

Current Services Programs and Accessibility of Mental Health Care for Children in SFUSD

Joint Select Committee Presentation
September 25, 2020

Agenda for Today

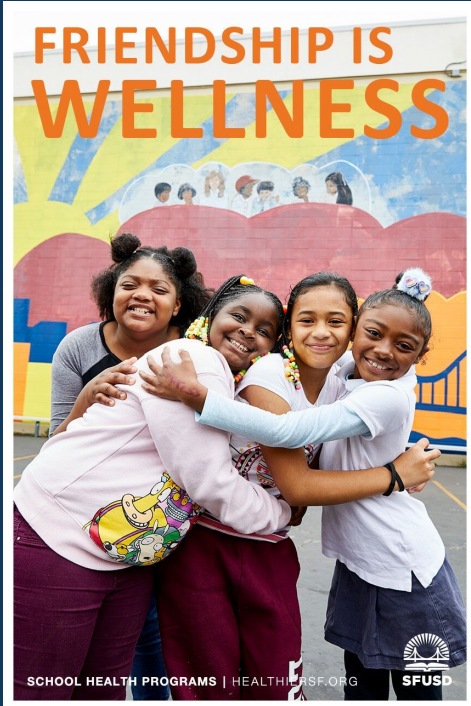
- Review SFUSD Student Mental Health/Risk Data
- Student Support Services Available to Students
 - During Distance Learning
- Additional Mental Health Needs

School Health
Programs -
Student, Family,
Community
Support Division

*Aligned with the San Francisco Unified School District mission to provide each and every student the **quality instruction and equitable support** required to thrive in the 21st century, the department works **primarily** in service of **students and families.***

Our shared focus remains to keep students safe, healthy, and ready emphasizing

- Anti-Racist Healing Practices
- Supporting District-wide Wellness Checks
- District Coordinated Care Plan for Wellness and Partnership



Partnerships

School Health Programs of the Student Family Community Support Department, works in partnership with multiple city agencies and community based organizations including the San Francisco Department of Children, Youth and Their Families (DCYF), the San Francisco Department of Public Health (DPH), and the Public Education Enrichment Fund to bring health and wellness services to the children and youth of San Francisco Unified School District (SFUSD).

SFUSD Student Mental Health/Risk Data Snapshot

Prevalence of Suicidal Ideation, Suicide Planning, and Suicide Attempt - MS YRBS

	2009	2011	2013	2015	2017	2019	2017 Compared to 2019*
Percentage of middle school students who ever seriously thought about killing themselves							
SF Middle School	22.1	18.9	15.0	18.1	19.4	22	No Change
Percentage of middle school students who ever made a plan about how they would kill themselves							
SF Middle School	15.1	11.6	10.6	13.8	11.8	14.5	No Change
Percentage of middle school students who ever tried to kill themselves							
SF Middle School	7.8	6.9	5.8	8.0	6.3	6.9	No Change

Prevalence of Suicidal Ideation, Suicide Planning, and Suicide Attempt - HS YRBS

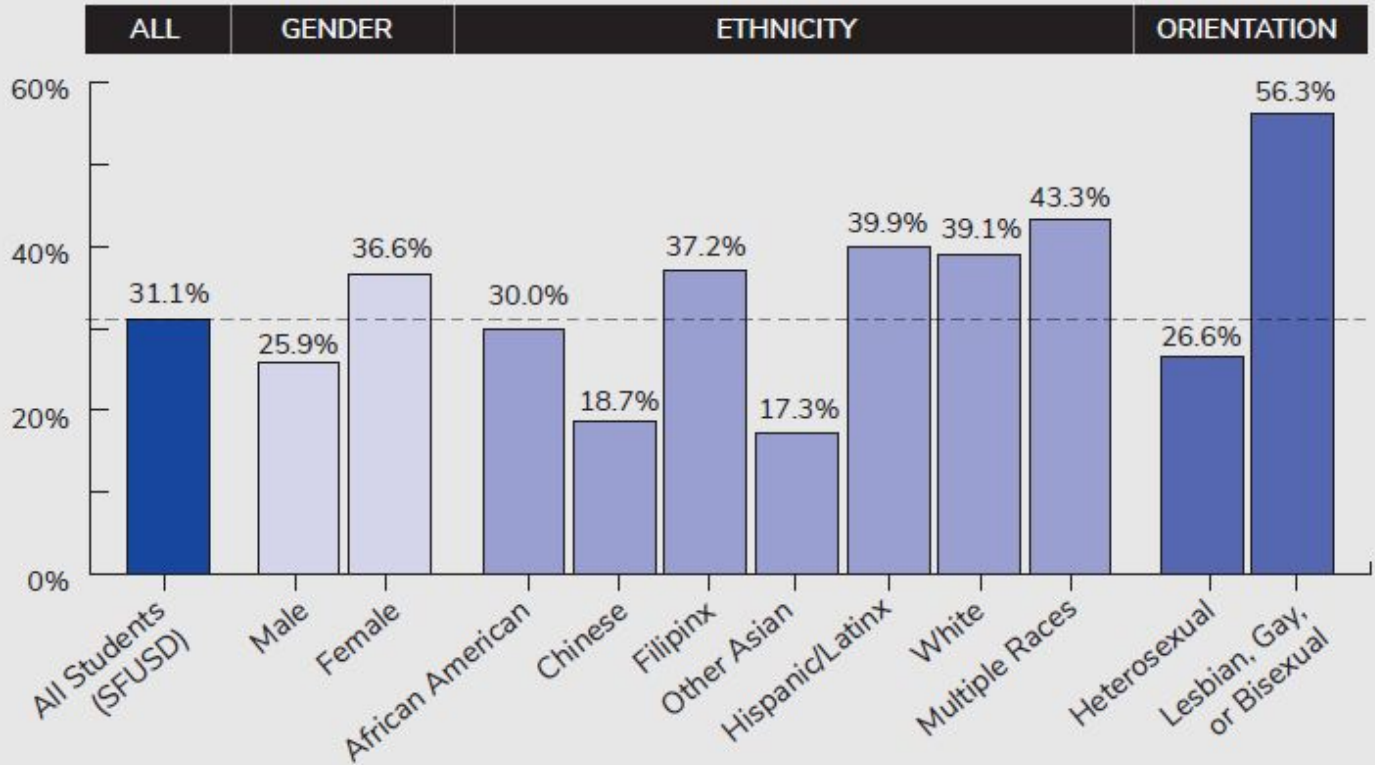
	2009	2011	2013	2015	2017	2019	2017 Compared to 2019*
Percentage of students who seriously considered attempting suicide (During the 12 months)							
SF High School	12.4	12.9	12.8	12.6	12.8	16.5	Increased
Percentage of students who attempted suicide (One or more times during the 12 months)							
SF High School	9.1	9.4	8.1	9.8	8.1	8.2	No change
Percentage of students who felt sad or hopeless (almost every day for ≥ 2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months)							
SF High School	23.9	25.9	26.3	24.9	26.1	31.1	Increased

High School Youth Risk Behavior Survey (YRBS)

Year: 2019

N=2169

▶ A Closer Look: Felt Sad Or Hopeless For 2+ Weeks In A Row



Note: In accordance with federal confidentiality guidelines, results are not provided for populations with unweighted counts fewer than 100 respondents (i.e., $n < 100$). These populations include American Indian/Alaska Native, Native Hawaiian/Other Pacific Islander, and transgender students.

Crisis Consultation Calls

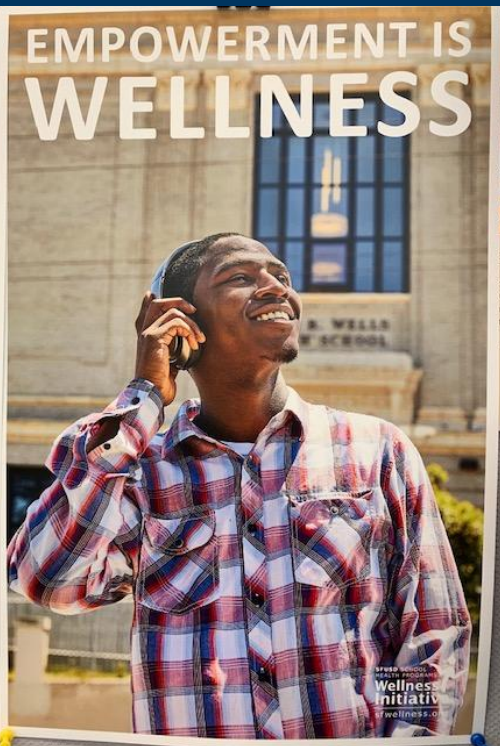
During school year 2019-2020 until Mid March,

139 logged consultations, broken down as follows:

- Elementary School: 62 calls (33% of the calls received)
- Middle School: 37 calls (33.5% of the calls received)
- High School: 40 calls (33.5% of the calls received)

By topic call content addressed:

- General consultation (SPED, Basic Needs, Legal, Community Violence, etc): 22.9 %
- Suicidal Ideation: 19.8 %
- CPS: 15.9%
- General Mental Health (added this year) 14.3%
- Threat Assessment: 9.5%
- Sexual Harassment 5.6%
- Unsafe Behavior: 4%
- Self harm: 4.8%
- Suicide Attempt: 3.2%



Student Support Services Available During Distance Learning

Student Support Staff Available

Pre-K Through 8th Grade	High School Wellness Program
<p><u>Core Support Staff:</u></p> <ul style="list-style-type: none">● School Social Worker (SSW)● School District Nurse (SDN)● AmeriCorps Members	<p><u>Core Support Staff:</u></p> <ul style="list-style-type: none">● Wellness Coordinator (WC)● School District Nurse (SDN)● Community Health Outreach Worker (CHOW)● Mental Health Therapist through Community Based Organization
<p><u>Additional centrally deployed supports may include:</u></p> <ul style="list-style-type: none">● Mental Health Interns● Foster Youth Services Interns	

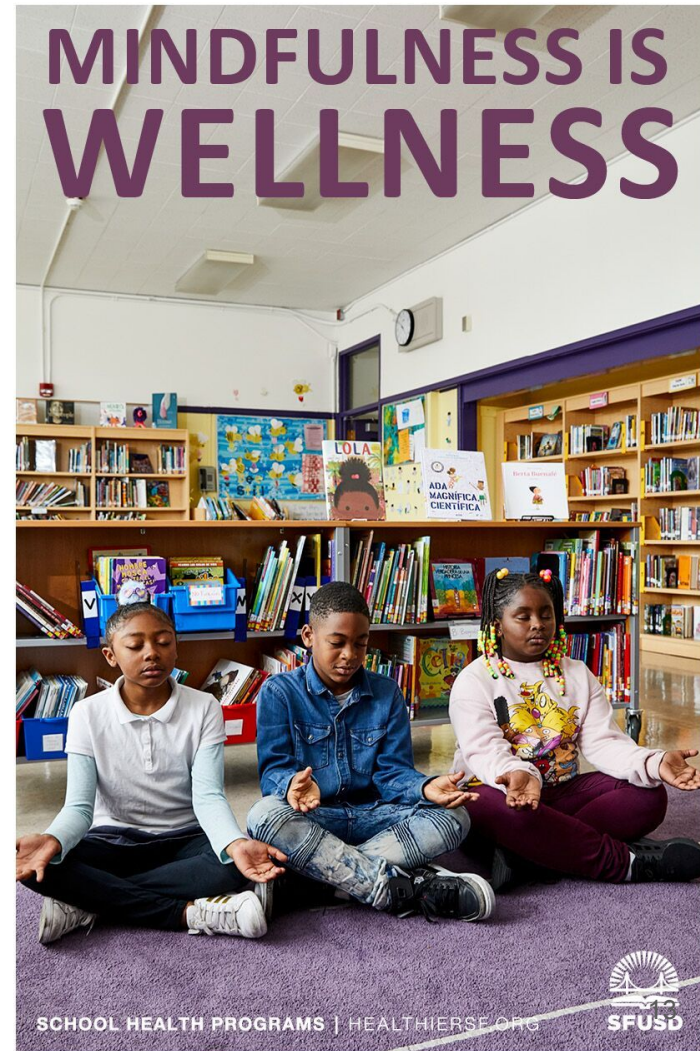
(School District Counselors at Middle and High Schools)

Objectives During Distance Learning

- Connect with all SFUD students, focusing on the most vulnerable students and families to assess basic needs using the Family Wellness Checks
- Connect with students previously receiving identified supports and interventions
- Work with School Site Coordinated Care Team Referrals
- Link students with community providers virtually
- Promote health and wellness activities for students and staff
- Implement lessons and activities for classrooms that promote health and social emotional learning (SEL).

Assessing Student Need

- Social Workers, Nurses, and school staff meet via video conference in teams to identify vulnerable students in need of support with basic needs and link to resources
- SFUSD school staff help contact families for Family Wellness Check-ins to identify student and family needs



Individual Supports to Students and Families

Students access individual support by phone, Google Hangouts, Zoom where Social Workers and Nurses provide support and connection with students

- Wellness check-ins with students and families
- Mental and physical health assessments
- Brief, short term counseling
- Mindfulness
- Crisis counseling
- Referrals to community providers



Groups

Wellness and psychoeducational groups and youth leadership opportunities continue remotely to maintain connection to school and peers:

Groups include:

- Virtual Drop in times
- Incoming 6th and 9th graders
- LGBTQ student supports
- Latinx student groups
- Peer Coaching and Education
- Mindfulness and Wellness
- Recently arrived immigrant students
- Pacific Islander student groups
- Arab and Muslim student groups



Additional Mental Health Needs

Middle
School
Focus
2020-2021

**Expand Services on three high need
middle school sites**

1.0 SSW

1.0 School District Nurse

1.0 Community Health Outreach Worker

0.5 Additional Mental Health Services

Emphasis on 8th Grade students.

Success during 8th grade with focus on successful
transition to high school.

Future Needs

Based on the hardships San Francisco youth and families face when in crisis and are attempting to access behavioral health services, there is urgent need for the following localized services below, as evidenced by the data:

- Increase psychiatric beds within the city for children located in San Francisco
- Treatment opportunities for youth who are experiencing substance issues

Already in Process with DPH:

- Dedicated youth crisis services to assist with deeper levels of assessment (suicide, self harm, harm to others)

Additional information:

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