

# Mental Health Supports at PCHS

2021-2022

## Individual Student Supports

- Short-term counseling
- Long-term Mental health Supports when needed

## Crisis Intervention

- Suicide/Self-harm risk assessments
- Threat Assessments
- Hospitalizations
- Coordination with PMRT/PET
- Safety Planning
- Re-entry Meetings

## Resource Development/Communication

- Developing, maintaining, and updating Mental Health Schoology course and website
- Developing resources to increase greater student access to mental health supports (referral forms, suggestions forms)

## Targeted Student Supports

- Make it Mindful: Mindfulness/Stress Reduction Group
- FOCUS Group: Resilience building through emotions, communication, goal setting, problems solving, and stress management
- Grief Group
- Anxiety/Depression Reduction Group
- Social Skills/Problem Solving/Coping Skills Group
- Lunch Bunch/Social Integration Group

## 504 Plans/IEPs

- DIS/ERICS Counseling
- Consultation and Recommendations

## Interventions based on presenting/current campus needs

## Outreach

- PE Classes (psychoeducation, resources, on campus mental health supports, strategies for coping)
- One Love for Healthy Relationships
- LGBTQ+ Student Supports
- Mental Health Tabling/Promotion (first day of school, Back to School Night, other events)

## Referrals and Linkages

- Connecting faculty, students and families to outside resources and agencies

## Pali Academy Support

## Collaboration with Stakeholders

- Students: ASB and student clubs
- Parents: PTSA
- Faculty/Staff
- Administration
- Department of Mental Health: coordination and referrals

## COST

- Mental Health Referrals
- Triage
- Crisis

## Trainings

- Faculty/Staff Professional Development
- Parent Educational Groups (Spanish/English)
- Psychoeducation for Students