



3.10.23

Centering Wellness

The Role of Schools in Addressing the Mental Health Crisis



View Presentation at
sccoe.link/calciano23

Dr. Faris Sabbah
Santa Cruz County Office of Education

Youth in Crisis



THE WALL STREET JOURNAL

**Loneliness, Anxiety and Loss:
the Covid Pandemic's Terrible
Toll on Kids**

**Stress and short tempers: Schools struggle
with behavior as students return**



News From the JAMA Network

October 5, 2021

**Pediatric Depression and Anxiety Doubled During
the Pandemic**

**How COVID-19 Stole 'Children's Joy,'
Sparking a Mental Health Emergency**



Youth in Crisis

The Unfortunate Landscape:

- Suicide is the 2nd leading cause of death for youth 15-24 (CDC)
- Increase in ER visits by youth for MH
- Local county and non-profits services report increases in referrals coupled with decreases in staffing
- Schools reporting high need for support, staff are coping with exhaustion
- *Governor Newsom's Master Plan for Kids' Mental Health*



Local Data: CA Healthy Kids Survey

Have you felt sad or helpless every day in the last 12 months?



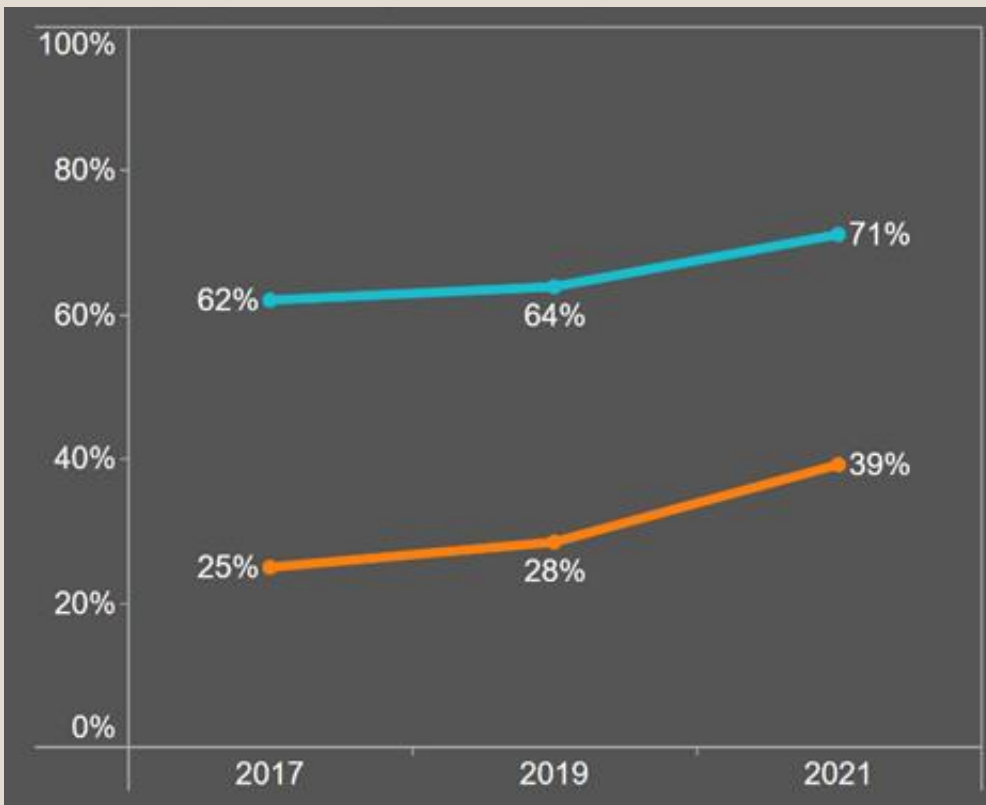
Students who identify as LGBT



Students who do not identify as LGBT



dataportal.santacruzcoe.org



Local Data: CA Healthy Kids Survey

Did you seriously consider suicide in the last 12 months?



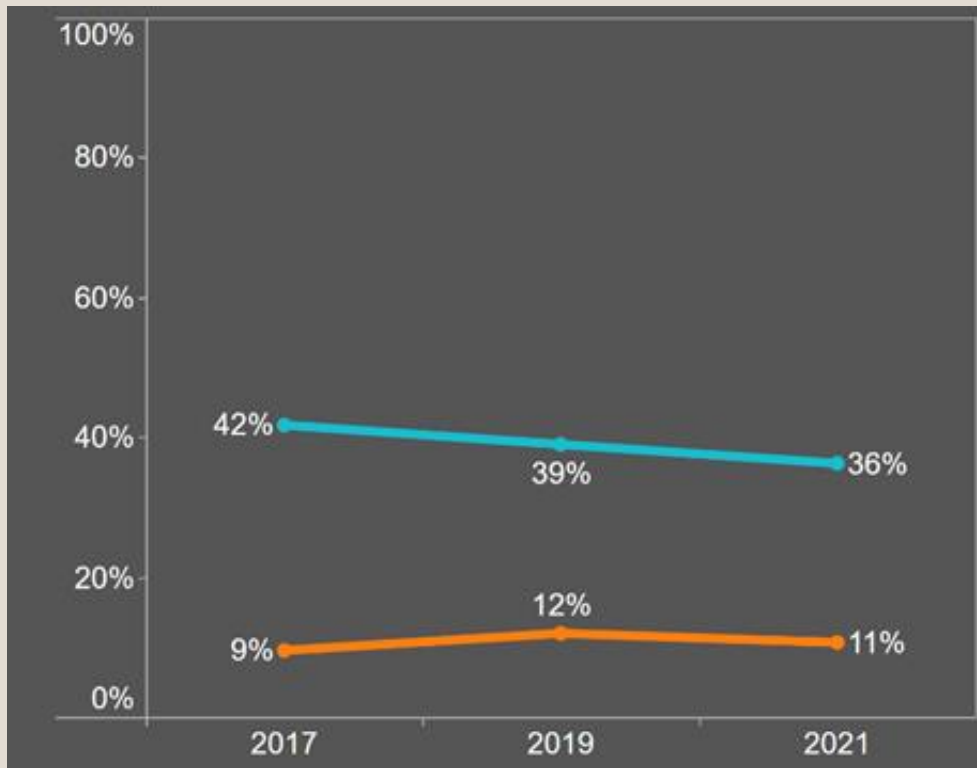
Students who identify as LGBT



Students who do not identify as LGBT



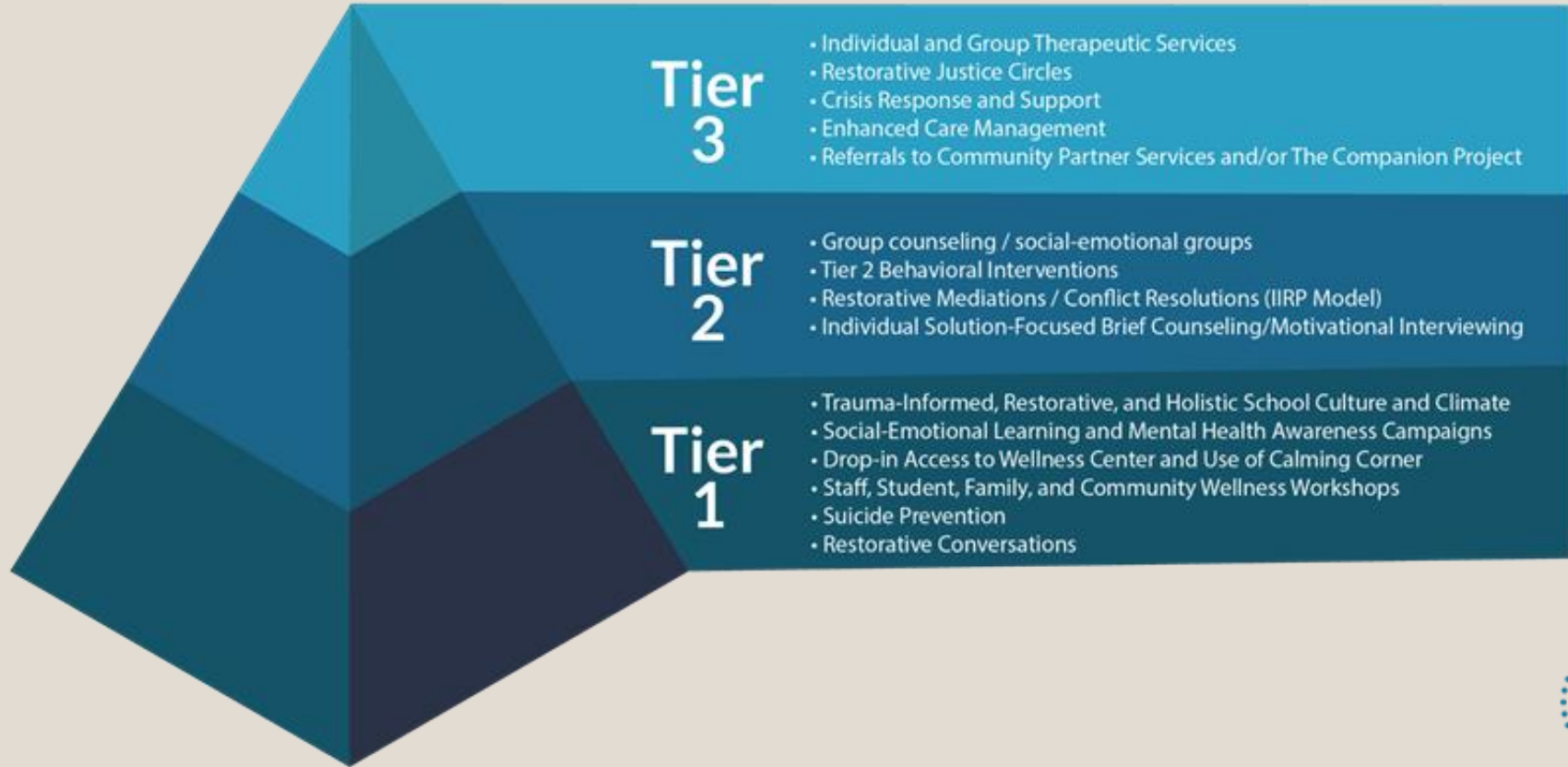
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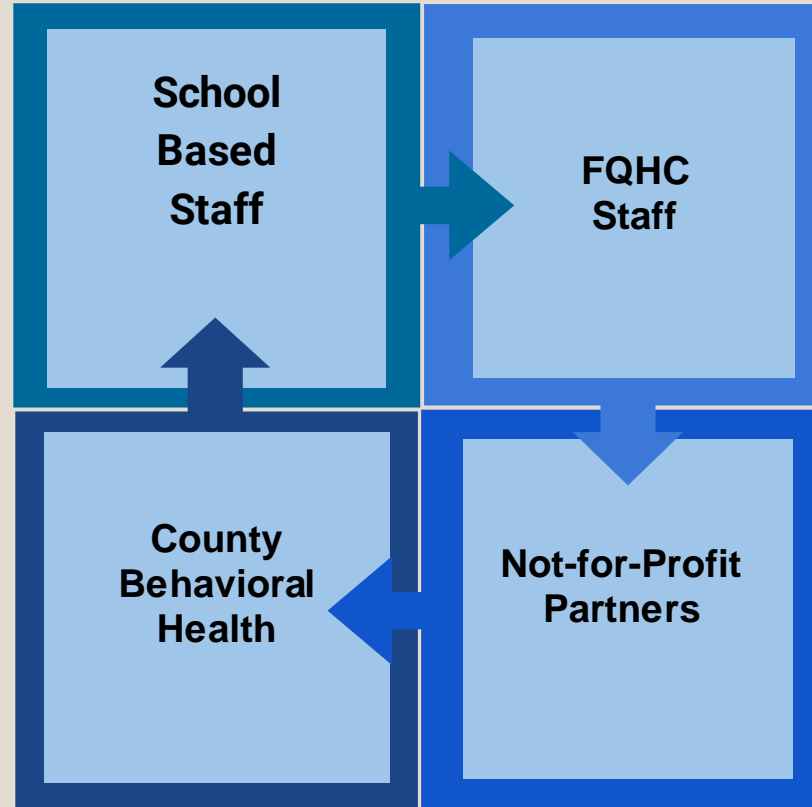
School as a Hub



Multi-Tiered Systems of Support



Delivering Services



Where are the Gaps?



Decentralized Service
Delivery

Limited Access
Insurance, location

Organizational Silos

Staff Burnout
Limited pool of Clinicians

Complex and inconsistent
funding sources



Ongoing Efforts

Staff Training

- Youth Mental Health First Aid
- Trauma/Resiliency Training

Training for Students

- Teen Mental Health First Aid
- Peer Support (Hope Squad)

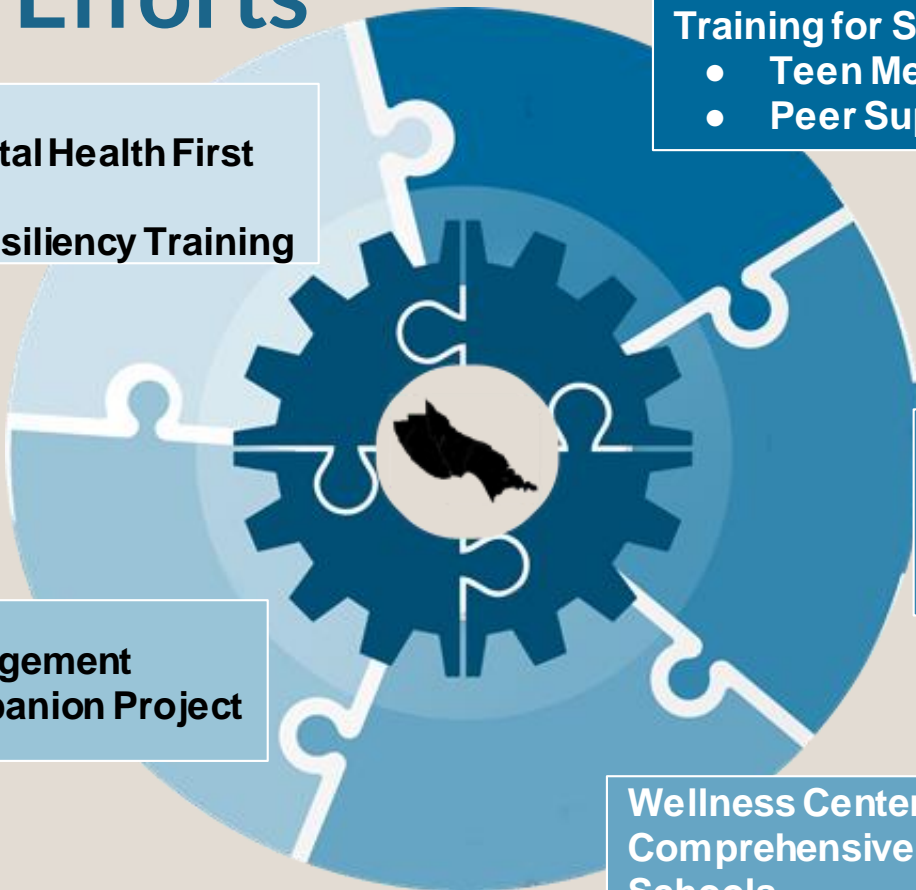
NAMI Training for Parents

- Ending the Silence
- NAMI Basics

Case Management

- Companion Project

Wellness Centers at all
Comprehensive High
Schools



Wellness Centers | Core Components



Reception Area



Office Spaces



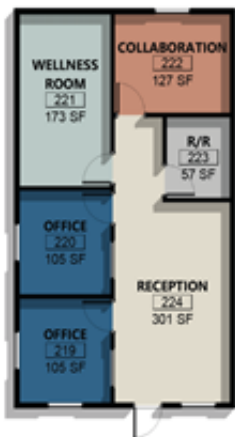
Wellness Room



Collaboration Room



Wellness Centers | Designs for Any Size



40x24 ft

<800 Students



40x36 ft

800-1500 Students



40x48 ft

1500-2500 Students



40x60 ft

>2500 Students



Moving Forward

Adapt to Changing Landscape
Commercial Insurance, CalAIM

Continued Investment in
Behavioral Health
On-Site Delivery

Developing Workforce
Pipeline

Breaking Down
Organization Silos

Gaps



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