



## Ruth Horwitz and Lynn Lim

### Palisades Charter High School End-of-Year Report 2020-2021

#### School Safety

PSWs and Intern supported school climate and safety through individual therapeutic support and social emotional support groups. PSWs provided mental health consultation and crisis response services including suicide and self-injury. PSWs conducted safety planning, re-entry meetings for students returning from hospitalizations, and provided referrals and linkages.

#### Parent & Community Engagement

PSWs and Intern contacted parents as needed to promote the mental health awareness of their children. PSWs and Intern provided nine parent workshops, support groups, and DMH collaboration. Began a collaboration with Revere Middle School's mental health and academic counseling teams to increase parent involvement and engagement. PSWs coordinated DMH services and supported families with linkage to community resources.

#### Student Engagement

PSWs and Intern met with students **individually, in groups, and drop-in activities**. PSWs provided triage, referral/linkage, and case management to students as needed. PSWs met regularly with the multi-disciplinary Pali team to plan social-emotional supports and interventions to maximize daily attendance & academic success. Provided mental health awareness presentations to all PE classes, reaching over **1000 students**.

## Multi-Tiered Systems of Support

### Tier 3: Intensive Services

List of direct services that have been provided in 2020-21 school year. **This is not an exhaustive list:**

- Individual Counseling
- Mental Health Consultation
- Multidisciplinary School Team Meetings
- Parent/Family/Guardian Contact and Outreach (Family Contact)
- Crisis Intervention ( Suicide/Self-Injury/Threat Assessments)
- Re-entry Meeting
- Safety Planning
- 504 and Special Education Referrals

**Individual Students Served 2020-21**  
(includes ongoing and one-time supports)

# 203

#### Targeted Student Population (TSP):

Data for individual students served by PSW

Students with IEP and 504 Plans

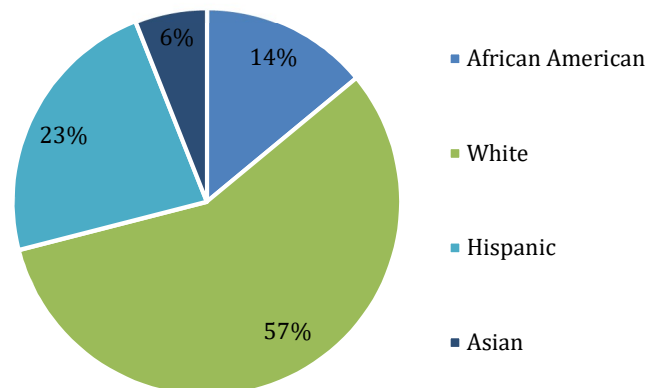
42%

Socioeconomically Disadvantaged

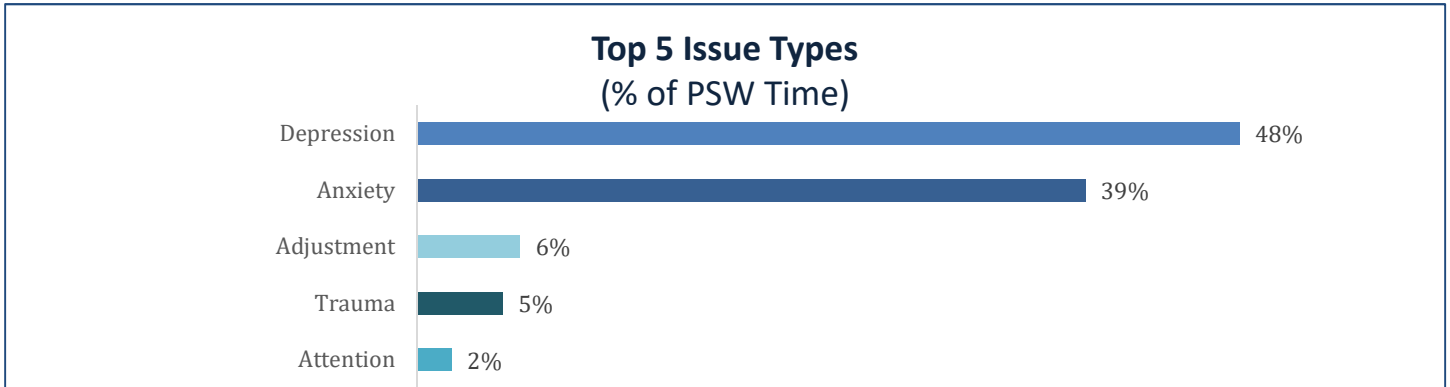
35%

#### Ethnic Breakdown:

For the individual students served by the PSW



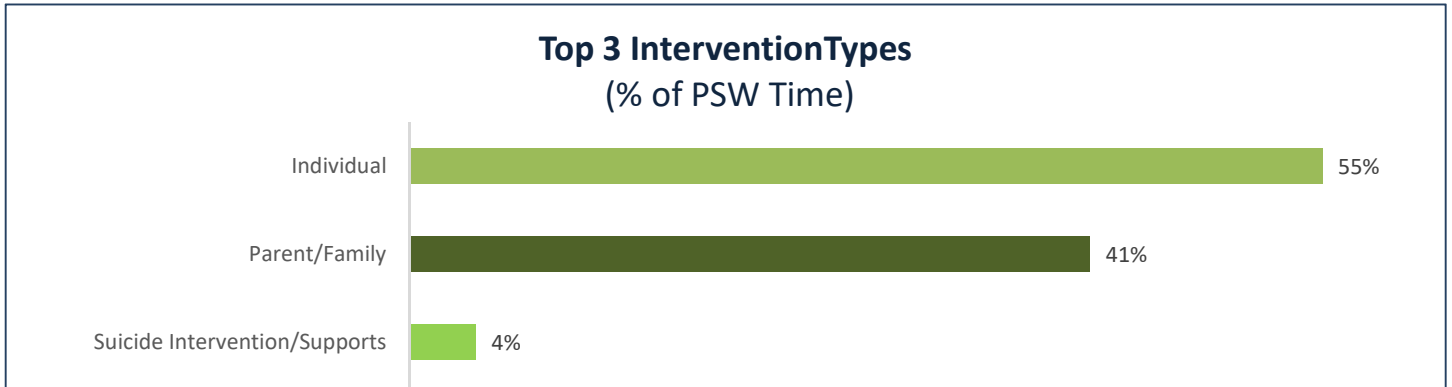
The following chart provides information about the top five mental health issues addressed by the PSWs at **Palisades Charter High School** and percentage of PSW time dedicated to addressing these issues:



**220**  
**Pandemic Related Sessions**

This number is a rough estimate of student sessions that addressed struggles with virtual learning and mental health due to the pandemic.

The following chart provides information about the top three mental health interventions provided by the PSWs at **Palisades Charter High School** and percentage of PSW time dedicated to providing these interventions. Suicide prevention and supports are lower this year due to distance learning:



### Intensive Service Crisis Interventions

**Intensive Service Crisis Interventions**

**12**

**Total Suicide Assessments**

**22**

- PSWs provided IEP mandated ERICS/Pupil Counseling on a weekly/biweekly basis.
- This also requires participation in IEP meetings.

## Tier 2: Targeted Services

The following table lists targeted services provided by PSW at Palisades Charter High School. It provides information about classroom and small group interventions.

Group Name	Skills Learned	Population Served	# weekly sessions
<b>Our House</b>	Emotional regulation, exploration of separation/loss, psychoeducation, shared grief responses, peer support	9-12 <sup>th</sup> grade students who have experienced loss	9 sessions
<b>FOCUS</b>	Knowledge about depression symptoms and treatment, how to access treatment, helping peers, and stress management.	9-12 <sup>th</sup> grade students	6 sessions
<b>Social Hour</b>	Socialization, peer engagement, communication, psychoeducation, peer support, self-care, and fun!	9 <sup>th</sup> -12 <sup>th</sup> grade students	21 sessions
<b>Anxiety</b>	Psychoeducation on anxiety, coping skills	9-12 <sup>th</sup> graders experiencing anxiety	2 sessions
<b>Mental Health Awareness</b>	Promote mental health awareness, de-stigmatize mental health, review coping skills, and provide resources	All PE Classes	24 sessions

### Multidisciplinary Team Meetings

COST is a weekly team meeting that addresses academics, social-emotional needs, student supports, and mental health referrals.

PSWs also attended IEP meetings and 504 meetings.

**85**  
**IEP, 504, COST**

### Intern Corner

1 Intern  
16 hours per week  
5 on individual caseload  
PE Presentations on MH Awareness  
FOCUS Group  
Grief Group Outreach  
Social Hour Drop-in Group  
Projects: Mental Health Website

## Tier 1: Universal Services

PSWs provided an array of Universal Services that contributed toward building positive school climate at **Palisades Charter High School**, including:

- School-wide activities and presentations.
- Parent workshops to increase knowledge of students' social emotional needs during the pandemic.
- Staff support and resources to enhance wellness and awareness regarding student mental health.

### Parent Support/Education

- 2 parent workshops
- 5 Family Support Groups and 3 Spanish Family Support Groups
- 2 parent DMH presentations
- Building community with Paul Revere Middle School and their parent support programs
- Collaboration with Pali PTSA for future student and parent supports

### Staff Wellness/Support

- Monthly Afternoon Tea For Teachers
- Monthly Lunch Bunch for Teachers
- Mental Health Awareness PD
- Pali Faculty Virtual Engagement Activities
- Virtual infographics and resources created and provided to staff

### School-Wide Virtual Supports

- Created mental health website and virtual therapy office for parents, teachers, and students
- Created Mental Health Schoology course for students
- Developed infographics for stress management and community resources throughout the year
- Assisted in transition of students to in-person learning
- Promotion of Mental Health Awareness with collaboration with ASB

### Drop-in Groups

- Daily student support during the week of the presidential election
- 5 drop-in support groups for managing stress and anxiety during finals week for both semesters, and for AP testing periods
- Provided grief support for soccer team after death of teammate

**This school year our job as PSWs was very different than when on campus. We spent many hours developing and planning new virtual programs to best support student, parent, and faculty needs.**

# 2020-21 PSW Highlights

## Student Quotes from Social Hour

"I think social hour is very fun and I have made a lot of friends because of it. I also love the activities and it helped me because I did not go to Paul Revere."

"I think it's a fun little thing to look forward to in the week. It's fun to see other people and talk to other students from the school."

"I enjoy going to the social hour because it's a nice way to see similarities between me and other students."

## Mental Health Awareness Month Bookmark

**MENTAL HEALTH AWARENESS MONTH**

May is Mental Health Awareness Month and every year the goal is to fight stigma, provide support, educate the public, and advocate for those experiencing mental health challenges.

**Crisis Lines**



**Student Mental Health Self-Referral Form**



## Family Support Group Flyer

*Nurture Uplift Share Community*

*You are not alone*



**FAMILY SUPPORT GROUP MEETINGS**

"The greatness of community is most accurately measured by the compassionate actions of its members."  
-Coretta Scott King

**Last Group of the year!**  
**Wednesday, May 26, 2021**  
**at 7pm**

Supported by the Pali Mental Health Team: Ariel Schoolsky, LMFT, Ruth Horwitz, LCSW, Lynn Lim, ACSW, Lupita Gutierrez, MA, EdS

Questions?: email [llim@palihigh.org](mailto:llim@palihigh.org) or [aschoolsky@palihigh.org](mailto:aschoolsky@palihigh.org)  
<https://palihigh.org.zoom.us/j/869290480672>  
pwd=cGxvbE82c211QUJ6MkxTMW9oaUJkQT09

Meeting ID: 869 2904 8067 Passcode: 305058

## Spring Break Supports Flyer

**Spring Break Supports**

It has been a challenging year, but there's hope. We want you to know you're not alone. We wish you a safe, relaxing, and restful spring break!

**Crisis and Support Lines**

- National Suicide Prevention Line: 1-800-273-8255
- Teen Line: 1-800-7LC-TEEN
- Trevor Project (LGBTQ+): 1-866-488-7386
- LA Warm Line: 1-866-963-WARM
- NEDA (eating disorders): 1-800-931-2237
- Crisis Text Line: Text HOME to 74741
- Trenta Lifeline: 1-877-565-8860
- The Steve Fund (BIPoC youth): Text STEVE to 74741

**Fun Spring Break Opportunities**

- Check out **Virtual Rollercoasters!**
- List of free (and some cost) virtual and live events throughout Los Angeles by dates
- Choreograph** your own virtual dance!
- Register for NAMI's The SHIFT Wellness and **create your own** content on mental health!

**Managing Stress Tips**

- The goal is to **manage** stress; not eliminate it
- Take care of **your** needs first: Sleep! Eat! Move your body!
- Make Self-Care a habit. Find what works for you and make time everyday to do something that you enjoy.

**Self-Care Activities**

- Go on a walk
- Take photos
- Read a book
- Write a letter to a friend
- Exercise
- Take deep breaths
- Be in nature
- Try Yoga
- Bake/cook
- Connect with friends
- Progressive muscle relaxation
- Take a bath
- Meditate
- Take a social media break
- Color/draw
- Body Scan
- Journal
- Listen to music
- Engage in art or crafting
- Sports
- Cleaning

PCHS Mental Health Website: <https://go.palihigh.org/mentalhealth>