

**CONTRACT ADDENDUM**

I am writing to propose an addendum to the existing contract for mental health services between Making Waves Academy (MWA) and Frugé Psychological Associates, Inc. (FPA). Although educational and social work professionals in high school have shown a commendable effort to address mental health needs, they are clearly overwhelmed by the complexity, persistence, intractability, and growing psychiatric difficulties among Wave Makers. In order to appropriately manage psychiatric problems in academic settings, best practices for schools suggest that mental health services should be provided to at least ten percent (10%) of the student body. The high school has been around five percent (5%) short of this rule of thumb for at least the past three years. This urgent matter is now approaching a state of emergency, as Wave Makers are so preoccupied with mental health issues they are unable to access the unique educational opportunities offered by MWA.

**Table 1**  
**Upper School Waiting List**

| <i>Referral Source</i> | <i>Student Initial</i> | <i>Grade</i> | <i>Frequency Needed</i> | <i>Presenting Issue</i> | <i>Severity</i> |
|------------------------|------------------------|--------------|-------------------------|-------------------------|-----------------|
| ██████                 | ██                     | 10           | 1 x per week            | Family Conflict         | High            |
| ██████                 | ██                     | 12           | 1 x per week            | Family Conflict         | Medium          |
| ██████                 | ██                     | 10           | 1 x per week            | Emotional Outbursts     | Medium          |
| ██████                 | ██                     | 9            | 1-2 x per week          | Suicidal Ideation       | High            |
| ██████                 | ██                     | 9            | 1 x per week            | Family Conflict         | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Family Conflict         | Medium          |
| ██████                 | ██                     | 12           | 1-2 x per week          | Isolation, Attendance   | High            |
| ██████                 | ██                     | 10           | 1 x per week            | Behavioral Difficulty   | Medium          |
| ██████                 | ██                     | 10           | 1-2 x per week          | Suicidal Ideation       | High            |
| ██████                 | ██                     | 10           | 1 x per week            | Behavioral Difficulty   | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Behavioral Difficulty   | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Adult Conflict          | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Peer Conflict           | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Emotional Outbursts     | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Behavioral Difficulty   | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Emotional Outbursts     | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Peer Aggression         | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Peer Aggression         | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Peer Detachment         | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Peer Detachment         | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Peer Detachment         | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Eating Disorder         | High            |
| ██████                 | ██                     | 9            | 1-2 x per week          | Family Trauma           | High            |
| ██████                 | ██                     | 9            | 1 x per week            | Emotional Outbursts     | Medium          |
| ██████                 | ██                     | 9            | 1 x per week            | Emotional Outbursts     | Medium          |

The ramp up of mental health services at the beginning of the academic year is typically slow, as scheduling issues need to be sorted through while students are becoming accustomed to new routines and building structures. From August 21, 2019 to October 2, 2019, Wave Makers attended thirty-seven (37) of forty-one (41) scheduled appointments. Their attendance rate for mental health services is ninety percent (90%). Only two (2) youngsters are struggling to attend their psychotherapy appointments. [REDACTED] are addressing this issue of non-compliance with these students. The first psychotherapy group has already begun. Regrettably, the upper school Waiting List has reached a total of thirty (30) in a relatively short period of time. FPA clinicians have provided these students with approximately nineteen (19) hours of crisis services. Many Wave Makers on the Waiting List are subject to domestic violence, homelessness, family conflict and trauma along with parental abandonment.

Student challenges associated with the Waiting List manifest in a variety of ways at school including, but not limited to vandalism of school property, aggression and hostility toward peers and adults, emotional outbursts, suicidal ideation, homicidal thoughts, as well as opposition and defiance. The Medium to High Severity ratings of Waiting List cases indicate problems faced by these students require more focused and intense clinical intervention than what is offered through general Wellness Check-Ins provided by the school social worker. Also, [REDACTED] regularly scheduled counseling appointments are frequently interrupted by crises related to youth on the Waiting List. Complicating matters further, these students are progressively spending more time in the dean's office, because there is not enough support to deal with their mental health needs immediately, and transition them back to class quickly. It is humbly requested that slots for mental health services be increased from eighteen (18) to forty-five (45). The cost for this increase is \$98,280. Thanks for your understanding.

Signed on NOVEMBER 16, 2019, in the County of Alameda, California.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "Shawn L. Frugé". The signature is fluid and cursive, with a long horizontal line extending to the right.

Shawn L. Frugé, Psy.D., QME  
CEO of Frugé Psychological Associates, Inc.  
Licensed Clinical & Forensic Psychologist