

# ***Social and Emotional Support Services***

## ***Family Members and Staff:***

If you are concerned about your child's social and emotional well-being, please click the link below and complete the referral form.

If this is an emergency, please call 911 immediately or take your child to the nearest hospital.

Referrals are confidential and are emailed to the guidance counselor at your child's school. Only those individuals with a need to know will be informed of the referral. All referrals will be responded to as soon as possible.

[\*\*Submit a Referral\*\*](#)

## **Social Emotional Resources for Students Available throughout the District**

### **Did You Know?**

There are approximately over 16 million children diagnosed with a mental disorder such as ADHD, behavior problems, anxiety, or depression—and 38% have experienced more than one type of traumatic event, according to the Centers for Disease Control and Prevention (CDC). Furthermore, societal pressures and environmental factors present challenges to the overall well-being of young people. Students and families may experience a time when social and emotional support is warranted. TJUHSD has services throughout the district offered by trained staff at various school sites that can provide the appropriate supportive services.

The school site may provide mental health services, individual/group counseling, case management, crisis intervention, and psycho-education to students, parents, school sites, and the community.

In accordance with AB 2246, TJUHSD provides suicide prevention, intervention, and postvention services to students, families, and staff members throughout the district. This includes education and awareness campaigns regarding warning signs and how to access help to parents, instruction to students at the secondary level, and staff training. The district's policy also outlines our best practice approach to intervention and how we support students, families, and schools if a crisis does occur on one of our campuses.

**TJUHSD has the following school support services available throughout the district that are provided by Psychologists, Social Workers, Counselors, and Nurses:**

- **School Psychologists** conduct psychoeducational assessments and provide mental health services, crisis response intervention, and academic, behavioral, and social-emotional guidance. Provide testing and psychological information beyond the scope of the classroom teacher.

- **School Counselors** provide academic, career, and social-emotional counseling to students. Help students navigate graduation requirements, A-G requirements for college acceptance, educational policies,
- **School Social Workers** provide mental health support and services. Monitor identified at-risk students to provide and link available resources.
  - Interim Counseling
  - Individual and Group Mental Wellness Support
  - Advocacy
  - Mental Health Interventions & Crisis Management
  - Referrals & Community Linkage
  - Parent/Caretaker Support
  - Classroom Support
- **Nurses** provide part of our overall assessment of a student's ability to function in school. The school nurse assists in determining a student's ability to function in class, provide health education and resources for students regarding reproductive health, and ensures accessibility to all educational rights for parenting, pregnant, or nursing students. Students who are nursing babies can use the small conference room behind the nurses' office for complete privacy.
- **Rehabilitation Specialists** provide students with behavior intervention and prevention support. Rehab Specialists are matched with students who need counseling and mentoring and receive support regularly to assist them with school and life. Counselors offer restorative justice practices to guide students through conflict resolution, de-escalation strategies and general coping skills to best handle the individual challenges students may face.
- **Community School Coordinators** work with students and families on connection to school and community based supports and services to meet their unique needs.
- School sites often contract with local community agencies to provide ongoing and accessible mental health services to students onsite.

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## **Positive Behavioral Interventions and Supports**

### **All schools offer:**

- Common Sense Media lessons – Cyberbullying
- School psychologists
- Social Workers
- Rehabilitation Specialists
- School nurses, licensed vocational nurses, and health & attendance aides
- Student assistance team meetings: collaborative meetings to discuss and develop plans to support students academically, socially, and emotionally; behavior contracts

## **Suicide Prevention - Tips for Keeping Your Child Safe**

### **Know the Warning Signs**

Pain isn't always obvious. Yet most people who are considering suicide show some warning signs or signals of their intentions. The signs or changes in behavior may appear in conversations, through their actions, or in social media posts. These are of most concern if the behavior is new, has increased, or seems related to a painful event, loss, or change. Some signs to look for include the following:

- \*Threats or comments about killing themselves, such as “I wish I were dead” and “I won’t be around to deal with this much longer.”
- \*Looking for a way to kill themselves
- Feeling desperate, trapped
- Increase in risky/reckless behavior
- Uncontrolled anger or aggressive behavior
- Increased drug and or alcohol use
- Anxiety or agitation
- Social withdrawal
- \*Saying goodbye to family or friends
- \*Giving away prized possessions
- Dramatic mood swings
- \*Talking about feeling hopeless, having no reason to live, no sense of purpose
- \*Talking, writing, posting on social media, or thinking about death.
- Changes in sleep

If you have or know anyone with these signs, contact your teacher or principal or report a concern using the [Say Something Link](#). If you feel unsafe or know someone who feels unsafe, please report it using the Say Something app link or by contacting your teacher or principal.

*\*If you see a warning sign, seek help immediately.* It is important to remember the signs and risk factors listed are generalities. Not all students who contemplate or die by suicide will exhibit these kinds of symptoms, AND not all students who exhibit these behaviors are suicidal\*



## What Can I Do To Keep My Child Safe?

Feeling connected to friends, family, and our community can be a protective factor for suicide. Care enough to create a safe space for your student. Parents, use this time to reach out to someone in your life and let them know that you are comfortable talking about anything they need, including suicide, and should they ever come to a point where they are questioning their reasons for living, you will be there to listen and support them. Creating this safe space at a time when there is no crisis is one way we can play a role in suicide prevention.

"Are you thinking about suicide?" These words can be difficult to say, but when it comes to suicide prevention, none are more important. Asking someone directly about suicide can be difficult; being direct allows the person to open up and talk about their feelings. Asking directly about suicide will not suggest the idea to them. It is through the act of listening, expressing concern, and providing reassurance that they will feel supported.

### ***Start the conversation***

- Have a list of resources available
- Practice what you will say
- Mention the signs you have noticed
- Ask directly about suicide
- If they answer “yes,” stay calm, do not leave them alone, call 911 or the National Suicide Prevention Lifeline at 988

### ***Listen, express concern, and reassure***

- Listen and validate
- Let them know you care
- Actively listen: “Help me understand what life is like for you right now.”

### ***Create a safety plan***

- Ask about access to lethal means and help remove them if safe to do so
- Create a safety plan together
- Ask if they will refrain from using substances or agree to have someone monitor their use
- Get a verbal commitment that they will not act upon thoughts of suicide until they have met with a professional
- Limit access: Restricting access to lethal means, especially access to firearms, prescription drugs, and medications, is important in the prevention of youth suicide.
- Do not leave your child alone: Surround yourself with a support network or friends and family that can help as needed.

### ***Get help***

- Provide resources
- Call the National Suicide Prevention Lifeline anytime at 988 or 800-273-8255
- If the situation is critical, call 9-1-1, or take the person to the nearest emergency room or walk-in psychiatric clinic
- Reach out: Contact the school or mental health professionals if you are concerned about your child.

### ***What NOT to say***

- Do not ask in a way that indicates you want “No” for an answer, such as “You don’t really wanna die, do you?”
- Do not tell the person to do it.
- Do not show anger or frustration.
- Do not promise secrecy.

If you think someone is considering suicide, listen to your instincts and take them seriously. Do not leave them alone. Call the National Suicide Prevention Lifeline at **988** at any time for assistance.

## **Community Schools Implementation Plans**

[Accelerated Charter High School](#)

[Countryside High School](#)

[Tech Prep High School](#)

[Sierra Vista Charter High School](#)

[Mission Oak High School](#)

## Additional Resources

### Suicide Prevention

- National Suicide Prevention Lifeline: 1-800-273-8255 or call/text 988 or <https://988lifeline.org/how-we-can-all-prevent-suicide/>
- Local Suicide Prevention Hotline: 1-800-320-1616
- Connect with a Crisis Counselor by Texting “HOME” to 741741
- Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
- TREVOR Project: 1-566-4-U-TREVOR (1-866-488-7386)
- Central Valley Suicide Hotline: 1-888-506-5991
- How to Talk About Suicide
- Suicide: Preventing Youth Suicide
- Suicide: Tips for Parents
- [Teen Mental Health Poster-English](#)
- [Teen Mental Health Poster-Spanish](#)

### General Services

- Crisis Text Line: HOME to 741741
- National Domestic Violence Hotline: 1-800-799-7233
- [Tulare Youth Services Bureau](#)
- Tulare County Office of Education Behavioral Services

### COVID-19

- [Coping with Stress during COVID-19](#)
- [How to Talk to Children about COVID-19](#)

### Mental Health

- [Depression](#)
- [Depression: Helping at Home](#)
- [Anxiety and Depression in Children](#)

### Substance Abuse

- [A Solution](#)
- [Substance Abuse](#)
- [What is Substance Abuse](#)

### Bullying and Cyberbullying Prevention <https://www.stopbullying.gov/>

If you notice warning signs that a child may be involved in [cyberbullying](#), take steps to investigate that child's digital behavior. Cyberbullying is a [form of bullying](#), and adults should take the same approach to address it: support the child being bullied, address the bullying behavior of a participant, and show children that cyberbullying is taken seriously. Because cyberbullying happens online, responding to it requires different approaches. If you think that a child is involved in cyberbullying, there are several things you can do:

- Notice – Recognize if there has been a change in mood or behavior and explore the cause. Try to determine if these changes happen around a child's use of their digital devices.
- [Talk](#) – Ask questions to learn what is happening, how it started, and who is involved.
- Document – Keep a record of what is happening and where. Take screenshots of harmful posts or content if possible. Most laws and policies note that bullying is a repeated behavior, so records help to document it.
- Report – Most social media platforms and schools have clear policies and reporting processes. If a classmate is cyberbullying, **report it to the school**. You can also contact apps or social media platforms to report offensive content and have it removed. If a child has received physical threats or a potential crime or illegal behavior occurs, **report it to the police**.
- Support – Peers, mentors, and trusted adults can sometimes intervene publicly to positively influence a situation where negative or hurtful content posts about a child. Public Intervention can include posting positive comments about the person targeted with bullying to try to shift the conversation in a positive direction. It can also help to reach out to the child who is bullying and the target of the bullying to express your concern. If possible, try to determine if more professional support is needed for those involved, such as speaking with a guidance counselor or mental health professional.