

The DMH SBCAP Regional Team continued providing programmatic and technical support to the three major school initiatives: LACOE, LAUSD, and DPH. The efforts highlighted below exemplify these priorities:

- The DMH SBCAP Officer of the Day process continued triaging and linking mental health referrals from school sites;
- DMH school mental health providers continued collaborating and partnering with school administrations to deliver direct mental health services to students and families via virtual platforms or in-person;
- Approximately 100 DMH Legal Entity contracted clinicians providing school mental health services received training addressing culturally attuned strategies for engaging students and families during the ongoing pandemic; and
- DMH Service Area School Mental Health Coordinator monthly meetings continued virtually to address and problem solve around the mental health needs of school communities.

LACOE COMMUNITY SCHOOL EFFORTS

LACOE community school staff continued to identify opportunities to increase student and parent engagement. The following are examples of the community school staff efforts during this reporting period:

- On October 14, 2020, DMH SBCAP, LACOE, and PPfW concluded the Third Annual School Symposium. Approximately 700 school staff, teachers, mental health providers, and administrators registered for this event. The symposium was a four-part series dedicated to increasing awareness of the impact of the pandemic and social movement on students and families. Recordings and resources can be found at: <http://bit.ly/schoolsymposiumresources>;
- DMH SBCAP and DMH's Educational Consultant continued to meet on a monthly basis with the LACOE Student Support Services team to address and problem solve around mental health and access to care matters pertaining to students, families, and school mental health staff;
- Over 200 school counselors and school mental health staff received training on identifying mental health needs in students referring and linking to mental health services. In addition, the training discussed crisis and coordinated care among different entities;
- LACOE community school staff identified strategies to engage student voice participation and attendance through opportunities such as student advisory councils and incentives. Community school staff also engaged caregivers through workshops on supporting their child's distance learning experience;

- LACOE community school staff organized and/or assisted with 173 community and school engagement events. The events attracted an average of 61 students/parents and community members per event. Schools held events such as food and school supply distribution during holidays, in partnerships with faith-based organizations and non-profit partners; and
- LACOE community school strengthened collaborations with the Department of Public Social Services (DPSS) and the Department of Consumer and Business Affairs (DCBA) by meeting regularly with department leaders to strategize on how to support schools. As a result, DPSS has trained LACOE staff on the various platforms they use and community school staff, along with DCBA, are promoting key services, including Housing Services and Eviction Defense Program, Financial Navigators Services, and Immigrant Services to their school communities.

LAUSD TRAUMA RESILIENCE-INFORMED EARLY ENRICHMENT EFFORTS

The Trauma Resilience-informed Early Enrichment (TRiEE) Psychiatric Social Workers (PSWs) continued to provide virtual professional development, consultation, classroom observations and support to Early Education Center (EEC) staff. The following is an example of some of these efforts:

- During this reporting period, TRiEE PSWs facilitated a total of 14 workshops for parents. Topics included Routines, Attachment, Self-Care, and Managing Strong Emotions. In addition, TRiEE PSWs facilitated 11 professional development trainings for EEC staff. Topics included Self Care, Routines, Trauma, Attachment, and Resilience; and
- On December 2, 2020, the TRiEE Program launched an Early Childhood Mental Health Consultation Line available to parents and staff districtwide. The line operates Monday through Friday, from 8:00 am to 5:00 pm, with English and Spanish speaking PSWs on duty every shift with the capacity to provide live, real-time translation in most other languages. In addition to consultation, TRiEE PSWs provide referrals and linkages for outside resources and are able to connect callers directly to the LAUSD Student Health and Human Services Hotline for additional information and/or support. During December, 24 calls were received and triaged by TRiEE PSWs.

DPH WELLBEING CENTERS

Since September, the DPH Wellbeing Center (WBC) staff have been deployed to work on the emergency response to COVID-19. In order to meet the needs of the WBC sites,

Planned Parenthood Los Angeles staff provided WBC students with a modified health education curriculum. The following are some of the efforts during this quarter:

- DPH initiated a new peer leadership program, the Public Health Task Force, in which students from each of the WBC campuses learned from DPH infectious disease physicians about COVID-19, social determinants of health and public health behavioral change models. The students will present their learning to science classes on their campuses in the spring; and
- DMH SBCAP Clinicians collaborated with DPH WBC Health Educators and engaged the participating DPH WBC sites to explore mental health related needs and offered live virtual workshops. As a result, SBCAP clinicians delivered 46 five-day psychoeducation workshops at 19 participating WBC sites and provided additional supports and resources as needed. Due to the high success and demand for additional workshops, DMH SBCAP will record the workshops and make them available through the Wellbeing4LA Website next quarter.

DMH+UCLA PUBLIC PARTNERSHIP for WELLBEING

The DMH+UCLA PPfW has been an integral partner of DMH SBCAP. Through PPfW, DMH SBCAP has been able to virtually provide necessary trainings for school communities. The following list is an example of the new trainings created during this quarter:

- DMH, PPfW, and Didi Hirsch created a three-part video series for educators and school staff titled "Suicide Prevention in a Virtual Classroom." The series provides guidelines, talking points, and tools for recognizing and responding to suicide warning signs in a virtual setting. The video series is located on the Wellbeing4LA website and is available for all school staff and mental health providers;
- PPfW delivered a four-part training series to TRiEE PSWs focusing on how adults can promote self-regulation skills in young children and included digital access to tools, such as eight SEEDS Activity Guides; and
- PPfW developed new curricula to meet the specific needs of the LACOE CS sites. The trainings were delivered live, through a virtual platform, and will be made available on the Wellbeing4LA website in the future. Topics included:
 - Responding to Racial Injustice: Implications for Teachers and School;
 - Managing Student Stress and Anxiety with Particular Focus;
 - Strategies for Cultivating Social Emotional Wellbeing Online; and
 - Introduction to Restorative Practices in Schools.

Each Supervisor
January 20, 2021
Page 5

During these extraordinary times, the partnerships described above have allowed SBCAP programs to adapt to the needs of school communities. The SBCAP team has worked closely with LACOE, LAUSD, and DPH to provide needed supports such as trainings and

data assistance. The SBCAP team will continue to coordinate efforts with these entities and DMH mental health providers to provide the highest level of support to school communities.

If you have any questions or require additional information, please contact me or Kanchi Tate, Program Manager, MHSA Programs and Special Projects, at KTate@dmh.lacounty.gov.

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 Chief Executive Office
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 Los Angeles Unified School District



DEPARTMENT OF MENTAL HEALTH

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JONATHAN E. SHERIN, M.D., Ph.D.
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Chief Deputy Director

Curley L. Bonds, M.D.
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Lisa H. Wong, Psy.D.
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April 29, 2021

TO: Supervisor Hilda L. Solis, Chair
Supervisor Holly J. Mitchell
Supervisor Janice Hahn
Supervisor Kathryn Barger
Supervisor Sheila Kuehl

FROM: Jonathan E. Sherin, M.D., Ph.D.
Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9,
2019)**

The following Board Report provides a quarterly summary for the months of January through March 2021, detailing the collective efforts to support school communities conducted by Los Angeles County Department of Mental Health (DMH) School Based Community Access Platforms (SBCAP) in partnership with Los Angeles County Office of Education (LACOE), Los Angeles Unified School District (LAUSD), Department of Public Health (DPH), and DMH+UCLA Public Partnership for Wellbeing (PPfW).

Outreach and Training Activities

Creating a trauma informed school community involves rigorous outreach and awareness building. Outreach and awareness activities ranged from universal communications (mass emails, automated phone calls, text messages, social media posts, mailers, and website pages) to targeted and individualized communications (direct and personalized phone calls, text messages, emails, and group presentations and trainings). The following are highlights of some activities conducted during the third quarter under the SBCAP Programs:

- DMH Service Area School Mental Health Coordinator monthly meetings continued virtually where the SBCAP Regional Team provided support to school mental health agencies and school districts. Topics included preparing for return to in-person instruction;
- The SBCAP Regional Team participated in two tabling events at LACOE schools to promote mental health wellbeing;
- The SBCAP Regional Team raised awareness and capacity through trainings and workshops for school staff and school mental health agencies by:
 - Hosting a workshop for over 100 school mental health staff, focusing on ongoing engagement of students and families; and
 - Delivering the third virtual counselor roundtable, in collaboration with LACOE, to 130 attendees, centered on assisting school counselors in elevating conversations with parents and caregivers.
- The Wellbeing4LA platform continues to be updated with new resources, including printable tools, such as the Managing Intense Emotions printable tool and COVID-19 Resources for Parents and Teachers: Transition Back to Class and recorded workshops focused on supporting students' emotional wellbeing and implementing interventions in the classroom;
- PPfW trained over 1,000 educators across Los Angeles County school districts;
- LACOE community schools implemented a multi-tiered outreach and awareness strategy to effectively reach parents, teachers, and students. This strategy resulted in 317 outreach and awareness activities, including:
 - 25 Advisory Council Meetings;
 - 108 trainings/workshops; and
 - 65 informational/resources events.
- LAUSD Trauma and Resilience-Informed Early Enrichment (TRiEE) Program Psychiatric Social Workers (PSW) continued to promote TRiEE through outreach and engagement to community members and Early Education Center (EEC) Sites. Their efforts resulted in:
 - Engagement of 12 new EEC sites and provided information on the TRiEE program and services;
 - 30 staff wellness activities for 203 staff members; and
 - 24 staff professional development trainings for 412 staff members.

Collaboration

SBCAP Programs continued to strengthen collective efforts to support school communities by developing formal and informal partnerships. The following highlights some of the ongoing and new partnerships made during this quarter:

- The SBCAP Regional Team collaborated with several school districts, including three districts the team had not engaged in the past and provided technical assistance around mental health and school reopening plans;

- The SBCAP Regional Team participated in the Los Angeles County Cultural-Parks-Libraries for Equity and Healing Initiative (CPLI) stakeholder meetings to determine the resources that can benefit the school communities. CPLI seeks to establish a collaborative project that safely welcomes back community members and provides ongoing programming that addresses overall wellbeing;
- The SBCAP Regional Team has also worked closely with LAUSD and LACOE on the development of the Community Ambassadors Network (CAN)-Youth. The CAN-Youth program aims to support the student body and school community by bringing mental health promotion and awareness on school campuses and empowering leadership roles among students;
- PPfW continued to work closely with LAUSD TRiEE Program and Early Childhood Education Division;
- PPfW continued its collaborative work with LACOE community schools in data collection and the development of learning communities;
- LACOE community school sites worked diligently to establish and maintain their 133 unique partnerships. During this quarter, LACOE community schools established two new formal partnerships with McKinley Children's Center and Shields for Families and 18 informal partnerships with other community partners such as Active San Gabriel Valley and Inglewood Public Library; and
- As the LAUSD TRiEE program continued to increase community collaborations or informal partnerships, TRiEE PSWs collaborated with local private businesses and community members to obtain clothing, toys, and gift cards to encourage parent participation in workshops, increase student attendance and support family needs.

Direct Services

Mental Health prevention and treatment is at the forefront of SBCAP programs which have continued to deliver indirect and direct services. The following are examples of the direct services provided during this quarter by the SBCAP programs:

- The SBCAP Regional Team continued its direct support to the community through its Officer of the Day protocol, serving as a centralized referral and triage system. In this quarter, 40 mental health referrals were received and processed for students and their families;
- Through the partnership with the Department of Public Health (DPH) Wellbeing Center (WBC), the SBCAP Regional Team continued to facilitate virtual prevention workshops at the participating WBC sites through February 2021. At the close of these workshops, the SBCAP Regional Team reached approximately 1,200 high school students throughout Los Angeles County;
- The SBCAP Regional Team launched a recorded workshop series to allow more schools and educators access to the prevention workshops to present to their students. Since launching in early March, there have been 100 unique viewers,

which includes at least 18 school districts with 39 school staff accessing the workshops;

- During this quarter, DPH WBC continued its collaboration with Planned Parenthood Los Angeles to provide confidential consultation through their Call Center;
- DPH continued its peer leadership program, the Public Health Task Force, engaging about 10 youth from 30 WBC campuses weekly, where students were educated on COVID-19, infection prevention, and health disparities;
- During this quarter, LACOE community schools provided over 1,500 direct service activities which included over 600 individualized referrals and goods and services; and
- TRiEE PSWs provided 238 Mental Health Consultations, reaching 399 parents and school staff. They also triaged 47 calls through the consultation line and completed 28 referrals and linkages. In addition, they held 89 in-class Social Emotional Learning lessons reaching 1,017 students and staff, and provided 16 parent workshops with a total of 276 participants.

Future Steps

During these extraordinary times, the partnerships described above have allowed SBCAP Programs to adapt to the needs of school communities. The SBCAP Regional Team has worked closely with LACOE, LAUSD, and DPH to provide needed supports such as trainings and data assistance. The SBCAP Regional Team will continue to coordinate efforts with these entities and DMH mental health providers to provide the highest level of support to school communities especially as many districts are returning back to school.

If you have any questions or require additional information, please contact Kanchi Tate, Program Manager, MHSA Programs and Special Projects, at ktate@dmh.lacounty.gov.

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Senior Deputy Director

August 12, 2021

TO: Supervisor Hilda L. Solis, Chair
Supervisor Holly J. Mitchell
Supervisor Janice Hahn
Supervisor Kathryn Barger
Supervisor Sheila Kuehl

FROM: Jonathan E. Sherin, M.D., Ph.D.
Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9, 2019)**

The following Board Report provides a quarterly summary for the months of April through June 2021, detailing the collective efforts to support school communities conducted by Los Angeles County Department of Mental Health (DMH) School Based Community Access Platforms (SBCAP) in partnership with Los Angeles County Office of Education (LACOE), Los Angeles Unified School District (LAUSD), Department of Public Health (DPH), and DMH+UCLA Public Partnership for Wellbeing (PPfW).

Toward the end of the 2020-21 school year, the partners under SBCAP continued working in partnership to meet the needs of school communities as they prepared to re-open and return on-campus. The SBCAP partners achieved this by leveraging existing resources and partnerships created throughout the school year, assisting school administrators with their reopening plans, helping to fill gaps in services, and finding innovative ways to support schools and their community members.

Outreach and Training Activities

Throughout the year of virtual learning, outreach efforts and training supports for students, families, and school staff were significantly important in promoting wellness for the school community. The following are highlights of some activities conducted during the third quarter under the SBCAP programs:

- The SBCAP Regional Team raised awareness and capacity through trainings and workshops for school staff and school mental health agencies by:

- Hosting the fourth annual workshop for over 100 school mental health staff, focusing on reshaping expectations, building resiliency, and providing tools to promote mental health, wellness and prevention in schools;
- Delivering the fourth quarterly Mental Health Provider meeting focused on building bridges and supporting schools for the upcoming school year. The meeting included a discussion of hate-crimes and racism and allowed time for breakout sessions for the 100 plus attendees to engage in discussions regarding reopening;
- Recording and launching, the “Mental Health 101 & Access to Care” asynchronous workshop on the Wellbeing4LA learning platform in June 2021. This workshop provides a basic understanding of mental health, assists in identifying mental health signs and symptoms, and provides information on accessing services through DMH. The intended audience for this training is non-clinical workers in Los Angeles County, specifically those that work in the helping professions;
- The PPfW and its Prevention Center of Excellence (COE) continue to be dedicated to the operative implementation of the SBCAP programs. During this quarter, the PPfW engaged in the following outreach and engagement efforts:
 - Trained 331 school staff and educators, for a total of over 3,400 participants (staff/educators who attended more than one training are counted more than once), in 42 trainings during Fiscal Year 2020-21.
- Delivered an additional six trainings to LACOE Community Schools Initiative (CSI) sites that focused on supporting schools during the pandemic;
- Added new school-based resources to the Wellbeing for LA Learning Center, including:
 - Back-to-School: Exploring Challenges and Opportunities for Engaging (training session);
 - Teaching and Supporting Students During the Pandemic (training session);
 - Back to School Advice for Teachers (article);
 - Mental Health 101 & Access to Care (video); and
 - When Students Talk About Suicide (video).
- As some sites opened its doors to in-person learning, LAUSD’s Trauma and Resilience-Informed Early Enrichment (TRiEE) Psychiatric Social Workers (PSWs) found creative ways to engage families and staff such as:
 - TRiEE PSWs utilized various media platforms, such as newsletters and online posts, to promote TRiEE services and community resources available for students, staff, and families. During this quarter, PSWs created and distributed 36 staff and family newsletters across multiple school sites;

- Most LAUSD TRiEE trainings focused on self-care, finding purpose in work, managing change, and helping staff understand their own needs. In this quarter, PSWs delivered 20 trainings to 248 staff members, on social-emotional needs, supporting young learners returning to school, self-care, reconnecting with “your why,” managing change, and grief and loss; and
 - Parent workshops centered on the topic of helping children transition back to in-person learning. Parent workshops also provided an opportunity for PSWs to follow up with caregivers to provide additional consultation and/or support with referral/linkage as needed. This quarter, PSWs delivered 17 parent workshops, on anxiety, supporting with the return to school, transitioning to kindergarten, and understanding behavior, for which 161 people were in attendance.
- In the last quarter, between the months of April 2021 to June 2021, LACOE CSI provided engagement activities, such as 29 Advisory Council Meetings and the following 471 outreach and awareness activities, consisting of universal communications and more targeted/individualized communications and/or presentations:
 - 196 social media postings estimated to reach 45,921 parents/students;
 - 54 mass emails reaching 25,600 parents/students;
 - 23 flyer announcements reaching 1,505 parents/students;
 - 40 webpage/web portals announcements estimated to reach 21,838 parents/students;
 - 31 text message activities reaching 17,449 parents/students;
 - 45 newsletters estimated to have reached 4,925 parents/students;
 - 26 phone campaigns consisting of 2,335 direct and individual phone calls to contact parents/students;
 - 44 in-person or virtual group presentations reaching 910 parents/students; and
 - 7 automated phone message activities reaching 11,378 parents/students.
- LACOE CSI delivered ongoing, educational, and capacity-building trainings, workshops and informational sessions for families and staff predominantly through virtual platforms;
- LACOE CSI also partnered with 211LA to conduct the following 128 trainings/workshops and 76 informational/resource events, which included outreach and promotion of anti-hate and social justice resources, with a combined attendance of 5,708 participants:
 - 38 Workshops on Mental Health Support to 770 students and parents;
 - 66 Resource Awareness and Engagement Events engaging a combined total of 1,294 parents, students, and staff members;
 - 9 Workshops on Educational Supports and College/Career Readiness to 285 parents and students;
 - 68 Workshops on Family Engagement to 729 parents;

- 6 Workshops on Physical Health and Wellbeing to 735 students, parents, school staff; and
- 4 Workshops on Basic Needs Support to 85 parents and community member.

Collaboration

The SBCAP programs continued to strengthen collective efforts to support schools' transition from virtual to in-person environments. Some of the new collaborative efforts during this quarter include the following:

- To address the multiple requests from school districts regarding mental health support in schools, the SBCAP Regional Team:
 - Established a relationship with representatives of the LA County Workforce Development, Aging and Community Services (WDACS) LA vs Hate Project. The SBCAP Regional Team members participated in bi-weekly collaborative meetings to discuss resources, supports, and approaches for addressing hate crimes against the Asian-American and Pacific Islander (AAPI) community in schools. LA vs Hate presented for MH providers;
 - Continued to provide technical assistance to several school districts, such as mental health support after a completed suicide, staff wellbeing resources and planning for in-person learning;
 - Established partnerships with non-traditional mental health agencies currently participating in the Department's Transforming LA project, and successfully linked several agencies to Community Schools partners in the hopes of establishing MOU's, to provide non-traditional mental health prevention to students, such as using arts, music, and mindfulness to reduce symptoms of anxiety in the classroom;
 - Collaborated with Community School partners to establish plans to recognize May as Mental Health Awareness Month. Activities included tabling at mental health events and collaborating with local agencies to provide mental health workshops to students and parents;
 - In order to support school districts, the SBCAP created flyers organized by Service Planning Area, to provide contact information to all local mental health agencies; and
 - Continued to attend all Service Area School Mental Health Collaborative Meetings, including gathering information from providers about trends for referrals as well as any concerns about the coming school year.
- The SBCAP Regional Team began a new collaboration with LA Trust and LAUSD to bring a new program into 10 high schools. The Community Ambassadors Network (CAN) Youth Program aims to support the student body and school community by bringing mental health promotion and awareness on school campuses and empowering leadership roles among students. During this quarter, the SBCAP Regional Team, LAUSD, and LA Trust workgroup developed a Summer Academy for

CAN Youth participants, focusing on emotional wellbeing and how to support peers on their campus;

- The COE continues to collaborate with the LAUSD Early Childhood Education Division (ECED) and TRiEE Program. In April and May 2021, 20 staff members from LAUSD's four Infant Centers completed SEEDS Trauma-Informed Care for Infants & Toddlers, a four-part virtual professional development series. As of June 2021, the SEEDS Trauma-Informed Care for Infants & Toddlers curriculum, including facilitator resources and participant materials, are available as a complete bilingual resource, in English and Spanish. A parent/caregiver version of this program is currently in development;
- TRiEE PSWs collaborated with community members to obtain clothing donations for families in need. At one site, they were able to obtain financial support through the LAUSD Homeless Education Office for three families. At other sites, PSWs collaborated with district staff and community agencies to obtain and share information about resources available for families, such as COVID vaccinations and mental health services; and
- LACOE CSI established 10 unique partnerships, 1 formal partnership with East Valley Community Health Center and the following 9 new, informal partnerships:
 - Advance Latino
 - Beverly Hospital
 - Catholic Big Brothers, Big Sisters
 - Community Legal Aid SoCal, Advocates for Justice in Orange and Los Angeles Counties
 - Door of Hope
 - Foothill Family Services
 - Housing Rights Center
 - Montebello Youth Leadership Club
 - South Bay Workforce Investment Board

Direct Services

Mental Health prevention and treatment is at the forefront of the SBCAP programs, which have continued with provision of indirect and direct services. The following are examples of the direct services provided during this quarter:

- The SBCAP Regional Team continued its direct support to the community through its Officer of the Day protocol, serving as a centralized referral and triage system. In this quarter, the SBCAP Regional Team received and processed 41 mental health referrals for students and their families;
- The SBCAP Regional Team recorded and launched the prevention workshops, delivered to the DPH Wellbeing Center (WBC) sites earlier in the year, to allow access

to more schools and educators for their students. The English version of the training was accessed on the Wellbeing4LA website by 116 unique users. The Spanish version was launched the last week of June, with the hope that several educators will utilize it in the fall;

- The SBCAP Regional Team continued providing live prevention workshops, particularly for school communities overwhelmed by the pandemic. These schools were not part of the WBC sites, and the live sessions allowed the schools to experience the support that mental health providers can bring to a classroom;
- The SBCAP Regional Team created and delivered six parent workshops focusing on Social Media Safety for teenagers;
- The SBCAP Regional Team created resource flyers to provide mental health and anti-hate resources to schools. Flyers included recommendations for providing preventative mental health curricula, and ways to promote anti-hate ideology;
- During this quarter, the DPH Health Educators remained deployed to support schools with reopening plans for the next school semester. In addition, its leadership program, the Public Health Taskforce, engaged 65 youth, who were trained to educate the community about COVID-19 infection, prevention and health disparities;
- The DPH WBCs continued their collaboration with Planned Parenthood Los Angeles (PPLA) to provide confidential consultation through their call center, which continues to serve as a resource for youth to gain information on sexual reproduction and mental health resources;
- As schools re-opened over the course of this quarter, TRiEE PSWs played an integral part in supporting students and families during the transition. The following are some examples of the direct services provided by the LAUSD TRiEE program:
 - PSWs offered referrals and linkage to community resources, based on needs identified at Early Education Center's (EEC) or via the Early Childhood Mental Health Consultation Line. This quarter, TRiEE PSWs triaged 21 referrals for staff and families. The most common referral types were linkage to mental health services and education-related referrals (e.g., Regional Centers, Special Education, Enrollment, etc.);
 - PSWs provided a combination of virtual and in-person mental health consultation to staff and parents, resulting in 301 mental health consultations to 502 parents and staff this quarter;
 - By supporting with various reopening activities (e.g., drop-off and pick-up, temperature screenings, daily pass support, COVID testing information, etc.), PSWs engaged in 44 parent-engagement activities, reaching 873 participants;
 - PSWs distributed social emotional kits to parents/caregivers at all original TRiEE sites. The kits included an activity guide and supplies (e.g., books,

crayons, paper, etc.), to be used to foster the development of coping strategies and promote caregiver/child attachment through play. Across all sites, PSWs provided 68 wellness activities for 536 staff members, including individualized support for staff, mindfulness activities during staff meetings and staff appreciation events. As needed, PSWs linked staff with additional community resources to support their wellbeing. Other staff wellness activities included newsletters and emails regarding self-care and available resources and staff appreciation treats (e.g., ice cream, coffee, snacks, pastries, etc.);

- PSWs provided 62 in-person and virtual Social-Emotional Learning (SEL) lessons to 663 students and staff members. To address schools reopening, common themes included preparing for back-to-school and safety protocols (e.g., airplane arms, social distancing, wearing a mask, and ways to stay safe). For those children new to school, or readjusting to attending school in-person, PSWs reviewed topics and reinforced skills introduced during SEL lessons, like identifying feelings, calm-down strategies, understanding classroom rules, making new friends, and practicing mindfulness; and
 - PSWs triaged 23 calls on the Early Childhood Mental Health Consultation Line, providing mental health consultation regarding the transition back to school, developmental milestones, managing behaviors, stress management, and virtual learning challenges.
- LACOE CSI also provided a variety of direct services while schools were closed due to COVID-19, and during the transition from virtual to partial in-person instruction, which included coordinating mental health services for students, and facilitating events that provided goods and services to students, families, and community members; and
 - Specifically, from the months of April 2021 to June 2021, LACOE CSI performed the following direct service activities:
 - Referral/Linkages: 942 individualized needs assessments, resulting in 618 individualized referrals;
 - 20 Basic Needs Distribution Events/Activities: In partnership with 211, Greater LA Foundation, and other organizations, 722 basic needs bundles were distributed to families, which included clothing, face masks, hand sanitizers, and water bottles;
 - 14 Educational Material Distribution Events/Activities: In partnership with Think Together, Print Inca, Pearblossom, and Greater LA Foundation, 266 educational materials were distributed to students and their families;
 - 34 Gift Card Distribution Events/Activities: In partnership with 211, Greater LA Foundation, and local private businesses, LACOE CSI distributed 213 gift cards to families. Gift card values ranged from \$5 to \$100; and
 - 9 Food Distribution Events/Activities: In partnership with God's Pantry, AV Boys & Girls Club, Refuge Christian Church, and Heart of Compassion, 3,572 food boxes were distributed to families.

Each Supervisor
August 12, 2021
Page 8

Future Steps

The SBCAP programs continue to adapt to changing circumstances and explore ways to maintain and strengthen school communities by acknowledging and addressing their mental health needs and well-being. Looking ahead to the new fiscal year, as schools re-open to in-person learning in the fall, the SBCAP programs will take the lessons learned to continue to support the most vulnerable individuals in our school communities.

This report is issued on a quarterly basis with the next report to be submitted November 5, 2021. If you have any questions or require additional information, please contact Kanchi Tate, Program Manager, MHSA Programs and Special Projects, at ktate@dmh.lacounty.gov.

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Senior Deputy Director

November 4, 2021

TO: Supervisor Hilda L. Solis, Chair
Supervisor Holly J. Mitchell
Supervisor Janice Hahn
Supervisor Kathryn Barger
Supervisor Sheila Kuehl

FROM: Jonathan E. Sherin, M.D., Ph.D.
Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9,
2019)**

The following Board Report provides a quarterly summary for the months of July through September 2021, detailing the collective efforts conducted to support Los Angeles County school communities. The Los Angeles County Department of Mental Health (DMH) School Based Community Access Platform (SBCAP) collaborated with the Los Angeles County Office of Education (LACOE), Los Angeles Unified School District (LAUSD), the Department of Public Health (DPH), and the DMH+UCLA Public Partnership for Wellbeing (PPfW) to prepare for the start of the 2021 Fall Semester. SBCAP activities from the first quarter of the fiscal year, July 1, 2021, through September 30, 2021, are delineated in the update below:

Education and Awareness

SBCAP utilizes a public health approach to build awareness and understanding of mental health and wellbeing, that aid in decreasing stigma and in the recognition of red flags. As Los Angeles County school districts started the new school year with in-person learning, they were again tasked with adjusting to new schedules and increased safety precautions. The following are highlights of activities facilitated during the first quarter of Fiscal Year (FY) 2021-22, under the SBCAP Programs, to build awareness and provide education to support school communities during this transitional period:

- The SBCAP Regional Team held its Fourth Annual School Symposium, reaching 200 attendees in the month of September. The theme of the symposium, "It Takes a Village," focused on building hope and connection to support community healing for all those who were present. The first session discussed how educators and mental health professionals could come back together this year to better support our students, parents, and each other. The keynote speaker discussed wellbeing as it relates to learning recovery. Subsequent sessions will be held each month through December 2021;
- SBCAP Regional Team members conducted a panel presentation on Suicide Awareness and Mental Health in September (Suicide Prevention and Awareness Month), for the Glendale Unified school community via Facebook Live, reaching over 800 views;
- The SBCAP Regional Team also provided a Mental Health Awareness training for over 100 LAUSD parent/caregivers and participated in the San Gabriel Valley Youth Summit, providing presentations two presentations: *Mental Health and Its Effects on Athletes* and *How to Navigate Social Media Safely*;
- In order to provide lasting support to schools during the pandemic, the UCLA Center of Excellence (COE) under the PPfW umbrella, continued to develop new curriculum with corresponding digital and video resources focused on supporting school communities' return to in-person instruction. COE trained 49 school staff and educators in three training sessions and added 11 new school-based resources to the Wellbeing for LA Learning Center;
- In collaboration with the SBCAP Regional Team, the PPfW launched the School Wellbeing Toolkit on the Wellbeing4LA Learning System, which provides a multitude of instructional information related to educator self-care, mental health in the classroom, student wellbeing, anti-racism, and supporting LGBTQ+ youth;
- LAUSD Trauma and Resilience-Informed Early Enrichment (TRiEE) Program Psychiatric Social Workers (PSWs) have continued to provide support with Social-Emotional Learning (SEL) lessons while on site. During this quarter, they hosted 17 in-class SEL lessons reaching 194 students and staff, as well as seven (7) Professional Development (PD) trainings for staff on social emotional needs, team building, and reconnecting with students, for 95 staff members;
- TRiEE PSWs completed 3 parent workshops on feelings, supporting students with transitions, and re-introduction to TRiEE services, with a total of 37 parents/caregivers in attendance;
- In the month of September, DPH began to recruit youth from the Well-Being Center (WBC) campuses to continue its peer leadership program the Public Health Task Force. This program engages students on education regarding COVID-19, infection prevention and health disparities. There are currently 154 students registered to begin the program on October 19, 2021;

- LACOE Community Schools Initiative (CSI) conducted 322 outreach and awareness activities, which included social media postings, flyers, emails, webpage announcements, newsletters, personalized phone calls/text messages, in-class or outdoor gatherings/presentations, with a total reach of 136,995 students and their families; and
- From July 2021 to September 2021, LACOE CSI conducted 49 workshops/trainings and 55 resource awareness and engagement events with a combined attendance of 2,687 participants, predominately parents and staff. A summary account of these activities is listed below (Table A):

TABLE A: LACOE CSI WORKSHOPS/TRAININGS LIST

<ul style="list-style-type: none">• 27 Workshops on Mental Health Support to 371 students and parents;• 44 Resource Awareness and Engagement Events: Some of these events consisted of virtual drop-in meetings, health/resource fairs, and Q/A events. These events engaged a combined total of 1,619 parents, students, and staff members;• 3 Workshops on Educational Supports and College/Career Readiness to 16 parents and students;	<ul style="list-style-type: none">• 3 Workshops on Physical Health & Wellbeing to 16 students, parents, and school staff;• 2 Workshops on Legal Rights to 12 parents and community members;• 2 Workshops on Financial literacy to 34 parents; and• 2 CalFresh enrollment events for 39 parents.
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Early Identification and Engagement

SBCAP conducts community outreach and engagement for the school community to understand diverse needs and create partnerships to address the needs of the school community in a comprehensive way. SBCAP continued to strengthen collective efforts during the schools' transition from virtual to in-person environments. Collaborative efforts during this quarter included the following:

- The SBCAP Regional Team strengthened its collaboration with Community School sites by providing ongoing support and technical assistance which included event coordination during May as Mental Health Month, suicide trainings, crisis support, and trainings for staff and parents;
- The Community Ambassador Network (CAN) Youth Pilot launched its Summer Academy the last week of July. Thirty-one youth participated in the four-day academy. Topics included minor's consent, youth mental health, understanding community data, and healthy relationships. A Fall Academy, in November, will be held with new youth who have been engaged since the reopening of schools;

- The SBCAP Regional Team disseminated anti-racism handouts to schools and mental health providers to recognize the correlation between racism and mental wellbeing;
- The SBCAP Regional Team created and disseminated a Student Mental Health Activity Guide for teachers to utilize in the classroom to integrate wellbeing with activities for grades ranging from elementary school through high school. The guide is currently available on the Wellbeing4LA Learning System;
- In an effort to support student wellbeing, the SBCAP Regional Team provided outreach to DPH Wellbeing Center (WBC) Health Educators and Psychiatric Social Workers in Los Angeles County high schools to promote and offer assistance with the use of pre-recorded Mental Health Wellbeing Workshops for Educators to Use With Students, available in both English and Spanish. During this first quarter, there has been at least 70 unique viewers from various school districts;
- In July, the SBCAP Regional Team launched the Wellbeing Workshops workshop series in Spanish. Both the English and Spanish series allow more schools and educators access to the prevention workshops to present to their students. Since launching in early March, there have been over 180 unique viewers;
- The SBCAP Regional Team created and distributed flyers for all schools to be aware of mental health providers in their area and provided information on the services offered in an effort to increase collaboration between school districts and community-based organizations;
- The COE continues to work closely with the LAUSD Early Childhood Education Division (ECED) to support the TRiEE PSWs through bi-monthly meetings. In addition, the COE provides data collection and evaluation support to TRiEE and CSI programs through monthly meetings with the team. The COE's work with LACOE CSI has shifted towards building internal capacity and sustainability within CSI utilizing a *Training of Trainers* approach, for which it developed the Learning Community Facilitator Guides and Best Practices Guides for trainers and support staff;
- As the LAUSD TRiEE program continued to increase collaborations with school staff, PSWs continued wellness check-ins for individual staff members and teams, provided mental health resources, facilitated PD trainings related to staff motivation and morale, and developed 34 wellness activities for 61 staff members, including individualized support for staff, mindfulness activities during staff meetings, newsletters, and staff appreciation events;
- LAUSD TRiEE PSWs focused on building relationships with families during drop off/pick up times and distributed SEL kits at the beginning of the school year, which provided opportunities to engage with parents/caregivers and provide psychoeducation on activities/skills that promote parent and child attachment. As part of the SEL kits, PSWs created a recorded demo on how to use the kits efficiently at home;

- DPH has added two additional school sites for the WBC program, Jordan High School in Long Beach and John Glen in Norwalk/La Mirada. The centers are planned to open in January 2022 when the WBC team returns from reassignment;
- DPH Health Educators have continued their work with the Parent Ambassadors, reaching and engaging 144 parents;
- From July 2021 to September 2021, LACOE CSI conducted 10 Advisory Council meetings to further engage and integrate parents/caregivers and community members into CSI schools' decision-making process and to advise school leadership on matters relevant to family engagement, student academics and social-emotional wellbeing;
- LACOE CSI conducted 47 distribution of goods events , in partnership with 211, Foster Care Counts, Staples, Think Together, Pearblossom, and other organizations, where 970 items were distributed, including clothing, face masks, hand sanitizers, water bottles, and educational materials like notebooks, binders, and other supplies for students and their families; and
- LACOE CSI established 21 new unique partnerships, from the months of July 2021 to September 2021, with the following organizations (Table B):

TABLE B: LACOE CSI PARTNERSHIP ORGANIZATION LIST

TYPE OF AGREEMENT	ORGANIZATION
Formal Agreements	<ul style="list-style-type: none"> • Food Distribution Center-St. Martin de Porres • LA Regional Food Bank • Wesley Health Center
Informal Agreements	<ul style="list-style-type: none"> • Angels for Sight • California Department of Social Services • Central Juvenile Hall • East Valley Community Health Center • FPA Women's Health • Frontier Fundamental Interne • Greater LA Education Foundation • Lost Angeles County Metro • Monrovia Community Adult School • Moonwater Farm • Promoters of Planned Parenthood • Ross Dress for Less • Sandals Church • Shields for Families • St. Louise Resource Services • Staples • The Salvation Army • Yolanda's Driving School

Navigation and Follow-up

One of the primary goals and purposes of SBCAP programs is to promote Mental Health prevention and treatment. SBCAP navigates, coordinates and provides linkages across our systems to ensure that individuals of all ages, families and communities get the resources they need. The following are SBCAP navigation services provided during this quarter:

- The SBCAP Regional Team continued supporting Los Angeles County schools through its Officer of the Day Protocol, providing referrals and linkage to Los Angeles County families. The SBCAP Regional Team triaged and linked 21 students and their families for mental health services during this quarter. This number is low in comparison to the previous quarter due to school closure during the summer months;
- The SBCAP Regional Team continued to promote the "Mental Health 101 and Access to Care" workshop on the Wellbeing4LA website. At the end of this quarter, 244 unique viewers had accessed the workshop;
- LAUSD TRiEE PSWs provided in-person mental health consultation to staff and parents, supporting with transition to on-campus learning and addressing issues that affect the classroom, EEC site, and/or children's developmental needs and trauma. PSWs provided 230 Mental Health Consultations, reaching 422 parents and school staff. They also triaged 20 calls through the consultation line that resulted in 12 referrals and linkages and completed seven (7) linkages at the school sites;
- During this quarter, DPH WBC continued its collaboration with Planned Parenthood Los Angeles (PPLA) to provide confidential consultation through their Call Center. The total number of calls received this quarter were 1,348; and
- From July 2021 to September 2021, LACOE CSI performed 372 needs assessments, which resulted in 351 referrals for students and their families and community members.

Future Steps

The SBCAP Regional Team will continue working closely with its partners to support Los Angeles County school communities and address the high level of need stemming from the pandemic. The SBCAP Regional Team, in partnership with school mental health providers and schools, will continue leveraging available services and utilize best practices to support students' mental health services.

Each Supervisor
November 4, 2021
Page 7

This report is issued on a quarterly basis with the next report to be submitted February 6, 2021. If you have any questions or require additional information, please contact Kanchi Tate, Program Manager, MHSA Programs and Special Projects, at ktate@dmh.lacounty.gov.

JES:GCP:kt

c: Executive Office, Board of Supervisors
Chief Executive Office
Auditor-Controller
Los Angeles County Office of Education
Los Angeles Unified School District
Department of Public Health



DEPARTMENT OF MENTAL HEALTH

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JONATHAN E. SHERIN, M.D., Ph.D.
Director

Gregory C. Polk, M.P.A.
Chief Deputy Director

Curley L. Bonds, M.D.
Chief Medical Officer

Lisa H. Wong, Psy.D.
Senior Deputy Director

February 28, 2022

TO: Supervisor Holly J. Mitchell, Chair
Supervisor Hilda L. Solis
Supervisor Sheila Kuehl
Supervisor Janice Hahn
Supervisor Kathryn Barger

FROM: Jonathan E. Sherin, M.D., Ph.D.
Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9,
2019)**

The following Board Report provides a quarterly summary for the months of October through December 2021, detailing the collective efforts conducted to support Los Angeles County school communities. The Los Angeles County Department of Mental Health (DMH) School Based Community Access Platform (SBCAP) collaborated with the Los Angeles County Office of Education (LACOE), Los Angeles Unified School District (LAUSD), the Department of Public Health (DPH), and the DMH+UCLA Public Partnership for Wellbeing (PPfW) throughout the second quarter.

Education and Awareness

The following are highlights of activities facilitated this quarter under the SBCAP Programs meant to build awareness and provide education to support school communities.

- The SBCAP Regional Team convened several educational and awareness workshops and provided direct support to school and Legal Entity (LE) staff. Some examples include:
 - Convened the Fourth Annual School Symposium, reaching over 400 attendees. The theme of the symposium, "It Takes a Village" focused on the importance of school communities coming together for collective healing during this Pandemic. The Symposium was comprised of four monthly sessions, and included topics on educational equity, workplace self-care, and community engagement. Each session highlighted youth voices and provided space to share their school experiences;

- Conducted two presentations to equip clinicians at LE mental health providers and Directly Operated (DO) clinics with tools to support their work with unaccompanied minors and their families. Educational information was provided on immigrant relations supports at school, changes to the public charge rule, information about free Medi-Cal (Senate Bill 87) for youth and additional resources for their families. The presentation reached approximately 80 clinicians; and
 - In collaboration with school districts, participated in three in-person and two virtual community events to help raise awareness and provide information on topics such as mental wellbeing and suicide prevention.
- The DMH+UCLA PPfW provided training and implementation support to 162 school staff and educators through nine separate training sessions. In addition, four new school-based resources were added to the Wellbeing4LA Learning Center:
 - Article: [Natural v. Logical Consequences: Helping Families Understand Why Punishment Doesn't Work and What to Do Instead](#)
 - Printable Tool: [Back to In-Person Learning: Trauma Informed Tips for Promoting Student Re-Engagement](#)
 - Videos: [Creating Healing Spaces for Teachers](#) and [Listening In: A Conversation Supporting Students Returning to In-Person Learning](#)
- During this quarter, LAUSD's Trauma- and Resilience- informed Early Enrichment (TRiEE) Psychiatric Social Workers (PSWs) provided the following education and awareness workshops to both parents and Early Education Center (EEC) staff:
 - Delivered 10 workshops to 99 parents/caregivers. Parent workshop topics included: Let's Talk Feelings, Managing Anxiety in Children, Developmental Expectations, and Preventing Challenging Behavior;
 - Delivered 31 professional development (PD) trainings, primarily focused on staff wellbeing and self-care to 443 staff members. Provision of PDs on Trauma, Child Development, and Supporting Children with Transitions and Challenging Behaviors;
 - Provided 76 wellbeing activities for 232 staff members; and
 - By the end of November 2021, DMH-UCLA PPfW Center of Excellence trained 20 TRiEE PSWs on *SEEDS Trauma-Informed Care for Infants and Toddlers*. Furthermore, 15 TRiEE PSWs completed *SEEDS Facilitator Training* in December 2021.
- During this quarter, LACOE Community Schools Initiative (CSI) utilized their multi-tiered outreach and awareness strategy to effectively reach parents/caregivers, teachers/educators, and students. CSI staff commenced the following outreach and awareness activities:
 - 152 outreach and awareness campaigns with a total reach of 198,902 students and their families, and engagement of 6,730 individuals; and

- Convened Student Advisory Council meetings at all CSI sites to further engage and integrate parents/caregivers and community members into the schools' decision-making process.

Early Identification and Engagement

SBCAP conducts community outreach and engagement for the school community to understand its diverse needs and create partnerships to address identified needs comprehensively. SBCAP Programs continued to engage students, parents, and school staff in response to student needs.

- SBCAP Regional Team collaborative and engagement efforts during this quarter included the following:
 - Provided ongoing support and technical assistance to Community School sites by facilitating workshops (e.g., mental health, suicide trainings, crisis support) for staff and parents;
 - Continued collaboration with LE school-based providers by attending all service area school mental health meetings, which are held to promote school collaboration, address mental health needs identified within the school community, address changes that impacts service delivery, and discuss ways to support both school and mental health providers;
 - The Community Ambassador Network (CAN)-Youth Pilot continued its implementation work at the five LAUSD high school sites, with a final orientation curriculum (based on the Summer Academy), being developed in October. In November, this orientation was utilized to commence the Fall Academy for the newly engaged and recruited students. Several student-led mental health awareness campaigns have taken place at the five participating high school campuses;
 - Disseminated Holiday Mental Health handouts to schools and mental health providers to provide helpful tips and promote awareness around managing and supporting mental health during the holiday season; and
 - Ongoing support of the DPH Wellbeing Centers (WBC). The pre-recorded [Mental Health Wellbeing Workshops for Educators to Use with Students](#) remained available in both English and Spanish on the Wellbeing4LA site, and the SBCAP Regional Team was available to assist schools in their usage, either through recorded or live virtual sessions.
- During the duration of the Pandemic, most DPH WBC staff were reassigned to the COVID emergency response to support the Exposure Management Unit. In early November, ten LAUSD WBC sites opened as DPH WBC staff were released from reassignment. Planned Parenthood Los Angeles (PPLA) provided education/services in substance use prevention at the reopened sites;
- Additionally, the DPH WBC Student and Parent Ambassador programs continued to provide current information on COVID-19 prevention to families within

communities hardest hit by the pandemic, emphasizing the importance and safety of vaccines;

- TRiEE PSWs engaged families in a variety of ways and promoted their services, for example:
 - Provision of workshops during pick-up time, outreach via phone calls, and family engagement during drop-off time. 52 parent-engagement activities for 976 unique participants were facilitated in total, with the most effective engagement strategy being the distribution of Social-emotional Learning (SEL) kits which were also provided to teachers to support with the home-school connection;
 - Provided Early Childhood Mental Health Consultations to 978 parents and staff to address concerns that included stressors from the COVID-19 pandemic, its impact on the social-emotional wellbeing of children, developmental needs, and access to mental health care; and
 - Through the EECs and the Early Childhood Mental Health Consultation Line, processed 58 referrals pertaining to daily living, mental health, educational and financial needs of students and families.
- During this quarter, LACOE CSI provided a lot of outreach and engagement activities and several resources to students and parents. Some examples include:
 - Performed 646 needs assessment encounters, resulting in a total of 467 referrals for students and their families, and community members. Common supportive services provided, included: Mental Health Services, Basic Needs, Health (medical, dental, vision, etc.), Technology and Education (tutoring, college prep); and
 - In addition, LACOE CSIs held 67 distributions of goods events where 4,398 items/boxes were distributed to 2,125 students, families, and community members. Most of these events were conducted in partnership with Foster Care Counts, Staples, 211 LA County, Foster Nation, and God's Pantry.

Navigation and Follow-up

One of the primary goals and purposes of SBCAP programs' is to promote Mental Health prevention and treatment across our systems. SBCAP navigates, coordinates, and provides linkages across our systems to ensure that individuals of all ages, families and communities get the resources they need.

- The following are navigation and follow-up services provided during this quarter by the SBCAP Regional Team:
 - Supported County schools through its Officer of the Day Protocol, providing referrals and linkage to LA County families. During this quarter, the team triaged and linked 50 students and their families to mental health services;
 - Continued its navigation support to connect schools to the Department's LE school mental health providers. This essential function supported the

- development of several new formal partnerships between schools and LEs to deliver direct mental health services to students and their families;
- o The California Department of Health Care Services (DHCS) is allocating funding for managed care plans (MCP) to ensure children/youth in need of mild to moderate mental health care have access to these services. The Student Behavioral Health Incentive Program (SBHIP) will provide incentive payments to encourage MCP provider participation and coordination to expand and improve behavioral health in schools for TK-12th grade students. In an effort to support the SBHIP program, the SBCAP Regional Team has gathered and analyzed data from LA County schools to develop a Landscape of needs for LA County Students. The team met with stakeholders, including the DMH Strike Team, LACOE, UCLA, and LA Care Health Plan to review and analyze the data and discuss how additional funding for mental health services could best be utilized to benefit LA County schools;
 - o To support the sustainability and expansion of CSI/TRiEE efforts, the SBCAP Regional Team responded to the September 15, 2021 Board Motion on "The Community Schools Initiative Expansion" The SBCAP Regional Team, in collaboration with LACOE and LAUSD, identified potential communities of growth and reported exploring different funding opportunities including SBHIP; and
 - o To expand the clinical footprint on LACOE CSI sites, DMH applied for and was awarded the Mental Health Student Services Act (MHSSA) Grant through the Mental Health Services Oversight and Accountability Commission (MHSOAC). The grant totaling \$6 million is for the funding period of January 1, 2022, through December 31, 2025. DMH and LACOE plan to expand the current CSI model by assigning a Master's level clinician to provide direct intervention and prevention services at six (6) of the current CSI sites. The clinicians will work alongside the CSI Program Specialist and Educational Community Worker currently assigned to the selected sites. Additionally, the clinicians will provide universal prevention services to the feeder elementary and/or middle schools in the selected districts.

Selected Community School Sites	
District	School
Antelope Valley Union High School District	Little Rock High School
Bassett Unified School District	Bassett High School
Baldwin Park Unified School District	Baldwin Park High School
Inglewood Unified School District	Morningside High School
Montebello Unified School District	Montebello High School
Pomona Unified School District	Ganesha High School

The Measure of America's Portrait of LA County and Los Angeles County Department of Public Health (DPH) Education and Health in LA County Report were utilized to identify schools. Schools in the initial CSI Initiative were selected based on rates of chronic absenteeism, suspension, violent crimes, homelessness, poverty, and mental health needs. Factors considered for the expansion also included impact of the COVID-19 pandemic on the community, educational index, and number of homeless students. The school districts in the expansion scored as those with the highest needs.

- TRiEE PSWs established informal partnerships with several community organizations that allowed the TRiEE program to connect families with monetary support, groceries, toys, and educational workshops. These agencies include:

LAUSD Informal Partnerships	
<ul style="list-style-type: none"> • LAUSD Homeless Liaison Program • Westside Infant-Family Network (WIN) • Armenian Autism Outreach Project (AAOP) • YMCAs 	<ul style="list-style-type: none"> • Imperfect Foods • Superior Grocers • Toys for Tots • Spark of Love • Private donors.

- LACOE CSI has continuously focused on providing comprehensive wrap-around services for students, parents, and members of the community through school-community partnerships. During this quarter, LACOE CSI established 24 new unique partnerships with the following organizations:

LACOE Formal and Informal Agreements	
Organizations with Formal Agreements <ul style="list-style-type: none"> • ECOS • Natural History Museum-LA County • SELACO (Southeast Los Angeles County – Workforce Development Board) Organizations with Informal Agreements <ul style="list-style-type: none"> • Baby 2 Baby • Baldwin Park Florist • Big 5 Sporting Goods • Buddhist Tzu Chi Foundation • Chick Fil A • City of Pomona • Claro's Italian Market, Inc. • El Pescador • Guadalajara Grill - Baldwin Park • Human Services Association 	Organizations with Informal Agreements (cont.) <ul style="list-style-type: none"> • IN & OUT Burger • International Rescue Committee - Los Angeles • Jersey Mikes • Kara Love Project • Latino Equality Alliance (LEA) • Latino Family Center (CHCADA) • LB's Barber Shop - Baldwin Park • Montebello Rotary Club • Shoes That Fit • Stay Housed LA • YMCA

Future Steps

As the need for mental health support continues to rise, DMH will continue to prioritize collaboration and community in order to increase access to care. The SBCAP Regional Team will continue to work closely with its partners to support LA County school communities and address the high level of need stemming from the pandemic. The

Each Supervisor
February 28, 2022
Page 7

SBCAP Regional Team in partnership with school mental health providers and schools will continue leveraging available services and utilize best practices to support students' mental health.

This report is issued on a quarterly basis with the next report to be submitted May 6, 2022. If you have any questions or require additional information, please contact me or staff can contact Kanchi Tate, Program Manager, MHSA Programs and Special Projects, at ktate@dmh.lacounty.gov.

JES:GCP:rh

c: Executive Office, Board of Supervisors
Chief Executive Office
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Los Angeles County Office of Education
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DEPARTMENT OF MENTAL HEALTH

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LISA H. WONG, Psy.D.
Acting Director

Curley L. Bonds, M.D.
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Connie D. Draxler, M.P.A.
Acting Chief Deputy Director

August 11, 2022

TO: Supervisor Holly J. Mitchell, Chair
Supervisor Hilda L. Solis
Supervisor Sheila Kuehl
Supervisor Janice Hahn
Supervisor Kathryn Barger

FROM: Lisa H. Wong, Psy. D. *LHW, B.D.*
Acting Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9,
2019)**

The following Board Report provides a quarterly summary for the months of April through June 2022, detailing the collective efforts conducted to support Los Angeles County school communities. The Los Angeles County Department of Mental Health (DMH) School Based Community Access Point (SBCAP) continued collaboration with the Los Angeles County Office of Education (LACOE), Los Angeles Unified School District (LAUSD), the Department of Public Health (DPH), and the DMH+UCLA Public Partnership for Wellbeing (PPFW) throughout the fourth quarter.

Outreach and Awareness Building

As the school year ended, the SBCAP team and its partners were committed to increasing outreach and awareness to better equip school community members with resources through the end of the school year. The following are highlights of outreach and awareness activities facilitated during the fourth quarter of Fiscal Year (FY) 2021-22 under the SBCAP Programs:

- DMH SBCAP Regional Team:
 - Attended six LACOE Community School (CS) events to increase mental health awareness. Events included a Health Community Resource Fair, Mental Health Awareness Month events, and a grand opening of a community garden. These events reached out to over 600 participants;

- In collaboration with the Dodgers organization, participated in the “Dodger Day of Service,” providing psychoeducation workshops to over 50 New Village Academy students that focused on recognizing symptoms of depression, stress, and anxiety;
 - Participated in an event for the Department of Parks and Recreation (DPR) Teen Summit, providing resources to over 200 youth; and
 - In collaboration with school mental health providers, presented on relevant County resources to Long Beach Unified School District counselors.
- LAUSD Trauma and Resilience Informed Early Enrichment (TRiEE) Program:
 - TRiEE Psychiatric Social Workers (PSWs) provided 780 mental health consultations to 1,261 parents and staff for a wide range of themes including behavior and developmental concerns, kinder readiness, homelessness, foster care, trauma, grief/loss, new arrivals, and family separations;
 - Following the tragic event in Uvalde, Texas, PSWs were readily available to provide support and consult with administrators regarding how to support staff and families. For staff, PSWs provided grounding activities, shared resources, provided psychoeducation on how to support young children, and provided one-on-one support when needed;
 - Conducted 82 Parent Engagement activities for 1,942 participants. Many sites continued to use the distribution of Social Emotional Learning (SEL) kits as an opportunity not only to provide families with tangible tools for expanded learning time at home, but also to build a sense of connection and community; and
 - Lastly, one site administrator was able to recruit a Parent Representative with the goal of creating a Parent Advisory Group next school year. This would be a space for parents to come together to share ideas for boosting family engagement, recruit volunteers, and provide opportunities for collaborative goal setting and decision making.
- LACOE Community Schools Initiative (CSI):
 - Conducted 117 outreach and awareness campaigns with a total potential reach of 121,172 students and their families and directly engaging 6,816 individuals through 49 direct and personalized communications;
 - Held 65 Resource Awareness and Engagement Events, which consisted of virtual drop-in meetings, health/resource fairs, and Q&A events. These events engaged a combined total of 5,301 parents/caregivers, students, and staff members; and
 - Organized 24 Advisory Council meetings across all sites with a total attendance of 229 participants consisting of parents/caregivers, students, school staff, and community members to advise school leadership on

matters relevant to family engagement, student academics, and social-emotional wellbeing.

Collaboration

SBCAP programs prioritize building and maintaining relationships with community organizations to leverage existing resources and better meet the needs of school community members. The following summary highlights SBCAP program collaboration efforts:

- SBCAP Regional Team:
 - Continued to provide support and consultation to its LACOE CS and LAUSD TRIEE partners through collaboration and advisory council meetings;
 - Attended all DMH Service Area School Mental Health Meetings to support mental health providers with leveraging community resources and support re-engaging school district collaboratives;
 - Facilitated the countywide School Mental Health Coordinator meeting to provide updated and relevant information and discuss ways to address any common issues with school providers;
 - In collaboration with the Youth Commission, facilitated eight (8) listening sessions with young leaders and child welfare and justice involved youth to better understand the mental health needs of young people and center youth voice. In addition, created a Youth Mental Health survey to expand reach across Los Angeles County;
 - Provided support for youth community ambassador network at participating LAUSD sites through technical assistance and support with program development; and
 - Continued efforts to obtain funding through the [Student Behavioral Health Incentive Program](#) (SBHIP), in collaboration with LACOE and the Managed Care Plans (LA Care and HealthNet), and submitted the initial SBHIP project plan.
- LAUSD TRIEE:
 - As the TRIEE Program expanded to additional Early Education Center (EEC) sites towards the end of the quarter, PSWs began to collaborate with stakeholders at these new sites to begin engagement efforts and provide education about their program;
 - Continued to collaborate with other programs within LAUSD to increase access to existing resources and ensure successful service delivery. For example, PSWs coordinated with Division of Special Education (e.g., speech pathologists, school psychologists, etc.), Specialized Student Support Services and Positive Behavior Intervention and Supports (PBIS) to support the multifaceted needs of the school community; and

- Increased collaboration with local community agencies/organization and private donors to obtain donations to meet the needs of families, support staff wellness, improve school climate, and increase parent engagement. Community organizations include Family Source Centers, Westside Infant Family Network (WIN), Gagosian Gallery, Imperfect Foods, and local clothing stores, markets, and eateries that provided donations.
- LACOE CSI:
 - LACOE CSI has continuously focused on providing comprehensive wrap-around services for students, parents/caregivers, and members of the community through school-community partnerships. This quarter, LACOE CSI established 11 new partnerships with the following organizations:

▪ American International Industry	▪ Pasadena Public Library
▪ Cosmetica Beauty and Barbering Academy	▪ Therapeutic Play Foundation
▪ Duarte Area Resource Team	▪ Tuxedo Place
▪ Duarte Parks and Recreation	▪ Twinky's Barbershop
▪ Friar Tux	▪ World Energy
	▪ Yovana's Beauty Salon
- Department of Public Health (DPH) Wellbeing Centers (WBC):
 - DPH hosted Dr. Rochelle Walensky, Director of the CDC, Dr. Barbara Ferrer, Director of DPH, and other local and state officials to highlight the work that the WBCs are providing on school campuses and increase collaborations; and
 - The WBCs also continued its collaboration with Planned Parenthood Los Angeles (PPLA) to providing confidential consultation to youth through their Call Center this quarter.

Direct Services

One of the primary goals and purposes of SBCAP programs is to assist the school communities with navigating systems and ensuring access to care. This quarter, SBCAP continued to be intentional about engaging school communities to provide targeted supports to students and families in need. The following provides a summary of SBCAP efforts to provide direct services this quarter:

- SBCAP Regional Team:
 - The SBCAP Regional Team experienced an increase of utilization of the Officer of the Day (OD) protocol, triaging 58 referrals and linking 20 families to mental health supports this quarter; and
 - Provided in-person and virtual [wellbeing workshops](#) for students at four community schools.

- LAUSD TRIEE
 - Processed 65 referrals for staff and families at EECs or through the Early Childhood Mental Health Consultation Line. Most referrals were related to addressing mental health and daily living needs with a noted increase in families who are at-risk for homelessness;
 - Triageed 64 calls made to the Consultation Line with most callers seeking consultation regarding child development, challenging behaviors, navigating systems within LAUSD and other systems of care within the community, and addressing the mental health needs of their child/family;
 - Delivered 79 SEL lessons for 991 students and staff members by modeling lessons from Second Step and Sanford Harmony or presenting on topics specific to the classroom's needs. Common topics included understanding and managing emotions, fair play, mindfulness, and inclusion/diversity;
 - Focused on collaboration with families and staff to provide specific tools and resources that supported with the transition to kindergarten;
 - Facilitated 198 wellness activities for 398 staff members, including individual support for staff, wellness activities incorporated into staff meetings and "A Window Between Worlds" (AWBW) trauma-informed art workshops to provide staff with the opportunity to reflect on topics such as personal needs, strengths, and achievements;
 - Coordinated visits with Trixie, a therapy dog brought to campuses in partnership with LAUSD School Mental Health;
 - Provided 26 parent workshops for 77 participants including topics such as routines, understanding behavior, strengthening parent-child relationships, and supporting students with transitions; and
 - TRIEE continued to offer weekly Virtual Parent Pop-In Support Group to all TRIEE EEC sites providing an opportunity for parents/caregivers to share community resources with one another.
- LACOE CSI:
 - CSI performed 298 needs assessments resulting in a total of 159 referrals for students and their families and community members. Top referral types included referrals to mental health services, educational support (books, tutoring, college prep, etc.), basic needs support, health (medical, dental, vision, etc.), and substance abuse prevention/treatment; and
 - Facilitated resource center "store closet" distributions and 149 distributions of goods/family engagement events where 12,388 items/boxes were distributed including food, clothing, basic needs support (e.g., hygiene, cleaning, blankets), gift cards, educational support (e.g., books, school supplies, technology), and other related items to 5,132 students, families, and community members. Most of these events were conducted in partnership with Baby 2 Baby, Inland Church, City of Azusa, Windsor Store,

Margaret's Place - Joe Torre Safe at Home Foundation, Shoes That Fit, In-N-Out Burger, and 211 LA County.

- DPH WBCs:
 - WBC Health Educators continued to re-engage students at the 38 sites in Los Angeles County. In addition to providing students with information about substance use and sexual health, the Health Educators have engaged peer advocates at all WBC sites to increase engagement and awareness on school campuses; and
 - This quarter, the SBCAP Regional Team engaged in conversations with 11 of the WBC sites and offered in-person and virtual workshops, from these conversations the SBCAP scheduled and delivered the 6-part wellbeing series to all 9th graders at one site.

Training and Education

This quarter, SBCAP programs remained steadfast in their efforts to provide training and education to build the capacity of the school community. The following summarizes provides training and education efforts during this quarter:

- SCAP Regional Team:
 - Provided a workshop to parents/caregivers entitled “Sandwich Generation and Caregiver Burnout,” focusing on providing coping mechanisms to caregivers who are supporting both children and older adults; and
 - Provided several workshops to the school community and DPH partners including Suicide Prevention and Impacts of the Pandemic on Mental Health.
- LAUSD TRiEE:
 - Facilitated 24 professional development trainings for 302 staff members with topics that included wellness, conflict resolution, child abuse, trauma, and understanding challenging behaviors using a social emotional lens.
- LACOE CSI
 - Provided 30 workshops on Mental Health Support to a combined attendance of 513 parent/caregivers and students; and
 - Facilitated 43 workshops on parent/caregiver support and family empowerment. These events engaged a combined total of 648 parents/caregivers, students, and staff members.

- DMH+UCLA PPFW Prevention Center of Excellence (COE):
 - Provided ongoing training, consultation, and coaching, supported program evaluation to all SBCAP Programs, and added the following 15 new school-based resources to the Wellbeing for LA Learning Center:

Articles

- [Five Brain Hacks to Help Children Reset Their Nervous System](#)
- [5 formas de ayudar a los niños a controlar la ansiedad durante la pandemia del coronavirus](#)

Resource Collections

- [Managing Grief and Loss](#)
- [Building Your Trauma and Resilience Informed Approach](#)
- [Support After Tragedy](#)
- [Strategies to Manage Stress in School](#)

Podcasts

- [Interview with Alexis Yetwin: A Deeper Look at Pediatric Stress and Pain](#)

Printable Tools

- [Be PREPARED \(generic version\)](#)
- [Sensory Toolkit Ideas](#)
- [Low Anxiety Desk Space](#)
- [Day-of Test Anxiety Tips](#)

Video Series

- [Helping Students Manage Stress in the Classroom](#)
- [Introduction to Stress and Resilience](#)
- [Emotions and Resilience in Teaching](#)

Videos

- [Social Media: A guide for Teens to Get the Best Out of Social Media \(and Avoid the Worst\)](#)

Future Steps

The SBCAP Regional Team acknowledges the current challenges school communities and stakeholders are facing and continues to work towards identifying and leveraging resources. The following summarizes future steps for SBCAP Programs for the upcoming fiscal year:

- As emphasized by Los Angeles County Youth¹, the SBCAP Programs are aware of barriers in accessing care, and thus, are working closely with its partners to maximize resources and is exploring other avenues of support such as SBHIP;
- SBCAP is also working with DMH CIOB who has agreed to fund the creation of an interactive map, like the CEO Equity Explorer Map, to be used by the community to locate appropriate services/resources near school sites²; and
- The SBCAP Regional Team will continue to work closely with its partners to support Los Angeles County school communities and address the high level of needs emphasized by the current Youth Mental Health Crisis.

¹ Board Motion Response, July 14, 2022: Item 13. Youth Commission Helping Center Youth Voices in Mental Health.

² Board Motion Response, August 5, 2022: Ensuring the Community School Initiative Has Access to The Most Accurate Data.

Each Supervisor
August 11, 2022
Page 9

This report is issued on a quarterly basis with the next report to be submitted November 6, 2022. If you have any questions or require additional information, please contact me or staff can contact Kanchi Tate, Program Manager, Prevention Services Unit, at ktate@dmh.lacounty.gov.

LHW:CDD:rh:kr

c: Executive Office, Board of Supervisors
 Chief Executive Office
 Auditor-Controller
 Los Angeles County Office of Education
 Los Angeles Unified School District



DEPARTMENT OF MENTAL HEALTH

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November 7, 2022

TO: Supervisor Holly J. Mitchell, Chair
Supervisor Hilda L. Solis
Supervisor Sheila Kuehl
Supervisor Janice Hahn
Supervisor Kathryn Barger

FROM: Lisa H. Wong, Psy. D. *LHW, BD*
Interim Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9, 2019)**

The following Board Report provides a quarterly summary for the months of July through September 2022, detailing the collective efforts conducted to support Los Angeles County school communities. The Los Angeles County Department of Mental Health (DMH) School Based Community Access Point (SBCAP) continued collaboration with the Los Angeles County Office of Education (LACOE), Los Angeles Unified School District (LAUSD), the Department of Public Health (DPH), and the DMH+UCLA Public Partnership for Wellbeing (PPFW) throughout the first quarter.

Outreach and Awareness Building

As the beginning of the new Fiscal Year (FY) commenced, DMH and its partners remained steadfast in its efforts to reach community members through outreach and awareness. With feedback received last FY from youth throughout Los Angeles (LA) County, as outlined in the January 25, 2022, Board report, "The Youth Commission: Helping Center Youth Voices in Mental Health," the need to increase awareness and engagement directed services was clear. The following provides a summary of outreach and awareness building activities provided by the SBCAP team and its partners:

- *SBCAP Regional Team:*
 - Continued collaboration and support with the Los Angeles County Youth Commission (YC) through the following:
 - Provided an overview of the DMH collaboration with YC and an overview of DMH services available to youth in LA County for Japanese youth visiting from Japan with the International Foster Care Association (IFCA), and
 - Participated in the YC Community Youth Engagement Resource Fair hosting a table and providing youth with mental health information and resources.
 - Participated in several resource fairs, including the Girls Empowerment Conference and Los Angeles County High School for the Arts (LACHSA) Suicide Prevention Event. These events reached over 600 youth throughout LA County.
 - Hosted a three part virtual workshop series for youth and parents around mental health for LACOE Community School Initiative (CSI) schools. Although the workshops were not well attended, it allowed planning discussions for similar supports during school breaks in the future for CSI schools.
 - Created and disseminated resource flyers containing information of resources available to community members by Los Angeles County Service Planning Area.
- *LACOE Community School Initiative (CSI):*
 - Conducted 57 mass communication activities, which included social media postings, flyers, text messages, emails, webpage announcements, and newsletters with a potential reach of 68,175 parents/caregivers and students;
 - Organized 51 direct and personalized communications campaigns, including personalized phone calls/text messages, in-class, or outdoor gatherings/presentations with an engagement of 5,856 parents/caregivers and students; and
 - Facilitated nine advisory council meetings with a total attendance of 136 participants consisting of parents/caregivers, students, school staff, and community members with the purpose of advising school leadership on matters relevant to family engagement, student academics, and social-emotional wellbeing.
- *LAUSD Trauma-and Resilience-Informed Early Enrichment (TRiEE):*
 - Distributed a monthly “TRiEE Wellness Newsletter” to all sites which provided information to families and staff regarding various wellness topics and shared resources pertaining to the months’ topic; and

- Facilitated 60 Parent Engagement activities for 1,371 participants. Activities included attending Back to School Night events and distributing a “Welcome Back to School” Social Emotional Learning (SEL) kit with activities and supplies to be utilized to prepare children for school and nurture the parent/caregiver-child relationship.

Collaboration

As the youth mental health crisis continues, collaboration and partnering with different County departments and community organizations is essential to maximize the resources available. Collaborations also remain an integral part of the programs supported by CSI and TRIEE Programs. The following provides a summary of collaborative activities accomplished this quarter:

- *SBCAP Regional Team:*
 - Continued support and collaboration with the LACOE CSI team, attending advisory meetings, tabling events, providing consultation and resources to assist in providing parents/caregivers and students with requested workshops;
 - Participated in a workgroup with the YC and other relevant departments, meeting monthly to develop next steps to engage and address youth mental health;
 - With the Youth-Community Ambassador Network (Y-CAN) expanding to ten sites this fiscal year, the SBCAP team maintains collaboration in providing consultation and technical assistance where needed;
 - Attended all DMH School Mental Health Service Area meetings to provide ongoing support and consultation to Legal Entities (LEs) providing services to LA County schools. In support of continued relationship building between LEs and schools, the SBCAP team also created a presentation on the general process for adding a school mental health provider to a school site; and
 - In an effort to secure funding and support implementation of the Student Behavioral Health Incentive Program (SBHIP), the SBCAP team met with its UCLA partners and Managed Care Plans (MCP) to discuss and gather information for the development of a resource map for the participating School Districts.
- *LACOE CSI:*
 - Established the following five new partnerships:
 - Uno Tea House Paramount;
 - El Monte-Rosemead Adult School;
 - ChapCare;
 - St. Margaret’s Center; and
 - AJ Transitional Housing.

- ***LAUSD TRiEE:***
 - TRiEE teams continue to collaborate with internal LAUSD programs such as Positive Behavior Interventions and Support Services (PBISS), Specialized Student Services (SSS), and Comprehensive Coordinated Early Intervening Services (CCEIS) to bring in additional supports to the Early Education Centers (EEC) sites;
 - At one site, in collaboration with Westside Infant Family Network (WIN), set up a resource table to provide information on referrals and community resources. Also secured various classroom and SEL tools through WIN to help improve class climate;
 - Psychiatric Social Workers (PSWs) continued to collaborate with local community agencies/organizations and private donors to obtain goods that address basic needs and promote staff wellness. Donations this quarter included ROSS (\$400), Smart & Final (\$200), CVS (\$50), Panda Express (70 meal certificates), In-N-Out (70 meal certificates), Imperfect Foods (various food donations), Starbucks (coffee travelers), Northgate (\$50 and food), and Chipotle (\$50).

Direct Services

Direct services remain essential to prevention. As youth are identified in need through outreach and engagement, the CSI programs ensure that students and families receive the support needed. The following provides a summary of direct services provided this quarter:

- ***SBCAP Regional Team:***
 - Provided crisis support through triage and referral at Esperanza Preparatory High School in response to a student tragedy;
 - Provided technical assistance and support to school districts and charter school's to help build internal capacity, including assisting a school district with completing a referral form and workflow protocol to be implemented with mental health providers.
- ***LACOE CSI:***
 - Performed 767 needs assessments resulting in a total of 127 referrals for students and their families and community members. Top referral types were mental health services, educational support, basic needs support, health, and substance abuse prevention/treatment; and
 - Distributed 6,669 items/boxes of goods, including food, clothing, basic needs support, gift cards, educational support, and other related items to 4,215 students, families, and community members. Most of these events were conducted in partnership with Baby 2 Baby, Pomona Police Department, Generation Connect, and Helpline Youth Counseling.

- *LAUSD TRiEE:*
 - Triaged 54 referrals for staff and families with seven initiating from the Professional Development (PD) and 47 through calls from the Early Childhood Mental Health Consultation Line. Many referrals focused mental health and daily living needs as families continue to face a host of environmental stressors that directly impact their emotional wellbeing;
 - Provided 754 mental health consultations to 1,277 parents and staff. A common theme in mental health consultations this quarter is coping with the aftermath of the pandemic, including the impact of previous school closures on student development and anxiety about classrooms returning to full capacity; and
 - Facilitated 113 wellness activities for 146 staff members, including individual support for staff, wellness activities incorporated into staff meetings/PD, and activities related to boosting morale.
- *DPH Wellbeing Center (WBC):*
 - WBCs opened at all sites at the beginning of this school year and continue to provide information on sexual health and substance use information. WBC Health Educators also continue to engage students to participate in their peer advocate program at all sites; and
 - SBCAP Regional Team met with the DPH WBC Program Manager and Youth Education Supervisors to discuss the implementation plan for providing support to WBCs this school year and established a Train-the-Trainer model where WBC staff will learn to deliver Wellbeing Workshops to students.

Training and Education

Outreach and engagement remains pivotal in supporting LA County youth, as is the importance of capacity building of the school community through training and education. The following provides a summary of training and education activities provided during this quarter:

- *SBCAP Regional Team:*
 - Created and updated several workshops to be provided to school communities including a workshop focused on school wellbeing that also integrates information about the DMH School Threat and Response Teams, to support school safety; and
 - Provided a Mental Health 101 workshop to colleagues of the Los Angeles County Department of Parks and Recreation to build capacity and understanding of the impact of mental health on youth.

- *LACOE CSI:*
 - Delivered seven workshops on Mental Health Support to a combined attendance of 104 parents and students;
 - Facilitated 34 Resource Awareness and Engagement Events consisting of virtual drop-in meetings, health/resource fairs, and Q/A events. These events engaged a combined total of 3,452 parents/caregivers, students, and staff members; and
 - Provided 94 workshops on parental/caregiver support and family empowerment, substance abuse prevention/treatment, conflict resolution, financial literacy/education, physical health and wellbeing, technology support, and student academic success. These events engaged a combined total of 2,634 parents/caregivers, students, and staff members.
- *LAUSD TRiEE:*
 - Provided six Social Emotional Learning (SEL) lessons for 78 students and staff members;
 - Facilitated 38 professional development trainings for 430 staff members. Topics included Trauma-Informed Schools, Staff Wellness, Relationship Building with Parents, and Communication/Conflict Resolution. This also included Reflective Groups, a space where teaching staff discussed challenges in the classroom or other relevant topics, cultivating sustainability in staff ability to reflect and offer support to one another;
 - Implemented Strategies for Enhancing Early Developmental Success (SEEDS) at one site with plans to facilitate at other sites next semester; and
 - Provided 17 parent workshops for 403 participants with most of the workshops being provided virtually. Workshop topics centered on supporting transitions and routines, and providing information about TRiEE services.
- *DMH + UCLA Public Partnership for Wellbeing (PPFW) and its Prevention Center of Excellence (COE):*
 - Facilitated two Training of Trainers (TOT) workshops for teacher champions, who volunteered to be ambassadors of trauma-informed care and the CSI mission in their respective schools. Teacher champions represented most of the 15 Community Schools and were trained in facilitating two core curricula: Trauma and Resilience Informed Care Foundations for Educators and Maintaining Professional Wellbeing for Educators;
 - Developed a new curriculum focused on Trauma Sensitive Communication for Educators in order to strengthen school-wide implementation of trauma and resilience informed skills. The COE delivered this training to Renaissance PAU this past quarter;

- Partnered with Common Sense Education to deliver three 30-minute interactive workshops for school administrators, K-5 educators and 6-12 educators. The workshops focused on how educators and administrators can best help students navigate the challenges and opportunities of the digital world;
- In partnership with the UCLA Pritzker Center, the COE developed an evaluation report with actionable recommendations for CSI. Findings were based on a series of listening sessions with key stakeholders from the LACOE CSI program;
- Conducted a series of listening sessions with the key stakeholders of the TRiEE program, including nine school administrators, eight teachers, seven teacher aides, six parents, and 15 psychiatric social workers;
- For TRiEE PSWs who are trained as SEEDS facilitators, the COE has continued to provide SEEDS-related consultation and program implementation support through offerings of SEEDS Connection Cafés. Five Connection Cafés were offered this quarter; and
- Added 14 new school-based resources to the Wellbeing for LA Learning Center.

Future Steps

The SBCAP Regional Team acknowledges the current challenges school communities and stakeholders are facing and continues to work towards identifying and leveraging resources. The SBCAP Regional Team will continue to work closely with its partners to support LA County school communities and address the high level of needs emphasized by the current Youth Mental Health Crisis.

This report is issued on a quarterly basis with the next report to be submitted February 6, 2023. If you have any questions or require additional information, please contact me or staff can contact Kanchi Tate, Program Manager, Prevention Services Unit, at ktate@dmh.lacounty.gov.

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DEPARTMENT OF MENTAL HEALTH

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Acting Chief Deputy Director

February 1, 2023

TO: Supervisor Janice Hahn, Chair
Supervisor Hilda L. Solis
Supervisor Holly J. Mitchell
Supervisor Lindsey P. Horvath
Supervisor Kathryn Barger

FROM: Lisa H. Wong, Psy.D. *Connie D. Draxler*
Interim Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9,
2019)**

The following Board report provides a quarterly summary of the collaborative efforts made to support Los Angeles (LA) County school communities for the Second Quarter of the Fiscal Year (FY), months of October through December 2022. The Los Angeles County Department of Mental Health (DMH) School Based Community Access Point (SBCAP), the Los Angeles County Office of Education (LACOE), the Los Angeles Unified School District (LAUSD), the Department of Public Health (DPH), and the DMH+UCLA Public Partnership for Wellbeing (PPFW) worked together towards one unified goal to ensure access to information, resources, and services unique to each school community.

Outreach and Awareness Building

As we entered the second quarter of FY 2022-23, DMH and its partners sustained their efforts through outreach and awareness to address the needs of community members. This quarter, the SBCAP team, with its partners, provided the following outreach and awareness activities:

- *SBCAP Regional Team*
 - o Continued support of the Los Angeles County Youth Commission by attending the Youth Engagement Listening session held at Kenneth Park. The purpose of this session was for youth to share their experiences and offer opinions based on experienced challenges and to uplift youth voices, practices, and services important to youth;
 - o Participated in the Lynwood Health Collaborative Showcase where 30 to 40 visiting superintendents from around the country gathered to learn about the success Lynwood High School Community School Initiative (CSI) has had through its Health Collaborative;
 - o Participated in several resource fairs, providing resources and information regarding access to care. Events included the Fall Academy for the Youth Community Ambassador Network, the 8th Annual Girls Empowerment Conference, and the Red Ribbon Week Student Fair. These events reached approximately 600 youth throughout LA County; and
 - o Developed Holiday Mental Health flyers in English and Spanish and distributed to Community Schools and School Mental Health (SMH) Providers. Flyers meant to provide resources and supports to student, families, and school staff struggling with wellbeing during the holiday season.
- *LACOE CSI*
 - o Conducted 68 mass communication activities, which included social media postings, flyers, text messages, emails, webpage announcements, and newsletters, with a reach of 102,993 parents/caregivers and students;
 - o Organized 26 direct and personalized communications campaigns, which included personalized phone calls/text messages, in-class, or outdoor gatherings/presentations, engaging 2,032 parents/caregivers and students;
 - o Facilitated 11 Community Schools Council meetings, with a total attendance of 129 participants, consisting of parents/caregivers, students, school staff, and community members, to advise school leadership on matters relevant to family engagement, student academics, and social-emotional wellbeing; and
 - o Organized 48 resource awareness and engagement events, which consisted of virtual drop-in meetings, health/resource fairs, and Q/A events. These events engaged a combined total of 2,183 parents/caregivers, students, and staff members.
- *LAUSD Trauma-and Resilience-Informed Early Enrichment (TRiEE)*
 - o Distributed monthly "TRiEE Wellness Newsletter," one for staff and one for families. Topics included Indigenous People's Day, Coping Strategies, Mindfulness, Supporting SEL at Home, Gratitude, Healthy Boundaries,

Supporting Grieving Children, Stress Awareness, Celebrating STEAM, Dia de Los Muertos, Art & Mental Health, and Financial Self Care;

- o To promote services and resources and build connection, class Dojo postings, emails, bulletin board postings, and flyers were disseminated to families, and in-person outreach was conducted, when possible;
- o Facilitated 53 parent engagement activities for 1,625 participants to support increased communication and collaboration;
- o Participated in school-wide events (Back to School Night, Fall Festival, Parent Meetings, Coffee with the Principal, Food Distribution Events, Holiday/Winter Events) to provide information to families regarding resources and support offered by TRiEE, LAUSD, and the community; and
- o Supported administrators at three sites to create Parent Advisory Committees and help with the recruitment of parents.

Collaboration

Youth mental health continues to be at the forefront of national concern, so collaboration and partnerships between various organizations and County departments was crucial to building capacity and increasing resources this quarter. Collaborations are an integral part of the SBCAP programs; the following activities provide a summary of accomplishments this quarter:

- *SBCAP Regional Team*
 - o Supported and collaborated with the LACOE CSI Team by facilitating regular meetings, participating in advisory council meetings, and providing resources and workshops to address the needs of specific CSI school communities;
 - o Provided consultation to community agencies that seek to partner with schools and with mental health agencies through the ongoing SBCAP Technical Assistance (TA) protocol. Through these consultations, the SBCAP team helped bridge connections between schools and needed community supports;
 - o Participated in meetings and consultation with the Youth-Community Ambassador Network (Y-CAN) to support expansion efforts within LAUSD and LACOE, including revising the Y-CAN curriculum to be used as a standard version for orientation;
 - o Collaborated with the Youth Commission to continue its work in supporting youth mental health throughout LA County. This includes facilitating workgroup meetings to identify and centralize needed resources;
 - o Participated in DMH SMH Service Area (SA) meetings to support SMH providers and schools/school districts with addressing concerns that may arise around the provision of mental health services (MHS) to LA County youth in the school system. SBCAP informed the group on outcomes from a recent survey
-

- o regarding student linkage to MHS and brainstormed ideas to address challenges to linkage;
 - o Sorted and analyzed data collected from SMH providers around number of students/schools served and provided data to each SA to support with coordination of care;
 - o Facilitated meetings with LACOE CSI staff regarding the delivery of Wellbeing Workshops at their school sites, provided informational flyers, and discussed ideas on ways to coordinate with the school to reach all ninth grader students. Discussions are ongoing for the purpose of planning and collaboration;
 - o Continued partnering with Gita Murthy Consulting, LACOE, and Managed Care Plans (MCPs) to assist with the completion of the School Behavioral Health Incentive Plan (SBHIP) Needs Assessment and Project Plans which were submitted in December 2022; and
 - o Coordinated with the DPH Connecting to Opportunities for Recovery and Engagement (CORE) team to provide a presentation on substance use resources for students in LA County and how to refer, for SMH Providers countywide, of which 95 participants attended.
- *LACOE CSI*
 - o Established the following 12 new partnerships with informal agreements:

▪ HOPICS	▪ Access Services
▪ Latino Resource Organization	▪ St. Bernard Church
▪ Upper Bound House	▪ Raising Cane's
▪ Children Youth and Family Collaborative	▪ The Altadena Library District
▪ Central Elementary School	▪ Harbor Interfaith Services
▪ PATH	▪ All Peoples Community Center
- *LAUSD TRiEE*
 - o Collaborated with LAUSD Positive Behavior Interventions and Support Services (PBISS) to provide four professional development workshops for 42 staff and four parent workshops for 34 families;
 - o Coordinated 26 resource fairs with a total of 21 agencies reaching approximately 1,000 families. Agencies engaged families in learning about resources and promoted a wide range of services; and
 - o Partnered with ten local businesses, community agencies and private donors and brought in goods for families in need, including dry goods, food, learning tools and activities, toys, gift cards and/or meal certificates.
-

Direct Services

Effective prevention efforts often uncover a need for direct services. Through outreach and awareness building, CSI programs become acquainted with specific needs of students and families in the school community, which allows them to provide direct services. The direct services provided to school communities this quarter were as follows:

- *SBCAP Regional Team*
 - o Provided technical assistance and support to school districts to help build internal capacity, including assisting a school district with their referral process and with connecting with mental health providers and other community-based organizations.
 - *LACOE CSI*
 - o Performed 818 needs assessments, resulting in 545 direct services and 108 referrals for students, their families, and community members. Top referral types were MHS, health services, housing support, educational support, and substance abuse prevention/treatment; and
 - o Distributed goods from the LACOE CSI Resource Centers “Store Closet” at 79 family engagement events, where 17,471 items/boxes were provided to families, including items such as food, clothing, basic needs materials, gift cards, and educational supports to 4,683 students, families, and community members. Most of these events were conducted in partnership with Baby 2 Baby, Impact Harvest Church, Community Members, God’s Pantry, and Make Good, Inc.
 - *LAUSD TRiEE*
 - o Triaged 95 referrals, resulting in 62 case management-specific encounters with families. Top referrals were for MHS and daily living needs (low-income housing assistance, clothing, unemployment aid, etc.);
 - o Provided 1,049 mental health consultations to 1,691 parents and staff to build capacity of adults supporting children. A major theme this quarter across all regions was addressing communication barriers between staff and families. Psychiatric Social Workers (PSWs) assessed the needs of staff and families and provided appropriate resources, training/workshops, referrals/linkages;
 - o Coordinated two “Paws and Relax with Trixie” events with LAUSD Crisis Counseling and Intervention Services (CCIS), serving 111 students and staff;
 - o Provided advocacy, referrals, and case management to students in foster care and/or experiencing homelessness in collaboration with LAUSD Student Support Programs/Specialized Student Services (LAUSD-SSS);
-

- o Delivered 152 wellness activities for 206 staff members, including individual support for staff, wellness activities incorporated into staff meetings/PDs, and activities related to boosting morale as staff continue to report experiencing burnout; and
- o Distributed 450 Social Emotional Learning (SEL) kits including books, accompanying SEL Activity Sheets, craft supplies, and Consultation Line/TRiEE flyers. The goal of SEL kits is to support expanded learning time and to encourage families to engage in activities with their children at home.
- *DPH Wellbeing Center (WBC)*
 - o The DPH Health Educators continue to support students through their peer support program, supported by Planned Parenthood Los Angeles (PPLA);
 - o PPLA is currently providing direct mental health services at eight Wellbeing Center sites and continues to support the school community through the PPLA Consultation Line; and
 - o Facilitated meetings to consult with SBCAP team regarding the delivery of workshops at their school sites to reach all ninth graders. Discussions are ongoing with WBC staff for planning and collaboration.

Training and Education

Training and education are essential for capacity building to continue to support LA County youth and their ever-expanding needs. The training and education activities provided during this quarter include the following:

- *SBCAP Regional Team*
 - o Created the School Safety Presentation focusing on empathy and how to promote school safety;
 - o Provided a Suicide Prevention workshop for parents at a middle school and a high school; and
 - o Delivered three Wellbeing Workshop Training of the Trainer (ToT) trainings to be provided to high school student. Two ToT trainings were provided to all DPH WBC Health Educators and Youth Educator Supervisors, reaching about 50 participants and one to all LACOE CSIPSWs, reaching about 15 participants.
-

- *LACOE CSI*
 - o Conducted 14 workshops on mental health support to a combined attendance of 182 parents and students;
 - o Facilitated 66 workshops on topics including parental/caregiver support and family empowerment, substance abuse prevention/treatment, conflict-resolution, financial literacy/education, physical health and wellbeing, technology support, and student academic success. These events engaged a combined total of 785 parents/caregivers, students, and staff members.
 - *LAUSD TRiEE*
 - o Provided 41 professional development trainings for 585 staff members on Effects of Trauma on Adults, Early Childhood Trauma, Attachment, Partnering with Parents, Staff Wellness, and Supporting with the SSPT. Conducted 16 parent workshops for 182 participants both virtually and in-person, about Partnering with Teachers, Routines, Self-Care & Wellness, Social Emotional Development, and Developmental Expectations.
 - *DMH+UCLA Public Partnership for Wellbeing (PPFW) and its Prevention Center of Excellence (COE):*
 - o Added the following eight new school-based resources to the Wellbeing for LA Learning Center:
 - Article:
 - [Helping Families Navigate an Individualized Education Program](#)
 - Printable Tools
 - [Helpful or Harmful? Social Media and Youth Mental Health](#)
 - [A Social Media Risk Assessment for Youth and How to Use It](#)
 - [Managing Holiday Blues](#)
 - [Hopeful for the Holidays](#)
 - Course
 - [Primeros auxilios psicológicos para todos](#)
 - Resource Collections
 - [Digital Wellbeing for Youth](#)
 - [Supporting Children in Foster Care: Tips for Social Workers](#)
 - o Delivered the Trauma Sensitive Communication for Educators training in-person to two LACOE CSIs with 63 participants at John Glenn High School and 53 at Lynwood High School. In addition, the COE provided post-training consultation and support;
-

- o Facilitated biweekly meetings with LACOE CSI leadership, DMH leadership, and UCLA Pritzker Center researchers to plan and coordinate listening sessions for Year 4 of the LACOE CSI implementation; and
- o Created and delivered a virtual STAR seminar specifically for educators on Cultivating Spaces for Healing and Wellbeing for Educators, which was attended by 72 participants.

Future Steps

The SBCAP Regional Team continues to address the increasing mental health needs and challenges of student youth, families, and school communities in LA County. The SBCAP Regional Team and its partners will continue their efforts and collaboration, thinking outside the box, to address the high need and overextended resources intended to serve our communities.

This report is issued on a quarterly basis with the next report to be submitted May 7, 2023. If you have any questions or require additional information, please contact Kanchi Tate, Program Manager, Prevention Services Unit, at Ktate@dmh.lacounty.gov.

LHW:CDD:KT:kr:co

c: Executive Office, Board of Supervisors
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DEPARTMENT OF MENTAL HEALTH

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LISA H. WONG, Psy.D.
Director

Curley L. Bonds, M.D.
Chief Medical Officer

Connie D. Draxler, M.P.A.
Acting Chief Deputy Director

May 9, 2023

TO: Supervisor Janice Hahn, Chair
Supervisor Hilda L. Solis
Supervisor Holly J. Mitchell
Supervisor Lindsey P. Horvath
Supervisor Kathryn Barger

FROM: Lisa H. Wong, Psy.D.
Director *Lisa H. Wong, Psy.D.*

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9,
2019)**

The following Board Report provides a quarterly summary of the collaborative efforts made to support Los Angeles County school communities for the Third Quarter of this Fiscal Year (FY), the months of January through March 2023. The Los Angeles County Department of Mental Health (DMH) School Based Community Access Point (SBCAP), the Los Angeles County Office of Education (LACOE), the Los Angeles Unified School District (LAUSD), and the DMH+UCLA Public Partnership for Wellbeing (PPFW) worked together towards one unified goal to ensure access to information, resources, and services unique to each school community.

Outreach and Awareness Building

Outreach and Awareness continue to be vital in efforts to build capacity and disseminate information that allows for increased receptivity to collaboration and services. To this end, DMH and its partners intensified endeavors through outreach and awareness to mitigate the needs of school community members. The following provides a summary of activities completed by SBCAP and its partners this quarter.

- *SBCAP Team*
 - Developed list of resources to distribute to School Mental Health (SMH) providers and LACOE Community School Initiative (CSI). Resources addressed topics including suicide prevention, grief and loss, body image and eating disorders, homeless resources, eviction prevention, and community violence;
 - Facilitated a convening of all Community School staff in Service Area 3. Including LACOE CSI Specialists, Educational Community Workers (ECWs) and Psychiatric Social Workers (PSWs). Attendees were provided with resources and information pertinent to their service area and were led in a discussion to plan activities for May Is Mental Health Month in their respective school sites;
 - Provided support to CSI staff who requested additional information and guidance on creating community partnerships and Memorandum of Understandings (MOUs); and
 - Provided technical assistance and support to school districts to help build internal capacity, including assisting a school district with their referral process and connecting with mental health providers and other community-based organizations.
- *LACOE Community School Initiative*
 - Conducted 132 outreach and awareness campaigns with a total estimated reach of 166,270 students and their families, directly engaging 864 individuals. Community School Council meetings were also convened to further engage and integrate parents/caregivers and community members into the schools' decision-making process;
 - Organized 25 direct and personalized communications campaigns, which included personalized phone calls/text messages, in-class or outdoor gatherings/presentations, reaching 864 parents/caregivers/students;
 - Arranged 107 mass communication activities which included social media postings, flyers, text messages, emails, webpage announcements, newsletters, with a reach of 165,406 parents/caregivers/students; and
 - Facilitated 16 Community Schools Council meetings with a total of 217 attendees consisting of parents/caregivers, students, school staff, and community members to advise school leadership on matters relevant to family engagement, student academics, and social-emotional wellbeing.
- *LAUSD Trauma-and Resilience-Informed Early Enrichment (TRiEE)*
 - Created resource binder/online resources for Early Education Center (EEC) staff to access at their sites, with TRiEE PSWs updating documents as needed;
 - Produced a list of online resources to monitor resources/events around Los Angeles County;

- Conducted 22 parent engagement events for 270 participants. PSWs engaged parents by attending school sponsored events and those hosted by TRiEE. Their creative ways to engage and strengthen home-school connections included creating virtual office hours for Early Childhood Mental Health Consultation (ECMHC), Supporting with New Family Orientation and creating mini skills lessons during distribution of Social Emotional Learning (SEL) and child behavior handouts; and
- Participated in school-wide events to provide information to families regarding resources and support offered by TRiEE, LAUSD, and the community.

Collaboration

Collaboration and partnerships are key strategies to ensure high quality resources and services and to strengthen and reinforce provisions to meet increasing requests for services and supports. Developing consistent partnerships between various organizations and County departments as well as community organizations is an essential component to meet the needs of the school community. The following activities provide a summary of accomplishments from this quarter:

- *SBCAP Team*
 - Facilitated collaborative meetings with LACOE and [Student Behavioral Health Incentive Program](#) (SBHIP) participating school districts to provide consultation and guidance on the implementation of this initiative. Meetings included creating action plans to reach specific SBHIP Project Plans for each district;
 - Created a user-friendly report from the school data logs providers submitted last quarter. This report was shared with providers and included data on the number of schools and students reached by DMH directly operated (DO) and contracted providers;
 - Collaborated with UCLA Center of Excellence (COE) to facilitate CSI listening sessions and establish a framework to compile data, which DMH will use to provide a final report by June 2023;
 - Coordinated meetings with Hazel Health as they implement their Hazel HEART telemental health services in all 81 Public School Districts. Meetings are held bi-weekly to support Hazel Health's integration into the mental health network in Los Angeles County and ensure collaboration with existing Legal Entities (LEs);
 - Participated in all DMH SMH Service Area meetings to support SMH providers and schools/school districts with addressing concerns that may arise around the provision of mental health services. The SBCAP team worked with providers to problem solve capacity issues as need increased during this quarter;

- Continued to collaborate with the LACOE CSI team by facilitating regular meetings, participating in advisory council meetings, and providing resources and workshops to address the needs of specific CSI school communities. The SBCAP team also addressed questions regarding the new role out of Hazel Health and the new [CalAIM screening tools](#); and
- SBCAP provided resources and consultation support to school staff, including school social workers, when they identified a need for additional resources.
- *LACOE CSI*
 - Established six new partnerships with informal agreements. Partnerships included:
 - Antelope Valley College;
 - Long Beach Schools Financial Credit Union;
 - Lutheran Social Services of Southern California Rainbow Service;
 - CORE Center;
 - Los Angeles County Department of Arts and Culture; and
 - Maria's Closet.
- *LAUSD TRiEE*
 - Collaborated with 12 local agencies to host nine tabling events, reaching 338 families. Agencies included Karsch Center, Mother's Nutritional Center, Westside Infant-Family Network, Seol International, and LA Public Library;
 - Engaged local community agencies and private donors to provide goods for families in need including providing 165 educational kits, 80 boxes of dry goods and produce, and gift cards and/or meal certificates;
 - Partnered with LAUSD Crisis Counseling and Intervention Services (LAUSD-CCIS) and "Paws & Relax with Trixie," to facilitate seven events serving 623 students and staff; and
 - Collaborated with two new partners, including the local police department to provide visits to classrooms and the South-Central Los Angeles Regional Center to offer parent and staff workshops on how to navigate the referral process.

Direct Services

Building effective services requires both establishing trust and cultivating relationships fostered in mutual respect and collaboration. The services provided directly to school communities during this quarter were as follows:

- *SBCAP Regional Team*
 - Provided postvention supports to schools as part of a response to the aftermath of crises that occurred in school districts:

- After incidences of community violence that directly impacted the school community, SBCAP mobilized and provided clinical support through screening, triage, and referral and linkage to services. Additionally, SBCAP clinicians developed workshops to meet the specific needs of the community related to the incident (i.e., gang violence, shooting); and
 - After an accidental death of a student, SBCAP coordinated with LE School Mental Health Providers, for the provision of postvention support to parents and students. LE and SBCAP clinicians collaborated to dispatch support to school campuses which included screening, triage, referral, and linkages to mental health services for students.
 - Provided the wellbeing workshop series to the entire student body at a Department Public Health (DPH) Wellbeing Center (WBC) school site to provide support as the school site prepares to close next school year. Continued collaboration to provide future workshops will be facilitated as needs are identified by the DPH WBC staff; and
 - Provided a series of workshops for students and parents in middle and high schools (offered in both English and Spanish for parents/caregivers) who want to learn about how to support the mental health and wellbeing of students in our school community. Topics varied from dealing with stress, suicide awareness and healthy relationships on how to be social media savvy as well as understanding social emotional developmental stages in school age years.
- *LACOE CSI*
 - Performed 1,046 needs assessments resulting in a total of 371 direct services and 145 referrals for students and their families and community members. Top referral types included mental health services, educational support, employment services, health, and parental supports;
 - Distributed goods from the LACOE CSI Resource Centers “Store Closet” at 65 family engagement events, where 5,293 items/boxes were distributed to 5,510 students, families, and community members. Most events were conducted in partnership with Instituto de Avance Latino, National Alliance of Mental Illness, Rainbow Services, Parent Education Bridge for Student Achievement Foundation, Margaret’s Place, Samohi Bilingual Community Liaison, and Sustainable Economic Enterprises of Los Angeles;
 - Conducted 17 workshops on mental health support to a combined attendance of 329 parents and students; and
 - Facilitated 137 workshops on parental/caregiver support and family empowerment, substance abuse prevention/treatment, conflict resolution, financial literacy/education, physical health and wellbeing, technology

support, and student academic success. These events engaged a combined total of 3,037 parents/caregivers, students, and staff members.

- **LAUSD TRiEE**
 - Triaged 66 referrals, resulting in 82 case management-specific encounters with families. Priority resource needs included mental health and daily living needs;
 - Provided 1,346 mental health consultations to 2,075 parents and staff. Major themes included, improving parent engagement, chronic staff absenteeism, and students with challenging behaviors;
 - Provided 53 SEL lessons for 813 students and staff members. SEL lesson topics included Feelings Identification and Yoga; Diversity & Kindness; Coping with Anger; Self-Regulation Skills; Calming Meditation and Mindfulness, provided consultation to 62 individuals who were seeking assistance and psychoeducation managing challenging behaviors, supporting social emotional learning at school/home, and those needing support with community and district resources; and
 - Provided 25 parent workshops for 176 participants on Understanding/Supporting Children's Behavior, Managing Uncomfortable Feelings, Strengthening Parent-Child Relationships and Supporting Women's Health.

Training and Education

Training and education are critical components in ensuring dissemination of knowledge and supports that increase the capacity of all stakeholders, including those who serve youth and families. The training and education activities provided during this quarter include the following:

- **SBCAP Regional Team**
 - Recorded and revised a School Safety and Wellbeing through Empathy presentation available on the [Wellbeing4LA](#) website;
 - Conducted the 5th Annual School Community Symposium in collaboration with, LACOE, the Department of Arts and Culture, and UCLA Center for Community Schooling. The virtual event was attended by 251 participants. The theme of the symposium was "On the Path towards Collective Healing" with keynotes highlighting healing centered engagement for the school community, focusing on school community helpers; and
 - Created a Grief and Loss presentation focusing on providing psychoeducation on coping skills and resources to promote awareness and safety.

- *LAUSD TRiEE*
 - Provided 49 professional development trainings for 507 staff members on Introduction to Positive Behavior Interventions and Support Services (PBIS), Restorative Practices, Supporting Social Emotional Development, Adult Trauma, and an Introduction to Regional Center Services;
 - Conducted Strategies for Enhancing Early Developmental Success (SEEDS) trainings with EEC staff, including a SEEDS booster session. There are currently three cohorts being conducted, reaching a combined total of 65 EEC staff;
 - Delivered 158 wellness activities for 257 staff members, including individual support for staff and wellness activities incorporated into staff meetings. Additionally, staff assisted in several higher risk staff situations and provided additional supports and referrals;
 - Coordinated with LAUSD PBIS to provide 14 professional development sessions for 127 staff and two parent workshops for 16 families; and
 - Partnered with Regional Center to provide a virtual parent workshop for families in regions Central, South, and East to introduce families to Regional Center Services.
- *DMH + UCLA Public Partnership for Wellbeing (PPFW) and its Prevention Center of Excellence (COE):*
 - Added 13 new school-based resources to the Wellbeing for LA Learning Center:
 - Articles
 - [Three Mistakes Even the Most Loving Caregivers Make That Increase Child Anxiety](#)
 - [Hot and Cool Moments](#)
 - [Promoting Young Children's Emotion Regulation Skills in Cool Moments](#)
 - [Building Relationships with Young Children](#)
 - [Promoting Young Children's Executive Functioning Skills in Cool Moments](#)
 - Printable Tools
 - [Normative Sexual Development](#)
 - [Tips on Bedwetting](#)
 - [Say "NO!", Get Away, Tell a Helper](#)
 - [Talking to Your Child About Their Body Parts](#)
 - Learning Pathways
 - [The Impact of Trauma on the Brain and Healing-Centered Principles](#)

- Videos
 - [Quick Tips: Trauma Sensitive Communication](#)
 - [Ask the Expert: Trauma Sensitive Communication](#)
 - [Tips on Understanding Normal Sexual Development](#)
- Trained a third cohort on the Trauma and Resilience Informed Care (TRIC), Training-of-Trainers (ToT). ToT participants consisted of CSI School Social Workers (SSWs) and PSWs as well as select staff from other school districts and DMH. The ToT training pathway consists of five activities that include ToT workshops, monthly consultation groups, learning community; and co-facilitation with COE Lead Trainer and Individual Coaching Session;
- Delivered the Trauma Sensitive Communication for Educators training in-person at CSI school sites. Additionally, consultation was provided to the CSI Specialists to help develop an action plan for deepening their school community's knowledge and implementation of communication skills; and
- Provided an in-person supported implementation workshop for the SEEDS Program Facilitator Refresher Workshop for ten TRIEE PSWs and two TRIEE project leads.

Future Steps

The SBCAP Regional Team remains committed and resolved to collaborate and partner with our school districts, mental health providers and community organizations in efforts to strengthen mechanisms for wellbeing. The SBCAP team recognizes that these opportunities to work in partnership not only reinforce the fabric of community life, but it also primes us to embrace challenges by leveraging our collective agency to respond more effectively and efficiently through insights gained from these enterprises. The SBCAP team will continue to provide updates that reflect outcomes of our various efforts next quarter with the next report to be submitted August 7, 2023.

If you have any questions or require additional information, please contact me, or staff can contact Kanchana Tate, Program Manager, Prevention Services Unit, at (213) 943-9765 ktate@dmh.lacounty.gov.

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DEPARTMENT OF MENTAL HEALTH

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Chief Medical Officer

Connie D. Draxler, M.P.A.
Acting Chief Deputy Director

August 2, 2023

TO: Supervisor Janice Hahn, Chair
Supervisor Hilda L. Solis
Supervisor Holly J. Mitchell
Supervisor Lindsey P. Horvath
Supervisor Kathryn Barger

FROM: Lisa H. Wong, Psy.D. *Connie D. Draxler*
Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOLS INITIATIVE (ITEM NO. 7, AGENDA OF
APRIL 9, 2019)**

The following Board report provides a quarterly summary of the collaborative efforts made to support Los Angeles County school communities for the fourth quarter of Fiscal Year (FY) 2022-23, the months of April through June 2023. The Los Angeles County Department of Mental Health (DMH) School Based Community Access Point (SBCAP), the Los Angeles County Office of Education (LACOE), the Los Angeles Unified School District (LAUSD), and the DMH+UCLA Public Partnership for Wellbeing (PPFW) worked together towards a unified goal of ensuring access to information, resources, and services unique to each school community.

Outreach and Awareness Building

Outreach and awareness efforts continue to be highlighted as a vital part of collaboration with our community partnerships. DMH and its partners expanded their supports for school-based stakeholders to address school community needs. In joint efforts, education was provided to community members, students, and families, including but not limited to, raising awareness of available resources and reducing mental health stigma through community events and trainings. The following provides a summary of outreach and awareness activities provided by SBCAP and its partners this quarter:

SBCAP Regional Team

- Provided monthly mass communication activities to our school and school mental health partners which included mental health and substance abuse disorder resources, and information about upcoming events; and
- Participated in 23 school community events, including the DMH Juneteenth event reaching over 200 participants to reduce stigma on mental health services, and raise awareness on community resources. Resources were provided in English and Spanish and addressed topics including body image, LGBTQ+, suicide prevention, amongst other mental health issues.

LACOE Community Schools Initiative (CSI)

- Conducted 44 mass communication activities which included social media postings, flyers, text messages, emails, webpage announcements, newsletters, with a reach of 70,308 parents/caregivers/students;
- Provided 30 direct and personalized communication campaigns which included personalized phone calls/text messages, in-class, or outdoor gatherings/presentations with an engagement of 630 parents/caregivers/students;
- Held 13 Community Schools Council meetings with a total attendance of 140 participants consisting of parents/caregivers, students, school staff, and community members to advise school leadership on matters relevant to family engagement, student academics, and social-emotional wellbeing;
- Engaged 3,680 parents/caregivers, students, and staff members in 164 workshops, providing information on mental health support, family empowerment, substance abuse prevention/treatment, conflict resolution, financial literacy/education, physical health and wellbeing, technology support, and student academic success; and
- Facilitated 52 resource awareness and engagement events, which consisted of virtual drop-in meetings, health/resource fairs, and informational events. These events engaged a combined total of 2,523 parents/caregivers, students, and staff members.

LAUSD Trauma and Resilience informed Early Enrichment (TRiEE)

- Facilitated 67 professional development (PD) trainings for 631 staff with 45 of these PDs providing Sleep, Exercise, Education, Diet, and Self-Care (SEEDS) trainings. Other topics included Adult and Childhood Trauma, Wellness, Community Building, and Self-Reflection;
- Provided 21 Parent/Caregiver Workshops for 119 participants addressing the following topics: Typical Sexual Development in Young Children, Transition to Kindergarten, and Supporting Social Emotional Needs;
- Sponsored 46 parent engagement events for 1,055 participants. Events included the following: Make and Take Events, Kindergarten Readiness Events (field trips, culminations), distributed infographics on 0-5 topics directly to caregivers; and

- Engaged 237 staff members in 134 wellness activities, including individual support for staff and incorporating wellness into staff meetings and PDs. Activities included team building exercises such as vision boards and interactive bulletin boards.

Collaboration

Collaboration and partnerships are crucial strategies that help strengthen provisions to meet the growing demand for services and support. Developing consistent partnerships between County departments and community organizations is essential to meeting the needs of the school community. The following activities provide a summary of collaboration activities this quarter:

SBCAP Regional Team

- Supported the LACOE CSI schools through continued consultation including assisting schools on improving their referral process, expanding community access to concrete supports and preparing for the transition to the next school year as some CSI sites will transition to the California Community Schools Partnership Program (CCSPP) through the state;
- Collaborated with several LACOE CSI schools to provide prevention mental health resources at community events hosted by the school, reaching 750 participants;
- Continued to work hand-in-hand with other entities, including Los Angeles Trust, to establish peer-to-peer initiatives within school districts by engaging in monthly action meetings;
- Attended all School Based Mental Health Service Area meetings to increase collaboration and support with School Mental Health (SMH) providers. Assisted providers in navigating Psychiatric Mobile Response Team (PMRT) protocol and provided information about Hazel Health to increase collaboration amongst providers;
- Through [Student Behavioral Health Incentive Program](#) (SBHIP) efforts, SBCAP has collaborated with LACOE to engage interested school districts in streamlining universal referral systems and developing school crisis protocols, including usage of the [Columbia-Suicide Severity Rating Scale](#) screener tool;
- Hosted a “Meet and Greet” meeting between SMH providers and Hazel Health. The forum encouraged collaboration between the two entities as they will comprise the mental health continuum of care for students;
- Collaborated with LAUSD TRiEE staff by facilitating regular implementation meetings and providing consultation support to increase community engagement within the program and improve data collection in preparation for the next school year; and
- Provided technical assistance to multiple school districts, including coordinating and facilitating meetings between the school districts and school based mental health providers.

LACOE CSI

- Established 17 new informal partnerships with the following organizations:

1. Bell Gardens High School	10. La Favorita Bakery
2. Boys and Girls Club of Santa Monica	11. Lions Club of Bell Garden
3. Chipotle	12. McKinney-Vento
4. Costco Wholesale	13. Moxie
5. Ford Park Adult School	14. Northgate Gonzalez Market
6. Guess Inc.	15. Norwalk Printing
7. Golf N Stuff	16. Our House Grief support center
8. Happy Flowers Shop	17. The Picerne Family Foundation
9. Los Angeles County Office of Immigrant Affairs	

LAUSD TRiEE

- Collaborated with the following internal LAUSD partners to provide:
 - Positive Behavior Interventions and Supports (LAUSD-PBIS) who facilitated 12 PDs on behavioral management observations and support for individual students for 147 staff;
 - Crisis Counseling and Intervention Services (LAUSD-CCIS) hosted three events with “Paws and Relax with Trixie,” serving 333 students and staff; and
 - Student Support Programs/Specialized Student Services who, in collaboration with TRiEE staff, provided case management support for students in foster care and/or those who were experiencing homelessness.
 - Collaborated with local community agencies and private donors to provide goods for families in need including Imperfect Foods, In-N-Out, and WINN; and
- Collaborated with the following 19 agencies to host nine tabling events, reaching 378 families:

1. City of Cudahy Parks and Recreation	11. Los Angeles Public Library
2. City of Gardena-Health and Human Services	12. LAUSD CHAMP
3. City of Los Angeles Neighborhood Council	13. LAUSD Harbor Occupational Center
4. Coalition for Humane Immigrant Rights of Los Angeles (CHIRLA)	14. LAUSD (Healthy Start Program)
5. Friends of the Children of Los Angeles	15. Masada Homes
6. Gardena-Carson Family YMCA	16. Susie Cakes
7. Imperfect Foods	17. Venice Family Clinics
8. In-N-Out	18. Westside Infant-Family Network (WINN)
9. Kaiser Permanente	19. WIC
10. Los Angeles County Access	

Direct Services

Addressing needs and lack of access to resources for our school communities through the delivery of effective and efficient services is essential to the continuum of enhanced partnerships and our shared vision. These school-based efforts and collaborations highlight the critical role that direct services play in supporting the mental health and well-being of our students, families, and communities. The direct services for school communities provided by SBCAP and its partners during this quarter include the following:

SBCAP Regional Team

- Addressed the recurring crises situations among the students with the SBCAP team facilitating three Grief and Loss Workshops for school staff. The workshops aimed to provide support to school district staff and to equip them with tools to facilitate a trauma-informed response for future use; and
- Provided psychoeducation workshops to several schools, reaching approximately 200 participants on topics including, Building Self-Esteem, Social Media Risks/Benefits, Suicide Awareness, and Grief and Loss.

LACOE CSI

- Performed 657 needs assessments resulting in a total of 138 direct services and 102 referrals for students, their families, and community members. Top referral types were for mental health services, substance abuse prevention/treatment, transportation support, employment services, and educational support; and
- Distributed 3,854 goods through the resource center “store closet,” and other family engagement events. Goods provided included food, clothing, basic needs support, gift cards, educational support, and other related items to 7,312 students, families, and community members. Most events were conducted in partnership with National Alliance on Mental Illness, Parent Education Bridge for Student Achievement Foundation, Planned Parenthood, and Mental Health Connect.

LAUSD TRiEE

- Triaged 66 referrals for families and staff. Top referrals included requests for information for emotional health such as stress, anxiety, and depression and daily living needs such as food, clothing, and affordable housing;
- Conducted 130 case management activities to assist families with increasing awareness of navigating and accessing community resources; and
- Provided 1,066 Early Childhood Mental Health Consultations to 1,552 parents/caregivers and staff. Themes for staff included staff conflict, challenging behaviors in the classroom, high absenteeism, dealing with difficult parents/caregivers, and threat assessment/safety concerns. Themes for parent/caregivers included need for resources, navigating special education, grief and loss, and improving communication with the school;

- Provided 35 Social Emotional Learning (SEL) lessons for 550 students and staff members. Lessons included building staff capacity to integrate interventions and themes into their current curriculums. Topics involved diversity and inclusion, breathing and meditation, yoga, feelings and coping skills, and assisting in transition to kindergarten; and
- Responded to 36 calls on the Early Childhood Mental Health Consultation Line offering psychoeducation regarding early childhood development, managing challenging behaviors, supporting SEL at school/home and with accessing community and district resources.

Training and Education

Training and education are essential components of personal and professional development, in order to help equip individuals with the skills and knowledge necessary to continue assisting and supporting our communities. The training and education activities provided during this quarter include the following:

SBCAP Regional Team

- Developed and recorded [Promoting School Wellbeing and Safety Through Empathy](#) and Rising Above the Chaos: A Teen's Guide to Taming Stress. The first is now available through the UCLA Wellbeing4LA website and the latter will be available in mid-August 2023; and
- Developed handouts/tip sheets for students, parents/caregivers, and school staff that provided mental health information and resources. Handouts included: May is Mental Health Month resources; How Culture and Belonging impacts Wellbeing; and Taking a Stand Against Hate and Racism in the Classroom, School, and Community.

UCLA Prevention Center of Excellence (COE)

- DMH + UCLA PPFW and its COE created 20 new school-based resources for the Wellbeing for LA Learning Center. Topics included: [Reducing Parent Reactivity and Increasing Calm](#), [Talking to Kids About Puberty](#), [Lowering the Temperature: De-Escalation Strategies](#), [Keeping Young People Safe: An Overview of Self-Harm](#), [Connecting Trauma Sensitive Communication in Schools](#), and [Familial Trauma: An Immigration Journey](#) ; and
- The COE completed the Training of Trainers Training Pathway with a third cohort consisting of CSI School Social Workers and Psychiatric Social Workers (PSWs), as well as staff from select school districts and DMH. Activities included the following:
 - Facilitated nine monthly consultation groups to support skill application and training customization;

- Provided over 25 individual coaching/consultation sessions to support training facilitation and customization efforts as well as nine feedback sessions; and
 - Co-facilitated a total of nine *Trauma and Resilience Informed Care Foundations* training with CSI School Social Workers and PSWs.
- To help support LAUSD TRiEE implementation of their SEEDS program, the COE provided consultation to five TRiEE PSWs to support participant engagement, co-facilitation techniques, and best practices for facilitating both hands-on and team activities;
- Provided training, coaching, and support to two TRiEE PSWs in the *Sprouts Professional Development Program* and *Sprouts for Parents and Caregivers* program. Coaching topics included how to create a welcoming environment for parents and caregivers, how to handle in-room childcare for infants and toddlers, and how to promote attendance and retention in the program; and
- Hosted consultation calls for clinicians trained in the *FOCUS Resilience Curriculum for Children and Teens* evidence-based practice as they implement the model in LACOE schools. Trainers addressed questions on how to adapt FOCUS to meet school specific needs.

Future Steps

The SBCAP Regional Team continues to address the increasing mental health needs and challenges of student youth, families, and school communities in Los Angeles County. The SBCAP Team and its partners will focus their efforts during the next FY (2023-24) on leveraging prevention efforts to meet the unique needs of the school community and leverage existing resources to continue to increase access to much needed supports. DMH will continue to support LACOE in the implementation of SBHIP in the 13 participating school districts and the implementation of countywide projects that will support the mental health of students. The next quarterly report will be submitted on October 30, 2023.

If you have any questions or require additional information, please contact Kanchi Tate, Program Manager, Prevention Services Unit, at ktate@dmh.lacounty.gov.

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Acting Chief Deputy Director

November 8, 2023

TO: Supervisor Janice Hahn, Chair
Supervisor Hilda L. Solis
Supervisor Holly J. Mitchell
Supervisor Lindsey P. Horvath
Supervisor Kathryn Barger

FROM: Lisa H. Wong, Psy.D.
Director

SUBJECT: **QUARTERLY PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9,
2019)**

The following Board report provides a quarterly summary of the collaborative efforts made to support Los Angeles County school communities for the first quarter of Fiscal Year (FY) 2023-24, the months of July through September 2023. The Los Angeles County Department of Mental Health (LACDMH) School Based Community Access Point (SBCAP), Los Angeles County Office of Education (LACOE), Los Angeles Unified School District (LAUSD), and DMH+UCLA Public Partnership for Wellbeing (PPFW) worked together towards one unified goal to ensure access to information, resources, and services unique to each school community.

Outreach, Awareness and Education Building

Outreach and awareness efforts continue to be a vital part of SBCAP and its programs as we continue to increase collaborations with the community. LACDMH SBCAP provided supports for the school community, including school based mental health providers and school districts, to address school and community needs by delivering meaningful and ongoing educational and capacity building training/workshops, and informational sessions for families and staff through virtual platforms and in-person sessions. The following provides a summary of activities provided by the SBCAP team and its partners this quarter:

SBCAP Regional Team

- Developed handouts/tip sheets for students, parents/caregivers, and school staff that provided general mental health information and resources. Topics included the following: a list for programs/services offered through the Department of Public Social Services (DPSS) (applicable to all service areas), a Back-to-School tip sheet (English and Spanish), a mental health resource list specific to school social workers, Anti-racism for school staff, and Suicide Prevention and Awareness;
- Participated in seven school and community events and resource fairs, reaching over 1,200 participants, with many events focusing on support for Suicide Prevention month. Resources were provided in English and Spanish and addressed topics such as mental health resources available in the community, suicide prevention, managing emotions, social media safety, and ways to de-stress;
- Provided 18 psychoeducation workshops to several schools in English and Spanish, reaching approximately 400 students and/or parents/caregivers on topics including: Parent Suicide Awareness, How to Be Social Media Safe, Self-Esteem and You, and Healthy Relationships; and
- Delivered a presentation to 14 LACOE school districts on supporting new students reaching approximately 40 participants. The presentation included mental health impacts on students, trauma-informed care, trauma-informed classrooms, self-care for educators, and resources for students and families.

LACOE Community School Initiative (CSI)

- Conducted 23 mass communication activities which included social media postings, sharing flyers, sending text messages and emails, webpage announcements, and sharing newsletters, with a reach of 25,095 parents/caregivers/students;
- Completed 39 direct and personalized communications campaigns which included personalized phone calls/text messages, and in-class or outdoor gatherings/presentations with an engagement of 5,631 parents/caregivers/students;
- Facilitated seven Community Schools Council meetings with a total attendance of 103 participants consisting of parents/caregivers, students, school staff, and community members to advise school leadership on matters relevant to family engagement, student academics, and social-emotional wellbeing;
- Provided 20 psychoeducational workshops on mental health support to a combined attendance of 449 parents and students;
- Delivered 11 informational workshops on parental/caregiver support and family empowerment, educational support, enrichment programs/after-school programming, family engagement, immigrant services, and technology support. These events engaged a combined total of 152 parents/caregivers, students, and staff members; and

- Hosted 56 resource awareness and engagement events, consisting of presentations, virtual drop-in meetings, health/resource fairs, and Q&A events. These events engaged a combined total of 6,394 parents/caregivers, students, and staff members.

LAUSD Trauma- and Resilience-informed Early Enrichment Program (TRiEE)

- Conducted 55 parent engagement activities for 1,250 participants through LAUSD and TriEE sponsored events to provide information, resources, and psychoeducation;
- Provided 103 wellness activities for 127 staff members. Activities included individual support for staff through grounding and meditation, Wellness Wednesday events, Wellness/Mental Health bulletin boards, etc.;
- Provided seven Professional Development (PD) workshops for 76 staff. Topics included Early Childhood Mental Health Consultations (ECMHC) and Parent Engagement, What Is Mental Health Consultation, Reconnecting with your Why, Revisiting TriEE Resources, and Wellness and Trauma;
- Facilitated 13 Strategies for Enhancing Early Developmental Success (SEEDS) and Sprouts PDs for 91 Early Education Center (EEC) staff; and
- Provided 10 parent workshops to 201 parent/caregivers. Topics included Partnering with Your Child's Teacher, Managing Transitions, Understanding Child Development, Social Emotional Needs of Young Children, and Suicide Prevention Awareness.

LACDMH+UCLA Center of Excellence (COE)

- There were 482 new users who joined COE [Wellbeing4LA](#) Learning Center this quarter with a total of 6,772 users accessing online trainings and educational information 9,508 times.

Collaboration

Collaboration and partnerships continue to be a crucial strategy in developing effective services to support community needs. With the growing demand for services, consistent partnerships between community organizations and County departments foster an environment for innovative solutions and creative problem solving. The following activities provide a summary of collaborative activities this quarter:

SBCAP Regional Team

- Hosted a "Meet and Greet" meeting between School Mental Health (SMH) providers and Hazel Health. The session allowed for the encouraged collaboration between the two entities as they contribute to the mental health continuum of care for students;

- Continued collaboration with LACOE to assist in the planning and implementation of the [Student Behavioral Health Incentive Program](#) (SBHIP). This included engaging interested school districts in the creation of a universal referral form. The SBCAP team also engaged SMH providers to provide feedback to ensure both school district and provider needs were represented;
- Continued to participate in LAUSD Los Angeles Trust workgroups. This included participation in the Peer-to-Peer (P2P) workgroup, aimed at increasing P2P initiatives within school districts and participation in the Mental Health Services Act (MHSA) workgroup, aimed at advocating for MHSA funding for prevention programming in the school setting;
- Increase ongoing collaboration with SMH providers, the SBCAP team worked with the SMH Service Area (SA) coordinators to gather input on the structure of the SMH collaborative meetings. This included surveying SMH providers to obtain interest in mental health topics and to encourage providers to work together to meet gaps within the school community;
- Provided postvention support in response to a student crisis which included: providing tip sheets on suicide awareness and developing/maintaining positive mental health, and connecting staff, students, and caregivers with community mental health providers;
- Participated in all LACDMH SMH SA meetings to support SMH providers and schools/school districts with addressing concerns that may arise around the provision of mental health services. This included facilitating a presentation regarding crisis response from LACDMH teams in SA 1 to assist school districts in increasing understanding of crisis resources available in their area;
- Presented on SBCAP resources and supports to SAs to increase awareness of services including ways SBCAP can assist/support schools/school districts and provide resources;
- Provided technical assistance to three school districts, which included reviewing and assisting in creating a mental health/crisis protocol in their respective schools, providing resources to providers in their school district, providing contact information to managed care plans and information on where to find school-related trainings and workshops; and
- Developed and facilitated a presentation on school crisis protocols, including an overview of the Columbia-Suicide Severity Rating Scale screener tool, to school counselors.

LACOE CSI

- Established six new partnerships with the following organizations:

Organizations with Informal Agreements	
• 1736 Family Crisis Center	• Hearts of Compassion
• C411 – Carson Non-profit	• Neighborhood Legal Services of Los Angeles County
• Central American Resource Center of Los Angeles (CARECEN)	• Society of St. Vincent de Paul Los Angeles

LAUSD TriEE

- Partnered with the Los Angeles County Family First Prevention Services Act (FFPSA) team to develop a robust referral system to various Home Visiting programs to offer preventative support services to families. This collaboration will provide access to evidence-based mental health programs, substance abuse prevention and treatment, in-home parent skill-based programs and kinship navigator programs;
- Established 14 new formal partnerships with the following seven agencies:

Organizations with Formal Agreements	
• Child Care Resource Center	• SHIELDS for families
• Children's Bureau	• The Whole Child
• Dignity Health	• Wellnest
• El Nido Family Centers	

- Collaborated with 30 agencies to host eight community resource fairs, reaching 466 families. Some resources included dental and medical care made available to students during the events;
- Collaborated with LAUSD Positive Behavior Interventions and Support Services (LAUSD-PBIS) to facilitate four PDs for 40 staff on behavioral management and support for individual students; and
- Coordinated one event in collaboration with LAUSD Crisis Counseling and Intervention Services (LAUSD-CCIS) to bring the "Paws & Relax with Trixie" program to one TriEE EEC, serving 21 students and staff.

Direct Services

Direct services are crucial in providing efficient and effective services to school communities to meet their needs and ensure access to essential resources. Direct services are a critical component of mental health care and wellbeing of our students, families, and communities. The following provides a summary of direct services provided to address needs in the community this quarter:

LACOE CSI

- Performed 642 needs assessments resulting in a total of 411 direct services and 55 referrals for students and their families and community members. The top five referral types were for health services (medical, dental, vision, etc.), mental health services, educational support (books, tutoring, college prep, etc.), basic needs support, and legal services; and
- Conducted 45 distribution of goods events from the resource center “store closets,” distributing 2,372 items/boxes which included food, clothing, basic needs support, gift cards, educational support, and other related items to 2,452 students, families, and community members. These events were conducted in partnership with LACDMH, Foothill Family Services, school district partners, Just Us 4 Youth, LA vs. Hate, the National Alliance on Mental Illness, Margaret’s Place, the Los Angeles County Department of Public Health, Child and Family Guidance Center, Antelope Valley Violence Prevention Coalition, and the Pomona Police Department.

LAUSD TRiEE

- Provided 29 referrals for families and staff including referrals for emotional health (e.g., stress, anxiety, depression) and education (e.g., tutoring, language, computer skills, parenting, GED, college);
- Completed 30 case management specific encounters with families to connect families to community resources and help address barriers to access to care;
- Provided 695 ECMHC to 1,143 parents and staff. Themes included high absenteeism, grief/loss on campuses, student adjustment to new school year, wellness, burnout, need for resources, and need for emotional support;
- Facilitated 23 Social Emotional Learning (SEL) lessons for 332 students and staff members. Topics included, Tapping Meditation, Transition to School, Feeling Safe in Our Bodies, Feeling Identification, Kindness, and Anger;
- Triageed 35 calls on the ECMHC line and offered psychoeducation regarding early childhood development, managing challenging behaviors, supporting social emotional learning at school/home, and support with referral and linkage; and
- In collaboration with 13 community agencies, distributed about 575 goods, gift cards and/or gift certificates to students and families.

Future Steps

The SBCAP Regional team continues to address the increasing mental health needs and challenges of student youth, families, and school communities in Los Angeles County. The SBCAP Regional Team and its partners will continue their efforts and collaboration, thinking outside the box, to address the high need and overextended resources intended to serve our communities. SBCAP will continue to facilitate an open dialogue with its school partners as changes occur with new State proposals such as

Each Supervisor
November 8, 2023
Page 7

Proposition 1 and the implementation of Children and Youth Behavioral Health Initiative Fee Schedule. This report will be transitioned from quarterly to bi-annually.

If you have any questions or require additional information, please contact Rebeca Hurtado, Program Manager, Prevention Services – School Based Community Access Point, at rhurtado@dmh.lacounty.gov.

LHW:CDD:RB:RU:lm

c: Executive Office, Board of Supervisors
 Chief Executive Office
 Auditor-Controller
 Los Angeles County Office of Education
 Los Angeles Unified School District



DEPARTMENT OF MENTAL HEALTH

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LISA H. WONG, Psy.D.
Director

Curley L. Bonds, M.D.
Chief Medical Officer

Connie D. Draxler, M.P.A.
Acting Chief Deputy Director

January 24, 2024

TO: Supervisor Lindsey P. Horvath, Chair
Supervisor Hilda L. Solis
Supervisor Holly J. Mitchell
Supervisor Janice Hahn
Supervisor Kathryn Barger

FROM: Lisa H. Wong, Psy.D.
Director

SUBJECT: **BIANNUAL PROGRESS UPDATE ON THE LOS ANGELES COUNTY COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9, 2019)**

On November 2023, the Los Angeles County Board of Supervisors (Board) graciously approved the request from the Department of Mental Health (DMH) to modify the frequency of this Board Update from quarterly to biannually. The following Board Update, hence, provides a biannual summary of the collective efforts made to support Los Angeles County school communities for the first half of this Fiscal Year (FY), July through December 2023. As a result of this modification, this update will contain repetitive information that was included in the last quarterly update, submitted on November 6, 2023, along with new information from October through December 2023.

DMH's School Based Community Access Point (SBCAP) Team worked in collaboration with the Los Angeles County Office of Education (LACOE), the Los Angeles Unified School District (LAUSD), and the DMH+UCLA Public Partnership for Wellbeing to provide the following report out.

Outreach, Awareness and Education Building

Outreach and awareness has been a vital component of SBCAP and its programs' continuing efforts to increase collaboration with the community. These efforts included addressing school and community needs by delivering meaningful and ongoing

educational and capacity building trainings, workshops and informational sessions to families, staff, and communities. The following provides a summary of activities completed by SBCAP and partners:

SBCAP Regional Team

- Developed handouts and tip sheets for students, parents/caregivers, and school staff that provided general mental health information and resources. The information material was shared on a monthly basis with all 80 school district superintendents, school mental health providers, students, and relevant stakeholders.
 - Topics included: Back-to-School tip sheet in English and Spanish, Mental Health Resource list, Anti-Racism, Grief and Loss, Coping Skills, Culture and Belonging, Support for Military Families, Promoting School Wellbeing and Safety through Empathy, Suicide Prevention and Awareness, and Managing Holiday Blues.
- Participated in 17 school and community events and resource fairs, reaching over 1,900 participants.
 - Resources were provided in English and Spanish and addressed topics such as mental health resources available in the community, suicide prevention, managing emotions, social media safety, and ways to destress.
- Provided 34 psychoeducation workshops to various schools in English and Spanish, reaching approximately 800 students and/or parents/caregivers.
 - Topics included: Mental Health Awareness, My Child's Growing Brain, Parent Suicide Awareness, How to Be Social Media Savy, Self-Esteem and You, Dealing with Feelings, and Healthy Relationships.
- Created four new trainings/workshops for students, parents/caregivers and school staff.
 - Topics included: Mental Health 101, Student Athlete Mental Health, Kids (6-12) Mental Health, and Body Positivity.
- Delivered a presentation to 14 school districts on supporting newcomer students/unaccompanied minors. The presentation included mental health impacts on students, trauma-informed care, trauma-informed classrooms, self-care for educators, and resources for students and families.
- Facilitated a Countywide meeting for School Based Mental Health (SBMH) providers, reaching approximately 100 participants.
 - Topics discussed: California Advancing and Innovating Medi-Cal (CalAIM), Hazel Heart, and potential changes to the Mental Health Services Act (MHSA).

LACOE Community Schools Initiative (CSI)

- Conducted 59 mass communication activities, reaching 88,620 parents/caregivers and students.
 - Activities included: social media postings, sharing flyers, sending text messages and emails, webpage announcements, and sharing newsletters.
- Completed 64 direct and personalized communication campaigns, resulting in 6,610 parents/caregivers and students engaged.
 - Campaigns included: personalized phone calls/text messages, in-class, or outdoor gatherings/presentations.
- Facilitated 23 Community Schools Council meetings with a total of 299 attendees.
 - Meetings consisted of parents/caregivers, students, school staff, and community members to advise school leadership on matters relevant to family engagement, student academics, and social-emotional wellbeing.
- Provided 64 workshops/trainings on mental health support to a combined attendance of 1,477 parents/caregivers and students.
- Conducted 49 workshops/trainings on behavioral interventions and supports, educational support (books, tutoring, college prep), enrichment programs/after-school programming, family engagement, immigrant services, physical health and wellbeing, substance abuse prevention/treatment, and technology support.
 - These events engaged a combined total of 701 parents/caregivers, students, and staff members.
- Hosted 105 Resource Awareness and Engagement events which engaged a combined total of 12,764 parents/caregivers, students, and staff members.
 - These events consisted of presentations, virtual drop-in meetings, health/resource fairs, and Q/A events.

LAUSD Trauma- and Resilience-informed Early Enrichment Program (TRiEE)

- Conducted 57 parents/caregivers engagement activities for 1,490 participants through LAUSD and TRiEE sponsored events to provide information, resources, and psychoeducation.
- Provided 130 wellness activities for 242 staff members.
 - Most activities concentrated on individual support to staff, such as using grounding and meditation interventions.
 - Other activities included Wellness Wednesday events, mental health bulletin boards, and group wellness events.
- Provided 13 professional development (PD) workshops for 232 staff.
 - Topics included: Early Childhood Mental Health Consultations (ECMHC) and Parent Engagement; Reconnecting with your Why; Revisiting TRiEE Resources, Wellness and Trauma; Conflict Resolution; Children Sexual Development: Developmental Milestones; and Managing Holiday Stress.

- Facilitated six Strategies for Enhancing Early Developmental Success training series (six-sessions each) and one Sprouts training series (four-sessions) PDs for early education center staff.
- Delivered 21 parent workshops to 281 parents/caregivers.
 - Topics included: Partnering with your Child's Teacher, Managing Transitions, Understanding Child Development, Social Emotional Needs of Young Children, Suicide Prevention Awareness, Family Mental Health and Nutrition, Music and Mental Wellness, Technology and your Child, and Effective Communication.

DMH + UCLA Center of Excellence

- There were 1,023 new users who joined the Wellbeing4LA Learning Center during the first half of the FY, with a total of 7,214 current total users accessing online trainings and educational information 17,147 times.

Collaboration

Continued collaboration and partnerships have been the driving force towards developing effective community support services. These consistently strong and meaningful partnerships have fostered an environment for innovative solutions and creative problem solving, especially during a time when the demand for services grows. The following activities provide a summary of collaborative efforts between community organizations and Los Angeles County departments:

SBCAP Regional Team

- Hosted "Meet and Greet" meetings between Hazel Health, SBMH providers, and Service Area (SA) school coordinators. These sessions encouraged communication and coordination between all parties as they contribute to the mental health continuum of care for students.
- Developed and delivered a training on Maintaining Wellbeing in partnership with LACOE, for high school staff, reaching approximately 54 participants.
- Provided postvention support in response to a school crisis which included: providing resources on suicide awareness and developing and maintaining positive mental health, and connecting staff, students, and caregivers with community mental health providers.
- Participated in all DMH SBMH SA meetings to support SBMH providers and school districts with addressing concerns that may arise around the provision of mental health services. This included, surveying SBMH providers to obtain interest in mental health topics and to encourage providers to work together to meet gaps within the school community.

- Co-facilitated two presentations in SA 1 Antelope Valley regarding crisis response from DMH teams (Mental Evaluation Team and Psychiatric Mobile Response Team). This presentation assisted school districts in increasing understanding of crisis resources available in their area. There were 34 attendees in total in these presentations.
- Provided technical assistance to three school districts, which included reviewing and assisting in creating a mental health/crisis protocol in their respective schools, providing resources to providers in their school district, providing contact information to managed care plans and information on where to find school-related trainings and workshops.
- Developed and facilitated a presentation on school crisis protocols, including an overview of the Columbia-Suicide Severity Rating Scale screener tool, to school counselors.
- Continued collaboration with LACOE to assist in the planning and implementation of the [Student Behavioral Health Incentive Program](#) (SBHIP). This included engaging interested school districts and school mental health providers in the creation of a universal referral form and exploring implementation of such form in quarterly meetings with school mental health providers.
- Raised awareness on SBCAP resources and supports through mass email communication with school superintendents and presentations to SAs including bimonthly SBMH provider meetings, Latino Underserved Cultural Communities meeting, and LAUSD Organizational Facilitators workshop.
- DMH SBCAP partnered with Los Angeles County and Community Based Organizations (CBOs) to develop and implement non-traditional prevention programs to support school communities.
 - Executed a Memorandum of Understanding with the Department of Arts and Culture for its Creative Wellbeing: Arts, Schools, and Resilience Program. The model offers non-traditional strategies for promoting mental health and wellness that include culturally relevant, healing-centered, arts-based workshops for youth and the adults who work with them. This Program will focus on establishing partnerships with at least five school districts and aims to reach 500 public school students, 350 school-based service providers, and approximately 3,500 adults across cohorts of mental health clinicians, social workers, community/family members, educators, and Los Angeles County staff.
 - Through the ongoing partnership with CalMHSA, supported CBOs such as:
 - Los Angeles Trust to implement the Youth–Community Ambassador Network at ten LAUSD high schools which educates and prepares up to 100 student peers; and
 - Wolf Connection to implement its online programming at SA 1 schools reaching around 1,000 students virtually.

LACOE CSI

- Established nine new partnerships with the following organizations:

Organizations with Informal Agreements	
• 1736 Family Crisis Center	• Hearts of Compassion
• C411 – Carson Non-profit	• Neighborhood Legal Services of Los Angeles County
• Central American Resource Center of Los Angeles (CARECEN)	• Society of St. Vincent de Paul Los Angeles
• Blush Luxe Flowers	• Crumbl Cookies
• Sprouts Farmers Market	

LAUSD TRIIE

- Partnered with the Los Angeles County Family First Prevention Services Act Team to develop a robust referral system to various home visiting programs to offer preventative support services to families. Therefore, establishing new formal partnerships with the following seven agencies:

Organizations with formal Agreements	
• Child Care Resource Center	• SHIELDS for Families
• Children's Bureau	• The Whole Child
• Dignity Health	• Wellnest
• El Nido Family Centers	

- Collaborated with 54 agencies to host eight community resource fairs, and 17 tabling events, reaching 1,312 families. Some resources included dental and medical care made available to students during the events.

Direct Services

Direct services are critical to the wellbeing and success of students, caregivers, and staff. These services help individuals identify and address emotional and behavioral challenges that may be impacting their personal and academic lives. By providing direct access to mental health resources and services in the community, families can receive the support they need and manage their goals. The following provides a summary of direct services provided to address needs in the community:

LACOE CSI

- Performed 1,202 needs assessments resulting in a total of 773 direct services and a total of 101 referrals for students, their families, and community members.
 - The top six referral types were mental health services , health (medical, dental, vision, etc.), basic needs support, housing support, educational support and legal services.
- Facilitated 69 family engagement events and distributed goods from the resource center “store closet,” where 5,086 items/boxes were distributed which included food, clothing, basic needs support (e.g., hygiene, cleaning, blankets), gift cards, educational support and other related items to 4,858 students, families, and community members.

LAUSD TRIIE

- Provided 101 referrals for families and staff including referrals for emotional health (e.g., stress, anxiety, depression) and education (e.g., tutoring, language, computer skills, parenting, GED, college).
- Completed 73 case management specific encounters with families to connect families to community resources and help address barriers to access to care.
- Provided 936 ECMHC intervention sessions to 1,466 parents and staff.
 - Themes included staff dynamics, high absenteeism, student adjustment to the new school year, wellness for staff and students, burnout, need for resources and need for emotional support.
- Facilitated 25 Social Emotional Learning lessons for 370 students and staff members.
 - Topics included: Tapping Meditation, Transition to School, Feeling Safe in Our Bodies, Feeling Identification, Kindness, Anger, and Yoga.
- In collaboration with 21 community agencies, distributed about 1,441 goods, gift cards and/or gift certificates to students and families.

Future Steps

The SBCAP Regional Team and its partners remain dedicated to addressing the wellbeing and mental health needs of Los Angeles County school communities. These collective efforts, innovative partnerships, and ongoing coordination aim to alleviate the increasing needs identified in our communities.

Each Supervisor
January 24, 2024
Page 8

If you have any questions or require additional information, please contact me, or your staff can contact Rebeca Hurtado, Program Manager, Prevention Services-School Based Community Access Point, at rhurtado@dmh.lacounty.gov.

LHW:CDD:RH:er

c: Executive Office, Board of Supervisors
Chief Executive Office
County Counsel
Los Angeles County Office of Education
Los Angeles Unified School District



DEPARTMENT OF MENTAL HEALTH

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LISA H. WONG, Psy.D.
Director

Curley L. Bonds, M.D.
Chief Medical Officer

Rimmi Hundal, M.A.
Chief Deputy Director

August 9, 2024

TO: Supervisor Lindsey P. Horvath
Supervisor Holly J. Mitchell
Supervisor Hilda L. Solis
Supervisor Janice Hahn, Chair
Supervisor Kathryn Barger

FROM: Lisa H. Wong, Psy. D.
Director

SUBJECT: **BIANNUAL PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9,
2019)**

The following Board Report provides a biannual summary of the collaborative efforts made to support Los Angeles County school communities for the second half of this Fiscal Year (FY), January through June 2024. The Los Angeles County Department of Mental Health (DMH) School Based Community Access Point (SBCAP), the Los Angeles County Office of Education (LACOE), the Los Angeles Unified School District (LAUSD), and DMH and the University of California Los Angeles (UCLA) Public Partnership for Wellbeing (PPfW) worked together towards one unified goal to ensure access to information, resources, and services unique to each school community.

Outreach, Awareness and Education Building

Outreach and awareness have been a vital component of SBCAP and its programs' continuing efforts to increase collaboration with the community. These efforts included addressing school and community needs by delivering meaningful and ongoing educational and capacity-building trainings, workshops and informational sessions to families, staff, and communities. The following provides a summary of activities completed by SBCAP and partners:

SBCAP Regional Team

- Developed handouts and tip sheets for students, parents or caregivers, and school staff that provided general mental health information and resources. Materials were shared monthly with all 80 school district superintendents, school mental health providers, students, and relevant stakeholders:
 - Topics or materials included: Mental Health Awareness, Mental Health 101 and Access to Care, Anti-Racism, Suicide Prevention and Black Youth, Culture and Belonging, and Healthy Relationships tip sheets, as well as Wellbeing for LA trainings and flyers.
- Participated in 33 school and community events and resource fairs, reaching over 4,250 community members:
 - Resources were provided in English and Spanish and addressed topics, such as mental health resources available in the community, suicide prevention, managing emotions, social media safety, and ways to relieve stress.
- Provided about 70 psychoeducation workshops to various schools in English and Spanish, reaching approximately 1,922 students, parents, and caregivers:
 - Topics included Mental Health Awareness, My Child's Growing Brain, Parent Suicide Awareness, How to Be Social Media Savvy, Self-Esteem and You, Dealing with Feelings, and Healthy Relationships.
- Created three (3) new trainings and workshops for students, parents, caregivers, and school staff:
 - Topics included Girls Mental Health, Black Girls Mental Health, and Newcomer Supports.
- Facilitated countywide meetings for School Based Mental Health (SBMH) providers, reaching approximately 150 participants:
 - Topics discussed included Substance Abuse General Supports for Youth by a representative from Connecting to Opportunities for Recovery and Engagement (CORE); the Children and Youth Behavioral Health Initiative (CYBHI) with representatives from LACOE and Managed Care Plans (MCP); and a discussion on the new Minor Consent Bill.

LACOE Community School Initiative (CSI)

- Conducted 154 mass communication activities, reaching 250,647 students and families:
 - Mass communication activities included automated phone calls, mass texts and emails, social media postings, website announcements, and flyer distributions.
- Completed 99 direct communication campaigns, reaching 7,131 students and families:
 - Direct communication activities included personalized phone calls and text messages, in-person one-on-one contacts, and presentations.

- Facilitated 71 Community School Council meetings with 675 participants consisting of students, parents, caregivers, school staff, and community members. Meetings allow for participants to advise school leadership on matters relevant to family engagement, student academics, and social-emotional wellbeing.
- Conducted a total of 372 workshops and trainings for approximately 6,357 participants of which 225 workshops, and trainings were provided directly by CSI staff:
 - Workshop and training topics included mental health support, behavioral interventions and supports, educational support, enrichment programs, after-school programming, family engagement, immigrant services, physical health and wellbeing, substance abuse prevention or treatment, and technology support.
- Facilitated 147 Resource Awareness and Engagement Events comprised of presentations, health and resource fairs, and Q&A events, engaging 21,102 parents, caregivers, students, and staff members.

LAUSD Trauma- and Resilience-Informed Early Enrichment Program (TRiEE)

- Administered 82 parent engagement activities reaching 1,919 participants, providing information, resources, and psychoeducation.
- Organized 257 wellness activities for 802 staff members:
 - Topics of activities included Individual Support, Interpersonal Issues, Grounding, Meditation, and Group Wellness Events.
- Provided 33 professional development workshops to 489 staff members:
 - Topics included Trauma-Informed Classrooms, Conflict Resolution, Creating a Positive Environment by Strong Teacher and Teacher Assistant Relationships, Connecting with Your Why, Self-Care and Wellness, Music and Movement, and Nurturing Closure.
- Facilitated 15 Strategies for Enhancing Early Developmental Success (SEEDS) training series, six (6) sessions each for 159 staff members.
- Delivered 23 parent workshops for 298 parents and caregivers:
 - Topics included Teaching and Bonding with your Child through Play, Positive Mindset & Tapping, Navigating the Attention Economy and Prioritizing Mental Health, Food and Mood: Family Mental Health and Nutrition, Sexual Development in Young Children, Understanding Challenging Behaviors, Transition to Kindergarten, Mental Health in Children & Adults, Understanding Developmental Milestones, and Growth Mindset and Positive Self-talk.

UCLA Center Of Excellence (COE)

- The Prevention COE hosts trainings and courses for school-based mental health on the Wellbeing for LA Learning Center. During this reporting period, the online platform had approximately 1,200 new users who work in an educational setting and accessed materials approximately 18,000 times.

- Continued to provide training and implementation support to Los Angeles County staff working in the education setting. The COE provided 31.5 training hours to 122 participants on the following evidence-based practices:
 - FOCUS for Families,
 - FOCUS Resilience Curriculum for Parents and Caregivers, and
 - Sprouts Professional Development: Four-Part Series.
- Supported DMH priorities to create the following three new online offerings viewed by 263 participants to date:
 - [Promoting Mental Health and Wellbeing in School-Age \(6-12 Years Old\) Youth: A Training for School Staff](#),
 - [High School Student-Athlete Mental Health](#), and
 - [Practicing Trauma-Sensitive Communication in Schools](#).
- The COE provided 159 hours of consultation and coaching to DMH staff focusing on school-based mental health, along with 175 hours of technical assistance.

Collaboration

The ongoing collaboration and partnerships have driven the development of effective community support services. These strong partnerships have led to innovative solutions and creative problem-solving, particularly during periods of increased demand for services. The following activities summarize the collaborative efforts between community organizations and County departments:

SBCAP Regional Team

- Hosted “Meet and Greet” meetings between Hazel Health, SBMH providers, and Service Area (SA) School Coordinators. These sessions encouraged communication and coordination between all parties as they contribute to the mental health continuum of care for students.
- Participated in Mental Health discussions and provided psychoeducation to the community by collaborating with outside entities, such as the Los Angeles Clippers, the Los Angeles Galaxy, and Los Angeles Police Department.
- Participated in all DMH SBMH SA meetings to support SBMH providers, schools, and school districts with addressing concerns that may arise around the provision of mental health services in schools. This included surveying SBMH providers to obtain interest in mental health topics and to encourage providers to work together to meet gaps within the school community.
- Continued technical assistance supports to all DMH-funded community schools and sister sites. This included support around:
 - Coordinated care between school and DMH-funded school mental health provider agencies, other County-operated programs, such as Parks and Recreation, and other new initiatives such as State programs like Bright Life Kids and Soluna, etc.,

- Creating and discussing mental health crisis protocol in their respective schools, providing resources to providers in their school districts, and providing connections to managed care plans, and
 - Developing specific meetings and workshops to address precise needs of school communities.
- Developed and facilitated a six-week series for elementary schools named Thriving Kids to assist two community school sites with implementing a mental health wellbeing curriculum in their classrooms. The pilot served second, third, and fourth grade classes and reached over 260 students.
- Continued collaboration with LACOE to assist in the planning and implementation of the [Student Behavioral Health Incentive Program](#) (SBHIP) and [Children and Youth Behavioral Health Initiative](#) (CYBHI).
- Raised awareness on SBCAP resources and supports through mass email communication with school superintendents and presentations to SAs including bimonthly SBMH provider meetings, Latino Underserved Cultural Communities meetings, LAUSD Organizational Facilitators workshops, and LACOE SA meetings.
- DMH SBCAP partnered with County and Community Based Organizations to develop and implement non-traditional prevention programs to support school communities:
 - Executed Sole Source Prevention Contract with Wolf Connection. This program will create a space for children and youth 11 through 18 years of age (participants) to practice awareness of themselves and their environment as they connect with the wolves. Wolf Lessons for Human Lives is an immersive 12-lesson online social emotional education program, designed to be implemented at schools and probation camps by facilitators (teacher, counselor, probation staff, etc.), and
 - Continued monitoring and integrating the lessons of the Creative Wellbeing Program, a Memorandum of Understanding (MOU) with Los Angeles County Department of Arts & Culture, into school spaces such as the SA School Navigator meetings and targeted schools.

LACOE CSI

- Established eight (8) new partnerships with two (2) formal and six (6) informal agreements:
 - Partnerships include Chick-fil-A, the Coalition for Engaged Education, Department of Public Health, Greater Los Angeles Education Foundation, Grocery Outlet, Sonic Drive-In, and YM Urban Gardening.

LAUSD TRIIE

- Continued partnership with Los the Los Angeles County Family First Prevention Services Act team to develop a robust referral system to various home visiting programs to offer preventative support services to families,

- Collaborated with 106 agencies to host eight (8) tabling events and eight (8) community resource fairs, reaching 1,171 families, and
- Collaborated with various LAUSD services, including Paws and Relax with Trixie, to organize workshops and professional development sessions, engaging over 641 students and staff and 15 parent participants.

Direct Services

Access to mental health resources and services in the community is critical for supporting the wellbeing and success of students, caregivers, and staff. These services help individuals address emotional and behavioral challenges, providing direct support to meet the community's needs. The following outlines the direct services provided by community partners.

LACOE CSI

- Performed 1,869 needs assessments resulting in 1,329 direct services and 306 referrals for students, families, and community members. The top six referral types were for health, mental health services, basic needs support, educational support, housing support, and employment services.
- Organized 61 events, distributing 2,899 items and boxes to 18,163 school community members. Items included food, clothing, basic needs items, gift cards, educational items, and other related items. Goods were distributed in partnership with local grocery and clothing stores, as well as other school district partners.

LAUSD TRiEE

- Triaged 118 referrals for families and staff, regarding emotional health, education, and daily living needs.
- Delivered 105 case management services to families, which involved linking with community resources and helping to overcome access barriers.
- Administered 1,927 Early Childhood Mental Health Consultation intervention sessions to 3,303 parents and staff members:
 - Themes included Staff Conflict, Wellness, Parent Engagement, Student Challenging Behaviors, Staff Accountability, Grief, Staff Dynamics, Transition to Kindergarten, Communication with School, Child Development, and TRiEE Services overview.
- Conducted 102 Social Emotional Learning (SEL) lessons for 1,909 students and staff members and administered 3,845 SEL kits to students:
 - Topics included Kindness, Friendship, Self-Regulation, Mindfulness, Emotion Identification, Body Awareness Boundaries, Music & Movement, and Termination.
- In collaboration with 38 community agencies, distributed about 2,181 goods, gift cards and gift certificates to students and families.

Future Steps

The SBCAP Regional team and its partners remain dedicated to addressing the wellbeing and mental health needs of Los Angeles County school communities. These collective efforts, innovative partnerships, and ongoing coordination aim to alleviate the increasing needs identified in our communities.

If you have any questions or require additional information, please contact me, or your staff can contact Rebeca Hurtado, Program Manager, Prevention Services-School Based Community Access Point, at rhurtado@dmh.lacounty.gov.

LHW:CDD:rh

c: Executive Office, Board of Supervisors
 Chief Executive Office
 County Counsel
 Los Angeles County Office of Education
 Los Angeles Unified School District



DEPARTMENT OF MENTAL HEALTH

hope. recovery. wellbeing.

LISA H. WONG, Psy.D.
Director

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Chief Deputy Director

January 9, 2025

TO: Supervisor Kathryn Barger, Chair
Supervisor Hilda L. Solis
Supervisor Holly J. Mitchell
Supervisor Lindsey P. Horvath
Supervisor Janice Hahn

FROM: Lisa H. Wong, Psy.D.
Director

SUBJECT: **BIANNUAL PROGRESS UPDATE ON THE LOS ANGELES COUNTY
COMMUNITY SCHOOL INITIATIVE (ITEM 7, AGENDA OF APRIL 9,
2019)**

The following Board Report provides a biannual summary of the collaborative efforts made to support Los Angeles (LA) County school communities for the first half of this Fiscal Year (FY), July through December 2024. The LA County Department of Mental Health (DMH) School Based Community Access Point (SBCAP), Los Angeles County Office of Education (LACOE), Los Angeles Unified School District (LAUSD), and DMH + University of California Los Angeles (UCLA) Public Partnership for Wellbeing (PPfW) worked together towards one unified goal to ensure access to information, resources and services unique to each school community.

Outreach, Awareness and Education Building

Outreach and awareness efforts are essential in our collaboration with community partners. DMH enhanced support for school-based stakeholders to address community needs. Through joint initiatives, community members, students, and families have received education on resources and reducing mental health stigma through events and training. Below is a summary of the outreach, awareness and education activities conducted by SBCAP and its partners:

SBCAP Regional Team

- Distributed resources and tip sheets for students, parents, caregivers, and school staff, to all 80 LA County district superintendents and relevant stakeholders. Topics focused on monthly themes or acknowledgments including:
 - Suicide Prevention, Attention-Deficit/Hyperactivity Disorder (ADHD) Awareness, and Managing Holiday Blues/Grief and Loss.
- Participated in 21 school and community events and resource fairs, reaching over 2,650 participants. Resources were provided in both English and Spanish.
- Facilitated the biannual SBCAP countywide meeting for School-Based Mental Health (SBMH) providers, reaching over 100 participants, representing around 40 agencies. Topics discussed included:
 - Updates on the Behavioral Health Services Act, information and awareness about the Commercial Sexual Exploitation of Children (CSEC) population, and resources for the unhoused.
- Developed and recorded a new training/workshop for parents, caregivers, and school staff focused on girls' mental health, which is now the most viewed training on the UCLA wellbeing4la.org website compared to previous offerings.
- Generated two (2) new workshops for students:
 - Culture and Belonging; and
 - Grief and Loss.
- Provided a Wellbeing and Resiliency workshop to school staff in the Antelope Valley to provide support to staff after a series of unfortunate events involving several students and families.
- Delivered "Supporting Newcomer Students – A trauma-informed approach for both Educators and Students" presentations, reaching about 60 participants throughout LA County.

LACOE Community Schools Initiative (CSI)

- A total of 127 mass communication activities were conducted at the current 11 CSI sites, with a potential reach of 173,920 students and families. These activities included automated phone calls, mass texts and emails, social media posts, website announcements, and flyer distributions.
- Held 40 direct communication campaigns reaching 3,024 students and families. Direct outreach included personalized phone calls and texts, in-person, one-on-one interactions, and presentations.
- Facilitated 33 Community School Council meetings with 327 participants. At Community School Council meetings, participants advise school leadership on matters related to family engagement, student academics, and social-emotional wellbeing.
- Hosted 224 engagement events attended by 17,974 participants. Events included:

- 107 workshops/trainings, 66 presentations/informational sessions, 8 health/resource fairs, 21 school-wide campaigns, and 22 community-building activities.

UCLA Center of Excellence (COE)

- Provided 56 training hours to 62 LA County educators on the following evidence-based practices:
 - Sprouts Professional Development: four-part Series, FOCUS Resilience Curriculum for Children and Teens, FOCUS for Families, and FOCUS for Early Childhood.
- During this fiscal year, there were 1,210 new users on the Wellbeing4LA.org Learning Center. Of those, users in educational settings accessed materials 15,171 times from July-December 2024.
- Launched resources for educators including a new education-specific training module within the existing course *Implementing Assembly Bill (AB) 2085: Guidance for Mandated Reported in Los Angeles County Supplemental Training Module for Mandated Reporters in Education*.
- Delivered three (3) trainings (*Trauma and Resilience Informed Care*, *Trauma-Sensitive Communication*, and *Maintaining Professional Wellbeing*) for Classroom Educators on the Planned Parenthood Los Angeles Education and Training team, who provide comprehensive sexual education training in high schools across LA County.
- Presented at the UC|CSU Collaborative for Neuroscience, Diversity, and Learning's Annual Summit: Bridging Research, Practice, and Policy to Improve Educational Opportunities Conference to a network of educational leaders, practitioners, interdisciplinary researchers, policymakers, and community members. This presentation introduced principles and practices of trauma informed care to better equip pre-service teachers in responding to the range of students' socioemotional needs while maintaining their own wellbeing.
- Presented the *Safe Spaces* training to educators and mental health professionals at the Wellness Together Conference.

Collaboration

Collaboration and partnerships are essential strategies for enhancing services to meet the growing demand for support. Consistent partnerships between County departments and community organizations are key to addressing the needs of the school community. Below is a summary of the collaboration activities:

SBCAP Regional Team

- Attended all School Based Mental Health Service Area meetings to increase collaboration and support with School Mental Health (SMH) providers. Increased

presence and collaboration in Service Areas (SAs) 1 and 2 by providing technical assistance (TA) in the school districts that are in high need. This included increased requests for student and parent/caregiver workshops and resources as well as postvention supports.

- Continued to meet with LACOE leaders to support the [Student Behavioral Health Incentive Program](#) (SBHIP) implementation. Began conversations to plan for continued collaboration as the SBHIP program sunsets.
- Collaborated with two (2) CSI elementary schools and engaged students in second, third, and fourth grade to introduce coping skills. The “Thriving Kids” curriculum consisted of eight (8), 25-minute, in-classroom sessions, and reached over 125 students in both schools. The SBCAP team is working with the schools to coordinate a Spring session for the remainder of the students.
- Collaborated with LACOE and other County departments in responding to a recent Board Motion related to curating top reputable resources around safe social media use for educators and parents/caregivers for all ages.

LACOE CSI

- Established 18 new partnerships to meet the needs of the students and families, consisting of 8 formal and 10 informal agreements. Below are some examples of these new partnerships:

Carecen	Caring Connections	Creative Thread
Food 4 Less	LACADA	NAMI
Parent Education Bridge for Student Achievement Foundation	Shoes That Fit	The Whole Child

Direct Services

Addressing the needs of our school communities with effective and efficient services is vital for strengthening partnerships and aligning our vision. These initiatives highlight the role of direct services in supporting the mental health and wellbeing of students, families, and communities.

SBCAP Regional Team

- Conducted 62 psychoeducation workshops in English and Spanish across 20 school districts, reaching a total of 1,400 students, parents, and caregivers. Topics included:
 - Dealing with Stress, Culture and Belonging, Promoting Wellbeing and Empathy, and Social Media Safety.

LACOE CSI

- Conducted 333 needs assessments, leading to 153 direct services and 67 referrals for students, families, and community members. The top five referral categories included financial assistance, basic needs, educational support, transportation, and mental health services.
- Organized 80 events, distributing 6,270 items and boxes of goods to 3,794 community members. Items included, hygiene kits, clothing, food, backpacks, toys, and other necessities. Distribution events were conducted in collaboration with school sites and Shoes That Fit, a community based organization that provides shoes to youth.

Future Steps

The SBCAP Regional Team and its partners remain dedicated to addressing the wellbeing and mental health needs of LA County school communities. This reporting period, DMH, in collaboration with LACOE, has been exploring sustainability plans post [Behavioral Health Services Act \(BHSA\)](#), which includes utilizing the [California Community Schools Partnership Program \(CCSPP\)](#) grants and the [Children Youth Behavioral Health Initiative \(CYBHI\) Fee Schedule Program](#) to bill for mild-to-moderate services. These collective efforts, innovative partnerships, and ongoing coordination aim to alleviate the increasing needs identified in our communities.

If you have any questions or require additional information, please contact me or staff may contact Rebeca Hurtado, Program Manager, Prevention Services-School Based Community Access Point, at rhurtado@dmh.lacounty.gov.

LHW:RH:rh:krc

c: Executive Office, Board of Supervisors
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