

MEET THE WELLNESS TEAM 2025-26

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Alisa Crovetti, (she/her/hers) Ph.D., Clinical Supervisor at the Wellness Center since 2011, is a licensed psychologist and credentialed school psychologist. She studied psychology as an undergraduate at the University of Michigan and completed her graduate studies at UC Berkeley, earning a Ph.D. in Educational Psychology/Cognition and Development and a California School Psychologist Credential. Dr. Crovetti's professional experience includes over 15 years as a practicing school psychologist in public schools and post-doctoral training at UCSF in the Division of Adolescent Medicine and at Kaiser Permanente in the Department of Psychiatry's Chemical Dependency Program. She was a member of the clinical faculty in UC Berkeley's Graduate Program in School Psychology from 2007 through 2021 and currently serves as a founding training committee member of the UC Berkeley Psychology Internship Consortium. Dr. Crovetti grew up with first-generation immigrant grandparents from Italy and in a working-class family. She was a first-generation college

student and understands the challenges faced by PUSD students who are attending college without family members who have navigated college before them. She hopes the Wellness Center can be a safe place for students of all backgrounds and identities. When not working, Dr. Crovetti might be found spending time with her family and pets, gardening, playing guitar and singing, baking delicious desserts, or staying fit with boot camps and endurance obstacle course races.



Sari Sanghvi, (she/her/hers) Ph.D., joined the Wellness Center as a Clinical Supervisor in August 2021. Dr. Sanghvi is a native New Yorker and studied Psychology as an undergraduate at Union College followed by graduate studies at UC Berkeley, earning a Ph.D. in Educational Psychology and a California School Psychologist Credential. During her time at Cal, she completed an internship through UCSF, in their Department of Adolescent Medicine, where she first became interested in adolescent mental health. For the past sixteen years, she has been working as a doctoral level School Psychologist at the preschool through high school levels, in a variety of different public, charter, and independent school settings. Dr. Sanghvi is

committed to understanding students through a developmental, holistic lens and is whole-heartedly invested in supporting the social-emotional well-being of students. Additionally, Dr. Sanghvi has served on the Faculty at Saint Mary's College, in the Graduate School of Education, teaching courses and supervising the School Psychology graduate students. She is an avid yogi and welcomes the opportunity to include mindfulness in her professional work. As a former artist and dancer, Dr. Sanghvi loves using the arts as a meaningful tool for self-expression and stress relief. In her free time, she loves spending time with her husband and three children, traveling, and enjoying the beautiful outdoors.

Wellness Center Therapists in Training 25-26



Julissa Alberto Rosales (she/her) is joining the Wellness Center as a B-PIC intern for the 2025–26 academic year. Born and raised in SoCal, she completed her undergraduate studies at UC Irvine. After earning her B.A. in Psychology and Education, Julissa moved to the Bay Area in pursuit of a Ph.D. She received her M.A. in Education at UC Berkeley in 2022 and is currently a doctoral candidate in UC Berkeley's School Psychology program. At a broad level, Julissa's research explores how teacher expectations, parental involvement, and school climate influence students' academic achievement. For the past 10 years, Julissa has faithfully and wholeheartedly served students, families, and educators in a variety of roles and settings. She has worked as a tutor, teacher, academic counselor, camp counselor, crisis care coach, practicum therapist, and graduate peer support provider. Her professional experiences span K-12 schools, universities, and churches, with practicum and volunteer work in public and charter schools across districts including Piedmont, Oakland, Hayward, West Contra Costa, and Santa Ana.

Outside of work and school, Julissa loves spending time with family and friends, making art, playing board games, and eating delicious food. She is also an active member and leader at VIVE Oakland Church, and as part of this vibrant community, she enjoys constantly learning, growing, serving others, and spreading hope, joy, and love.



Jin Hyung Lim (he/him/his) is joining the PUSD Wellness Center as a practicum student for the 2025–26 academic year. Jin Hyung is a Ph.D. candidate in the School Psychology Program at the University of California, Berkeley. He earned his B.A. in Education (with Summa Cum Laude) and M.A. in Special Education from Seoul National University in South Korea. Jin Hyung's research focuses on identifying risk and resilience factors that support the well-being of school members (e.g., students, families, teachers, and administrators), especially those from minoritized backgrounds. More specifically, he is interested in transformative social and emotional learning (TSEL) as a resource and practice that fosters resilience among individuals from marginalized backgrounds. Jin Hyung is also actively involved in research on school-based mental health services for Asian Americans who have historically been marginalized from such services. As a practicum

therapist, Jin Hyung is so excited to connect with and support diverse students in the Piedmont Middle & High Schools from culturally responsive, trauma-informed, transformative, asset-based, and holistic perspectives. In his free time, he loves watching musicals, reading manga by Junji Ito, and spending time with friends.



Jen Blau (she/her/hers) is joining the Wellness Center as a practicum student. She is currently finishing a Master's Program in Counseling with dual MFT/PCC & School Counseling specializations at St. Mary's College in Moraga. Jen grew up in San Leandro and attended San Leandro High. As a first-generation college student, she obtained her undergraduate degree in Sociology with a minor in Psychology from UC Davis and volunteered as a peer counselor on campus. After graduating, she deferred acceptance to the Master of Social Work program at SFSU and worked as a graphic designer for 20 years. She served in various volunteer roles for several years, including the PTA board, as a leader for her daughters' girl scout troops, and for the fundraising organization of her community's public schools. Three years ago, she seized the opportunity to continue her education and pursue her early adulthood dream of becoming a helping professional. Raising two daughters has made her intimately

familiar with the mental health challenges teens and their families are currently faced with. She brings in-depth life experience to her work as a counselor. She is interested in restorative justice practices and cultivating belonging and

community. She is thrilled to be joining PUSD to support students' wellness in a holistic, person-centered, strengths-based, inclusive, collaborative, and compassionate manner. In her free time, she enjoys traveling, walking, going to the beach, snuggling with her dog, swimming, gardening, and spending time with her family and friends.



Umara Hansen (she/her/hers) is joining the PUSD Wellness Center as a practicum student for the 2025–26 academic year. She is a third-year doctoral student in the School Psychology program at UC Berkeley. Originally from Halifax, Nova Scotia, Canada, Umara graduated *Summa Cum Laude* from the University of Ottawa with a B.Sc. in Psychology, where she conducted research on the impact of stress on well-being using fMRI measures. During her graduate studies, Umara has developed a strong foundation in both clinical and educational settings. She has taught Clinical Psychology at UC Berkeley's Academic Talent Development Program (ATDP), served as a peer support counselor, worked as a Graduate Tutor, and completed a clinical internship at the Spirit Psychological Clinic in Halifax. Her research focuses on the intersection of ADHD and trauma-related symptoms, with a particular interest in how these overlapping challenges complicate assessment and intervention in school settings. For her dissertation, she is exploring the experiences of girls with ADHD, examining how early childhood maltreatment impacts long-term outcomes such as mental health, academic success, and quality of life.

Umara brings a deep commitment to supporting youth from diverse backgrounds, shaped by three years of hands-on experience in both school and clinical environments. As a practicum therapist, she is eager to provide holistic, individualized support tailored to each student's unique needs. Her therapeutic approach is strengths-based, client-centered, and grounded in mindfulness, with an emphasis on collaboration and empowerment.

Outside of her professional pursuits, Umara enjoys traveling, exploring California, and staying active through camping, running, surfing, skiing, volleyball, and hiking with friends.



Emily Goodwin (she/they) is joining the PUSD Wellness Center as a practicum student for the 2025–26 academic year. She is a second year graduate student in the Counseling Psychology program at The Wright Institute. Emily grew up in coastal North Carolina, is the first in her immediate family to attend university, identifies as queer, and recently discovered she has ADHD! She has a strong creative background, with a B.A. in Film Studies and minor in Art & Design from North Carolina State University, and hopes to incorporate therapeutic art practices into her work. She then taught middle school art and worked at a community arts based nonprofit for K-12 students. She is also deeply passionate about building community and holds a M.S. in Community Development. Emily has always had a passion for helping others and is honored to

grow as a clinician while serving the PUSD community. Having worked with a range of populations and backgrounds, Emily is eager to work with students using a client centered, strengths based, culturally responsive, and systemically minded approach. She is excited to incorporate therapeutic arts, mindfulness, and nature when appropriate. Outside of work and school, Emily loves spending time with her community, being near trees and water, reading, and hosting themed gatherings.



Kimmy Demkovich (she/her) is joining the PUSD Wellness Center as a practicum student for the 2025–26 academic year. She is a second year graduate student in the Counseling Psychology program at The Wright Institute in Berkeley. She is from Chicago, was raised in Florida, and moved to San Francisco to work for tech companies bringing software and hardware products to market. Volunteering with a range of populations and backgrounds encouraged Kimmy to pursue a career change toward becoming a therapist, as she identifies as a helper and enjoys working with people one-on-one. She is eager to work with students using a person-centered, strengths-based, inclusive and collaborative approach, incorporating mindfulness, nature, and expressive arts. Kimmy is excited and honored to grow as a clinician in the PUSD community. Outside of her professional pursuits, you can find Kimmy enjoying live music, crafting with friends, and staying active through yoga, backpacking and exploring California's backcountry.

District Nurses & Health Clerk



Carol Menz, MSN, RN, CNM, PHN has been with PUSD as a part-time district nurse since 2016. She was drawn to school nursing via the role of parenting, as she came to understand the vital role school nurses can play in advocating for student health needs (thus helping students more fully access their education). Carol earned a B.A. in Biology at UC Santa Cruz, and a Master of Science in Nursing at Yale University, in the Maternal-Child Health/Nurse-Midwifery Program. She worked for many years as a midwife and women's healthcare provider in inner-city health facilities in the New York area, where she was a regular provider of adolescent healthcare to both younger and older teens. Carol is a credentialed school nurse, having completed the credentialing program at CSU Sacramento in 2017. A Piedmont resident for over twenty years, both of Carol's children attended Piedmont schools. In her free time, Carol enjoys time in the mountains, walks with her dog, socials with good friends, and volunteering for worthy causes.



Claudia Garcia, BSN, RN (bio to follow)



Maddy Sage (she/her/hers) joins the Wellness Center as a Health Clerk for the 2024-25 school year, and is super excited to get to know the students and the rest of the MHS/PHS community! Maddy is a Bay Area native who spent her early childhood years in Rockridge before moving to Castro Valley where she played water polo and swam on the swim team. In 2020, Maddy moved to Santa Barbara to complete her Bachelor's of Arts in Political Science with a concentration in International Relations and a minor in Poverty, Inequality, and Social Justice. During her time at UCSB, she completed various internships in the area as she began to explore different career paths in the legal and non-profit sectors. Maddy is super interested in the impact that both domestic and international

laws/policies have on citizens on the ground, and is especially interested in the intersection between education(of youths specifically) and politics, and hopes to discover new ways to equip young people with the necessary tools to understand the political complexities around them. In the future, Maddy would love to continue studying International Relations on the East Coast. In her free time she loves to go to concerts/discover new music, spend time with her friends, and get more in touch with the community and environment around her!