

# Mental Health Services

**Xochitl Perez**  
**Mental Health Coordinator**

**Presentation**  
**November 16 & 18, 2020**

**Palm Springs Unified**  
**School District**





## **Xochitl Perez, LCSW, PPSC**

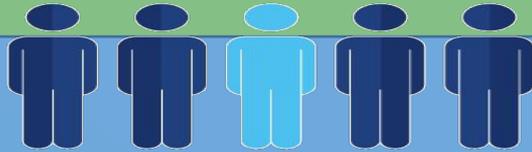
Mental Health Coordinator

Educationally Related Mental Health Coordinator (Temp)

- 3 Yrs- Social Services
- 3 Yrs- School Counselor- Elementary & Middle
- 11 YRS- Clinical Therapist in Schools & Program Management
- Third year with PSUSD
- Cognitive Behavioral Therapy & Trauma Focused
  - ProAct Trainer for PSUSD
- Training my dog Lucy to be a therapy dog
- Live in Yucaipa, married, 2 step children

# Mental Health FACTS

Information from NAMI National Alliance on Mental Illness



**1 in 4** ADULTS  
EXPERIENCES A MENTAL  
HEALTH CONDITION

**1 in 5**  
CHILDREN/TEENS  
(13-18 YEARS) WILL  
EXPERIENCE A MENTAL  
HEALTH CONDITION

**50%**  
OF ALL MENTAL HEALTH  
CONDITIONS BEGIN  
BEFORE AGE 14

**75%**  
OF ALL MENTAL HEALTH  
CONDITIONS DEVELOP  
BEFORE AGE 24

During the health pandemic of 2020 more children and youth are reporting feelings of distress and irritability due to frustrations with changes to daily life



This is normal



Some ways to foster positive mental health in children and adults include:



Daily Self Care



Be Kind to Yourself



Positive Affirmations



Talk & Reach Out for Help When Needed.

Just like physical health, everyone should be taking steps to take care of your



mental health

# Warning Signs

\* Persistence of Symptoms and Impact on Functioning



Feeling very sad or withdrawn for 2 weeks



Self destructive behaviors such as harming self or high risk behaviors that have little consequences for one's or other's lives



Talking about death or dying



Sudden or overwhelming fear with a racing heart or other physiological symptoms



Drastic changes in mood, personality, or sleep habits



Ritualistic behaviors or orderliness



Extreme difficulty concentrating or staying still



Seeing or hearing things that are not real or do not exist



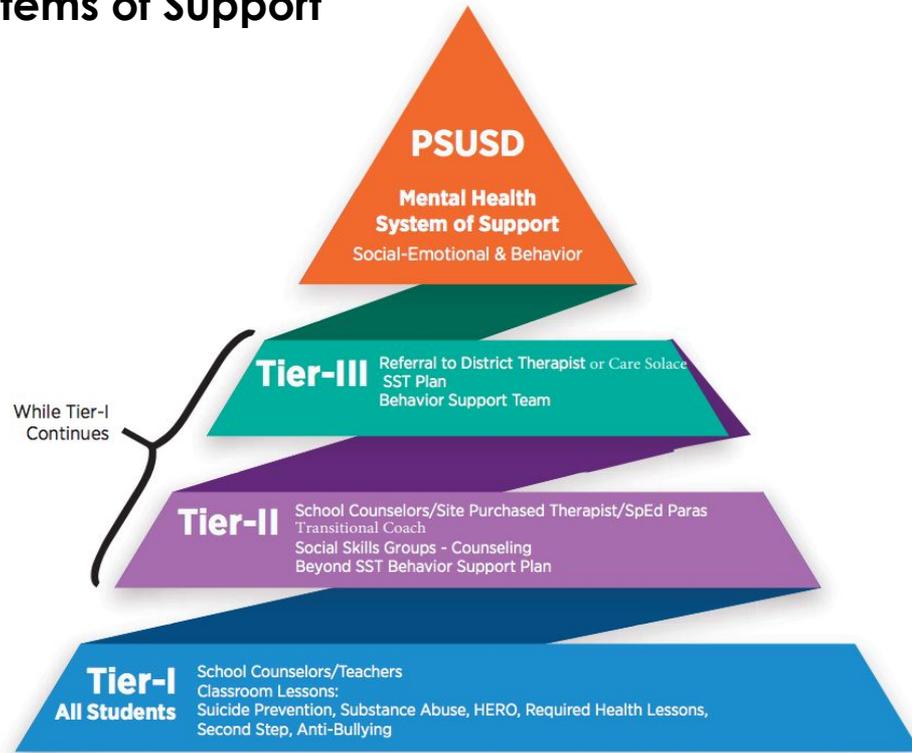
Unrealistic worries or concerns



Excessive use of alcohol or drugs

# PSUSD: Mental Health Systems of Support

## Social Emotional & Behavioral



# The Medi-Cap Program

- Systems of Care Contract
- Initiated 2012
- Outpatient Mental Health Services for Palm Springs Unified School District and 5 Desert Cities
- Student Services Department
- Currently serving **419** students

# The Medi-Cap Program

- Palm Springs Clinic- 333 South Farrell Drive
- Desert Hot Springs-11625 West Dr.
- Open Mondays through Fridays
  - 8:00am-5:00pm
  - Bilingual Services
  - Ages 0-21 years

# MISSION

The Mental Health program of Palm Springs Unified School District seeks to provide competent and compassionate mental health services to children and their families significantly affected by mental health challenges. Clinicians are sent throughout the District visiting with students and families in an effort to help these students rebound from mental health issues that would otherwise affect their ability to function optimally at school, home, and in the community.



# Meet the Staff

## Medi-Cap (Systems of Care)

### Specialists



Gustavo Leon Raigoza  
Mental Health Peer Specialist



Pablo Alcaraz Lopez  
Mental Health Specialist

SR

Sofia Rodriguez  
Mental Health Bilingual Specialist

### Medi-Cap/Purchased



Christina Granillo  
Mental Health Therapist II



Carmelita Coppins  
Mental Health Therapist II



Chase Christensen  
Mental Health Therapist II

### Medi-Cap Only



Joaquin Galeano  
Mental Health Therapist II



Mireya Gonzalez  
Mental Health Therapist II



Julia Tyler  
Mental Health Therapist II



Kimberly Snyder  
Mental Health Therapist II



Christina Palencia  
Mental Health Therapist II

### Medi-Cap/ Set 4 School



Tamara Hagy-Lopez  
Mental Health Therapist II

### Clerical/Billing



Dayana Bonilla  
Office Specialist/Medi-Cal Billing



Krissia Perla  
Office Specialist Bilingual

# Referrals



## ❖ Referrals May Come From:

- School Site Staff
- Parents/Guardians
- Community Members

## ❖ Referrals Are Received By:

- Phone Call
- Web Based Referral Form
- Walk In Referrals

# Referrals

## ❖ Referrals Are Assigned When

The student has:

1. Active MediCal Insurance
2. Meets Medical Necessity



# Referrals

## ❖ Referrals Are Processed:

- Immediately
- When more information is needed the office staff will call the referring party or parent/guardian
- Assignment is based on the student's school site or needs



# Referrals

- ❖ **If a student does not have:**  
Active medical insurance or does not meet medical necessity.....

**With parent/guardian permission we are able to complete a warm handoff to Care Solace, who then links the family to a mental health agency within the local community.**

\*Referrals can also be made directly to Care Solace



# Assessment

- Current Mental Health Symptoms
- Past Mental Health Diagnosis
- Impairments in Functioning- School, Home, and Community
- Severity and Persistence of Symptoms and Impairments

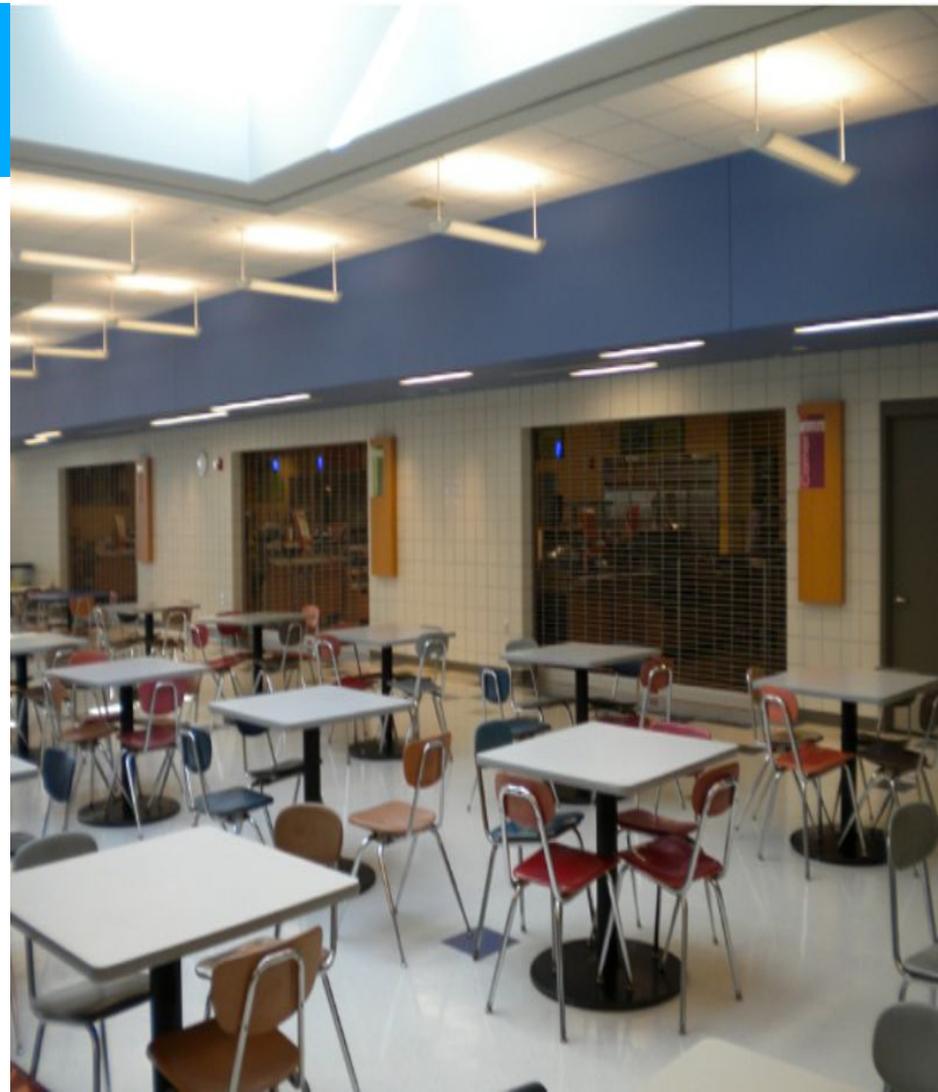
# Assessment

- New Mental Health Diagnosis
- Treatment Plan
  - Mental Health Goals
  - Type of Mental Health Services
  - Frequency of Services
- Assess goals every 6 months

# Services

## ◆ Services Are:

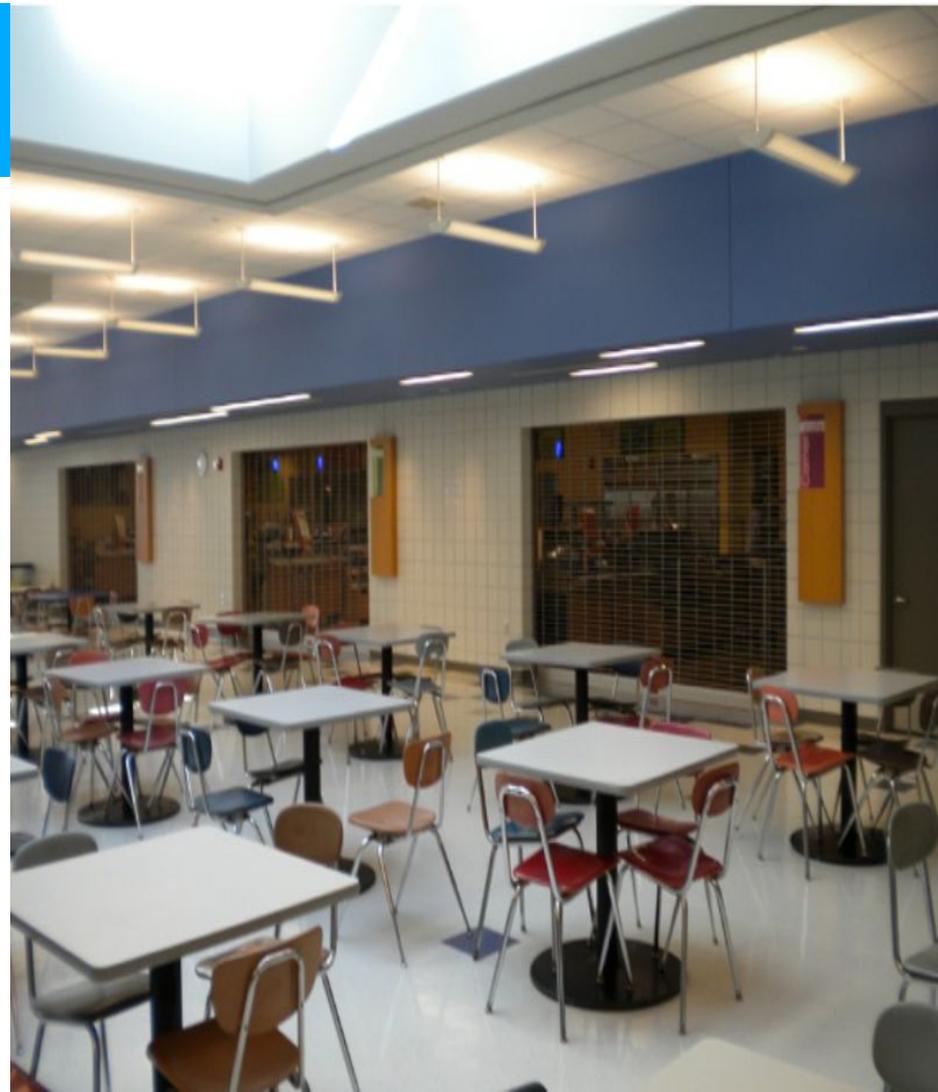
- Voluntary
- Must include parent/guardian consent
- Contact by therapist is made in less than 10 days
- Begin as soon as an assessment is complete
- Confidential & follow HIPPA guidelines



# Services

## ❖ Type of Services Include:

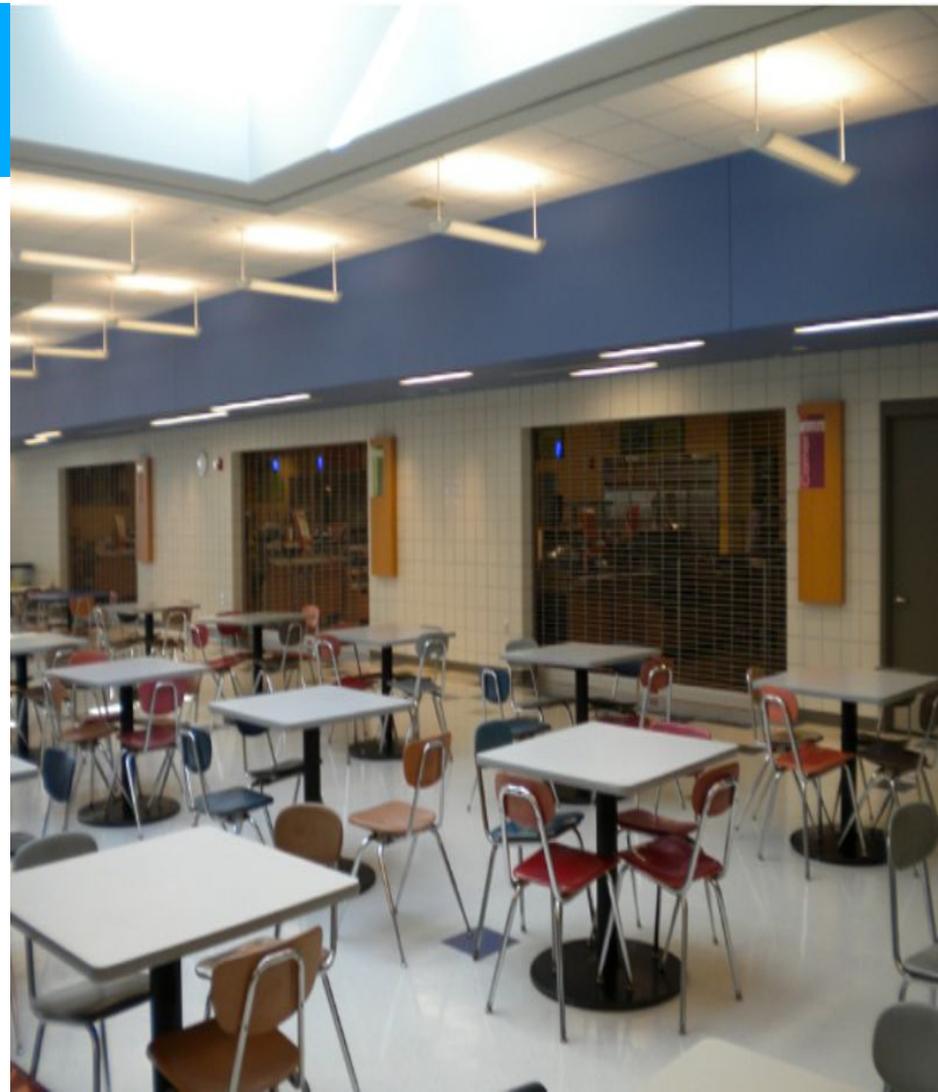
- Family Counseling
- Individual Counseling
- Group Counseling
- Case Management



# Services

## ❖ Services Are Offered:

- School Sites, Clinic, & Community
- During school closure services are also being offered via Telehealth



# Services

- ❖ Mental health service duration is typically 6-12 months
- ❖ Sometimes this can be longer
- ❖ Services continue until mental health goals are met and there is a reduction in mental health impairment





# Set 4 School Program

- New County Contract
- 3 year contract
- Mental Health Services for babies and children ages 0 to 5 years old
- Work collaboratively with our Early Childhood Education Program



# Set 4 School Program

- ❖ **Services include:**
  - Assessments & Diagnosis
  - Parent Support
  - Teacher Training
  - Case Management
  - Referrals to other county programs:
    - Parent Child Interactive Therapy (PCIT)- mobile unit
    - Inland Regional Center (IRC)

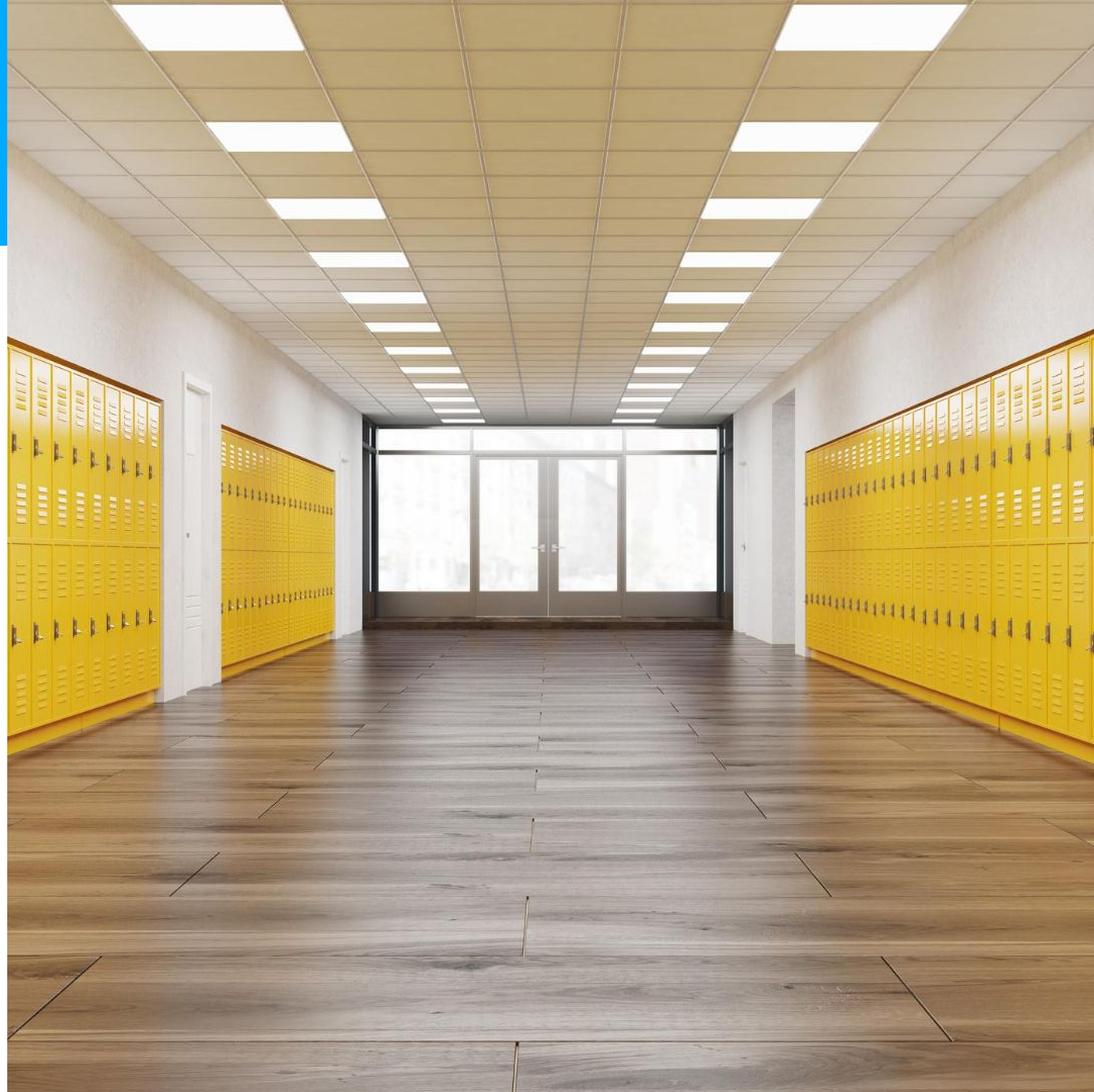


# Purchased Services

- School sites purchase mental health services
- Students do not need to have medical insurance
- Services include:
  - Individual Counseling
  - Group Counseling
  - Parent Counseling
  - Staff Trainings

# Other Service Referrals

- ❖ Borrego Medical Clinic for psychiatric evaluations
- ❖ Riverside County for intensive behavioral services called Therapeutic Behavioral Services (TBS)



# Parent Classes/ Peer Groups

## Courage to Speak

**Courage to Speak – Padres Valientes 101**

Un taller para padres con niños:

- Desarrollar habilidades de manejo de ira
- Crear un espacio seguro para los hijos
- Fomentar el desarrollo de habilidades comunicativas
- Crear un espacio seguro para el desarrollo de los hijos
- Aprender a manejar el estrés de manera efectiva
- Desarrollar una red de apoyo y un espacio de escucha
- Aprender a manejar el estrés de manera efectiva

La Clase en Español será por 2009M  
 Agosto 11, 18, 25 y 1 de Septiembre  
 de 4:00 a 5:30 p.m.

Horario: 01-647-366-3663

Por favor registrarse: <https://psusd.com/parenting/101> o llamar 760-636-1274




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## Parent Circle (0-5)

**Círculo de Padres** para padres de niños de 0-5 años



Formar un círculo de padres, madres, padres o abuelos. Formar un círculo de apoyo y un espacio de escucha para los padres de niños de 0-5 años. Este taller es un espacio seguro para los padres de niños de 0-5 años. Este taller es un espacio seguro para los padres de niños de 0-5 años. Este taller es un espacio seguro para los padres de niños de 0-5 años.

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## LGBTQ Peer Support Group

**LGBTQ Peer Support Group**

This group was created to support and assist students of the LGBTQ Community by providing a safe and open discussion amongst peers.

Weekly group starting Wednesday  
 September 9th at 12:00pm

To Register: <https://psusd.com/lgbtq>




## Positive Action Parenting

**POSITIVE ACTION PARENTING**

Curso de 7 semanas

Horario: 01-647-366-3663

Por favor registrarse: <https://psusd.com/parenting/positive-action> o llamar 760-636-1274





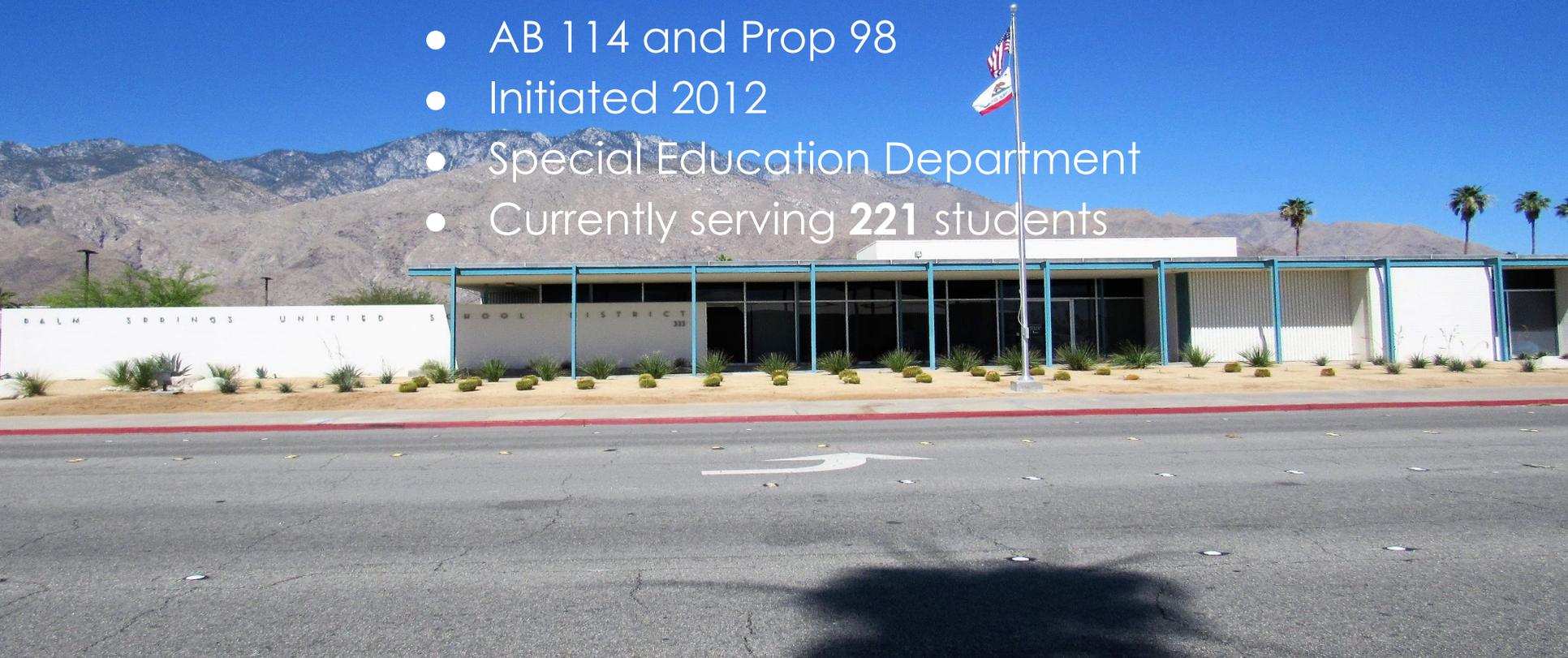

# Mental Health Website

<https://www.psusd.us/Page/253>



# Educationally Related Mental Health Services

- AB 114 and Prop 98
- Initiated 2012
- Special Education Department
- Currently serving **221** students



# Educationally Related Mental Health Services

- ERMH services are provided for all PSUSD schools
- Services are primarily delivered at the school site and during school hours
- Focus is improving school functioning among special education students
- School Age to 22 years



# Tier Three Supports: Staff

## Educationally Related Mental Health Services

### Coordinators



Xochitl Perez  
ERMHS Coordinator



Shirley Guzman  
Resource Case Coordinator

### Mental Health Therapists



Rachel Taylor  
Mental Health Therapist II



Jaclyn Ferber  
Mental Health Therapist II



Veronica Davalos  
Mental Health Therapist I



Caryn Kruse  
Mental Health Therapist II



Brandi Scott  
Mental Health Therapist II



Kimberly Martinez  
Mental Health Therapist



Ashley Nepper  
ERMHS Associate

### Beh. Assistant II

Shala Lee  
BIA II

Aileen  
Ojeda-Adlivankin  
BIA II

### Clerical



Irasema Diaz  
Office Specialist Bilingual



# Referrals

- ★ Special Education Eligibility
- ★ IEP team members may have concerns in social emotional areas of functioning and their impact on the student's educational progress.
- ★ School Psychologist completes an assessment request
- ★ Assessment Plan is prepared and signed by the parent/guardian.



# Assessments

- ★ Assessment report completed within 60 days of the AP signature
- ★ Assessment includes:
  - Review of educational records
  - Review of therapeutic records or documents
  - Teacher input
  - Student observation
  - Student interview and measures
  - Parent/guardian interview and measures
  -
- ★ Assessment results reviewed at the IEP meeting

# Assessments

Assessment report will make recommendations to support mental health needs of the student:

- ★ Educationally Related Mental Health Services
- ★ Accommodations and Modifications.
- ★ Classroom setting or school program

# Services

- ★ Added to IEP service page
- ★ Goals are added to IEP service page
- ★ Begin as soon as parent/guardian signs the IEP consenting to services
- ★ Confidentiality follows FERPA guidelines



# Services

- ★ **Services Can Include:**
- 510- Individual Counseling
  - 515- Group Counseling
  - 520- Parent Counseling
  - 525- Social Work/Case Management



# Services

- ★ Minimum: One year or 12 months
- ★ And as long as needed
- ★ ERMH assessment report to end services



# TEP Classrooms

## ★ Therapeutic Educational Classrooms

- Special Day Class
- Therapeutic focus
- Behavioral management system

## ★ Therapeutic/Behavioral Supports

- Mental Health Therapist
- BIA II
- Paraprofessional Aides



# TEP Classrooms

## ★ All Staff Trained:

- Boys Town Social Skills
- Trauma Informed Care
- ProAct Restraint

## ★ Training is ongoing and the program receives support and training from the District's ERMHS Coordinator and Board Certified Behavioral Analyst (BCBA)



# TEP Classrooms

## ★ School Sites:

- Cabot Yerxa Elementary School
  - ❑ Kinder to 3rd grade classroom
  - ❑ 4th to 5th grade classroom
- Raymond Cree Middle School
  - ❑ 6th to 8th grade classroom
- Palm Springs High School
  - ❑ 9th to 12th grade classroom



# Other Service Referrals



- ★ Borrego Health Clinic for psychiatric evaluations
- ★ SELPA for ERMHS WRAP Around Services for more intensive behavioral supports provided by a contract agency

# Staff Trainings

**Encouraging Positive Behaviors in the Classroom:  
from a therapeutic perspective**

**Supporting Students with a Trauma Experience**

**Understanding Four Major Mental Health Disorders:  
their effects on student engagement & learning**

**Stress Management and Self Care for Teachers &  
Staff**



Trainings are open to all PSUSD teachers and staff  
Sign up on PD Links

## Staff Trainings 2020-2021

Brought to you by PSUSD Mental Health (ERMHS)

Facilitated By:  Xochitl Perez  
ERMHS Coordinator 

All trainings will look at the impact of Covid 19 & the social climate on student mental health and learning

Monday, November 9, 2020 2:00pm-3:30pm	<b>Encouraging Positive Behaviors in the Classroom: from a therapeutic perspective</b> Co-Facilitator:  Kimberly Martinez Mental Health Therapist
Monday, December 7, 2020 2:00pm-3:30pm	<b>Supporting Students with Trauma Experiences</b> Co-Facilitator:  Jaclyn Ferber Mental Health Therapist II
Monday, February 8, 2021 2:00pm-3:30pm	<b>Understanding Four Major Mental Health Disorders: their effects on student engagement &amp; learning</b> Co-Facilitators:  Brandi Scott Mental Health Therapist II  Ashley Nepper ERMHS Associate
Monday, March 8, 2021 2:00pm-3:30pm	<b>Stress Management and Self Care for Teachers &amp; Staff</b> Co-Facilitator:  Caryn Kruse Mental Health Therapist II

# ERMH Sessions

During Distance Learning



- Students and parents are emailed a link to participate in their therapy session
- Some clinicians have a google classroom with the student's link
- Text/Email reminders
- Some clinicians are meeting with students during synchronous or asynchronous classroom time

# ERMH Sessions

During Distance Learning



- Sometimes students require parent's support with logging in or staying focused during the session, and that's okay!
- Student should be in a quiet and confidential location
- Camera should be turned on during the therapy session
- Encourage students to practice their skills learned during and after sessions





# ERMHS Website

<https://www.psusd.us/Page/6830>



# How to Reach Us?

(760) 416-1360

Mental Health Program  
[MentalHealthServices@psusd.us](mailto:MentalHealthServices@psusd.us)

Educationally Related Mental Health Services  
[ERMHS@psusd.us](mailto:ERMHS@psusd.us)

Xochitl Perez  
[xperez@psusd.us](mailto:xperez@psusd.us)

Xochitl Perez  
Mental Health Coordinator

Palm Springs Unified  
School District



# Questions or Comments

**Xochitl Perez**  
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