

Student Mental Health & Wellness



Working together to deliver high quality and culturally responsive services.



FREMONT UNIFIED
SCHOOL DISTRICT

Today's Discussion:

- Collaboration
- Strategies
- Funding



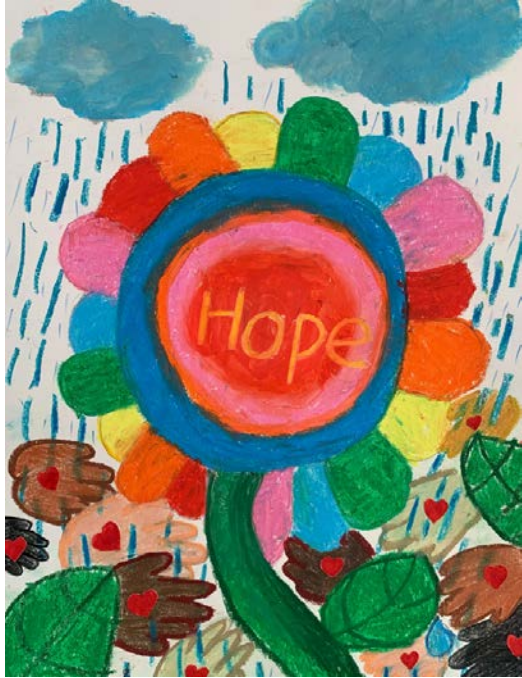
Collaboration

Fremont School Health Initiative (FSHI)



- Fremont Unified School District
- Alameda County Health Care Services Agency
- City of Fremont
- Bay Area Community Health
- Hume Center
- East Bay Agency for Children

Strategies



- Coordination of Services Team (COST)
- Wellness Centers
- Mental Health Counseling
- Substance Use Intervention & Prevention Services
- Crisis Intervention & Coordination
- Family & Parent Support
- Community Resources
- Expanding Mental Health Workforce Capacity
- Prevention Activities & Youth Engagement

Coordination of Services Team (COST)

COST is a multidisciplinary team of school staff and service providers at each school site with a COST Coordinator which:

- Create a regular forum for looking at needs of individual students and school overall
- Collaborate around linking referred students to resources and interventions
- Support students' academic success and healthy development



Care Solace

July 1, 2022 – February 15, 2023

- Warm Hand-Offs: 197
- Family Initiated Cases: 24
- In-Care: 93
- Top 3 Reasons: Anxiety, Depression, Trauma
- Top 3 Providers: Youth and Family Services, Kaiser, Trust
Mental Health

Mental Health Counseling



Clinic-Based General Counseling

Healthy Choices School-Based Counseling

- 4 Elementary Schools
- 2 Junior High Schools
- 4 High Schools
- 1 Charter School

Diversion Counseling

Alternative to Suspension Group

YFS Mental Health Counseling Program Client Demographics (2021/2022) N=370

Gender	Number	Percentage
Female	189	51%
Male	174	47%
Transgender	6	2%
Unknown	1	0%

Age	Number	Percentage
Under 5	3	1%
5-9	71	19%
10-13	99	27%
14-18	172	46%
19-21	25	7%

Ethnicity	Number	Percentage
Hispanics	131	35%
Asian	109	29%
Caucasian	48	29%
Multi-racial	31	13%
Black	25	8%
Afghan/Arab	10	7%
Unknown	16	4%
Native	2	1%

Adolescent Substance Use Intervention & Prevention Services

Access

Evidence-based Outpatient
Treatment & Recovery Support

Prevention Services

Funding



Opioid Settlement Funds

- Multi-year opioid settlement funds
- City workplan development in progress
- Anticipated expansion of prevention and intervention work with students to address opioid substance issues.

Crisis Intervention & Coordination

FUSD

- District Crisis Response Team (16 members on the team)
 - ❖ Annual trainings are done at the sites
 - ❖ Resources are shared with school sites
 - ❖ Currently we have two teams
- SRO (School Resource Officer)
- MET (Mobile Evaluation Team)
- CATT (Community Assessment & Transport Team)

YFS

- Crisis Counselor of the Day
- Same-day family relationship crisis session
- Support referrals to/from Crisis Receiving Home
- Support FUSD's Crisis Response Team as needed



Family & Parent Support



FUSD Family Liaison

FRC Family Support Coordinators

Youth & Family Services Family Partner

Tools for Change Parenting Workshop

We work together to provide support and advocacy for parents

Community Resources/Fremont Family Resource Center (FRC)

1. Benefit Program & Assistance
2. Child Care
3. Cultural & Faith-Based Services
4. Employment & Training
5. Family Support & Financial Coaching
6. Housing Resources
7. Mental Health/Counseling
8. Services for People with Disabilities
9. Youth Services
10. Immigration Assistance



Expanding Mental Health Workforce Capacity

- **Goal – a mental health worker at each school**
- **Challenges**
 - ❖ 3-year pandemic, increased mental health service need
 - ❖ Shortage of mental health workers
 - ❖ Funding
- **Incremental steps to increase mental health workforce capacity:**
 - ❖ School Site Field Experience for Trainees/Interns
 - ❖ Supervision & Training to help them meet licensing requirements
 - ❖ Job Opportunities for Post-Grad Associates

FUSD

- 4 Post-Grad Associates (2 days/week at 8 schools)

Hume Center

- 6 Interns (2 days/week at 6 High Schools)

Youth & Family Services

- 14 Trainees/Associates & 1 staff (2 days/week at 11 Healthy Choices Schools; mobile clinician & clinic)



FUSD – Prevention Activities

- [Wellness Videos](#)
- Professional Development around mental health (suicide prevention, anxiety in the classroom, etc.)
- Community presentations, parent workshops and youth education
- Student social skills and support groups

City of Fremont - Youth Engagement

- 6th Annual Children's Mental Health Awareness Art Competition
- 5th Annual Youth Wellness Ambassadors
Community Service Project
- Fremont Police Chief's Community Youth Advisory Board



Funding for Student Behavioral Health & Wellness Services

- FUSD – School Site Councils
- FUSD – Proposal from Community Partners
- FUSD – District Funds
- FUSD – SBHIP Funds (Student Behavioral Health Incentive Program)
- Alameda County Health Care Services Agency
- Alameda County Behavioral Health Care Services
- Alameda County Probation Department
- City of Fremont General Funds
- Opioid Settlement Funds
- Private grants and donations



Information & Resources

[City of Fremont Youth & Family Services](#)

510-574-2100

[Fremont Family Resource Center](#)

510-574-2000

[Fremont Unified School District Student Support Services](#)

510-657-2350