SCHOOL MENTAL HEALTH

Mission
LAUSD School Mental Health (SMH) professionals promote the mental health, well-being and academic achievement of all LAUSD students.

Purpose
SMH professionals support positive student connections with peers, family, school and community by facilitating student development and the ability to successfully deal with problems, crises, or traumatic experiences. Furthermore, SMH professionals foster resiliency - the ability to bounce back from challenges with a stronger sense of self-confidence and coping capacity - by promoting healthy relationships, self-reflection and problem-solving skills to optimize school success.

Our Approach
Studies over the last 20 years have identified a critical link between exposure to community violence and other Adverse Childhood Experiences with the following:

• Lower grade-point average (GPA)
• Higher school absenteeism
• Increased incidences of suspension and expulsion
• Decreased rates of high school graduation
• Decreased reading ability
• Greater involvement with the criminal system
• Fewer stable and longer-term placements in the child welfare system than that of their peers

Furthermore, a single adverse experience or traumatic event can cause anger, mood swings, social withdrawal, concentration and memory difficulties, intrusive thoughts, interrupted sleep and nightmares. All of which impact a student’s ability to function and learn.

LAUSD SMH utilizes an integrated, comprehensive approach that is trauma-informed and multi-tiered that leads to better outcomes for student achievement.

Services
SMH offers a range of mental health services that provide effective treatments and supports to help children, youth and families become better equipped to thrive and live successfully. Services are rendered at schools, clinics, Wellness Centers and through various programs in LAUSD.

Universal Services
Prevention services, practices and approaches promote a culture that connects and safeguards all students by enhancing protective factors:

• Classroom consultation and behavior management
• Mental health promotion, awareness and education
• Violence prevention, problem solving, and empathy skill building curricula
• Graduate-level student intern training and supervision program
• Child psychiatry training program
• Disaster/terrorism response and recovery
• LAUSD Trauma Services Adaptation Center for Resilience, Hope and Wellness in Schools
• Various trainings for Parents and Staff, including:
  o Mental Health Awareness
  o Psychological First Aid: Listen, Protect, Connect
  o Stress and Coping: Promoting Staff & Student Resiliency During Difficult Times
  o Crisis Prevention, Intervention, and Postvention
  o Suicide Prevention, Intervention and Postvention
  o Education and Awareness regarding Self Injury and Youth
  o Choking Game Prevention and Awareness
  o Threat Assessment and Management; including Workplace Violence Prevention
  o Inhalant Abuse Prevention
  o Personal Safety and Child Abuse Prevention

Targeted Services
Early intervention services, practices and approaches are designed for children and youth who are at-risk. These services promote early mental health intervention in schools to foster resiliency and overall wellness in order for students to learn, grow, and lead productive lives:

• Evidence-based group interventions
  o Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
  o Triple P Parenting
• Screening
• Linkage and connections to school and community supports
• Classroom support aligned with Positive Behavioral Interventions & Supports (PBIS) principles
• Coordination of Services and Student Success Teams
• Special Education advocacy
• Individual Education Plans and consultation
• Risk assessment and threat assessment management teams
• Conflict mediation

Intensive Services

Treatment services, practices and approaches are geared for students who experience significant Mental, Emotional, and Behavioral (MEB) Disorders yet with effective treatment and monitoring fare better at home, in schools and in their communities:

• Evidence-based mental health services
  o Trauma Focused Cognitive Behavioral Therapy (TFCBT)
  o Managing and Adapting Practice (MAP)
  o Families Over Coming Under Stress (FOCUS)
  o Bio-psychosocial assessments
• Individual, group and family therapy
• Medication support and management
• Parent education & training
• Special Education services
  o Educationally Related Mental Health Services
  o Counseling & Guidance
• Psychiatric support and re-entry planning

LAUSD SMH clinic services are available at no cost to families. SMH is Los Angeles County Department of Mental Health certified to provide mental health services. Clinics are staffed by licensed child psychiatrists, psychiatric nurses, psychiatric social workers, and clinical psychologists.

Mental Health (MH) and Wellness Centers

North
Valley MH Center
6651 A Balboa Blvd., Van Nuys 91406
Tel: 818-758-2300

West
Crenshaw MH and Wellness Center
3206 W. 50th St., Los Angeles 90043
Tel: 323-290-7737
Washington Wellness Center
1555 West 110th St., Los Angeles 90043
Tel: 323-241-1909

South
97th Street MH Center
Barrett Elementary School
439 W. 97th St., Los Angeles 90033
Tel: 323-754-2856
San Pedro MH Center
704 West 8th St., San Pedro 90731
Tel: 310-832-7545
Locke MH and Wellness Center
316 111th St., Los Angeles 90061
Tel: 323-418-1055
Carson MH and Wellness Center
270 East 223rd St., Carson 90745
Tel: 310-847-7216

East
Bell/Cudahy MH Center
Ellen Ochoa Learning Center
7326 S. Wilcox. Cudahy 90201
Tel: 323-869-1352
Ramona MH Center
231 S. Alma Ave., Los Angeles 90063
Tel: 323-266-7615
Gage MH and Wellness Center
2880 Gage Ave., Huntington Park 90255
Tel: 323-826-1520
Elizabeth LC MH and Wellness Center
4811 Elizabeth St., Cudahy 90201
Tel: 323-271-3650

Central
Belmont MH and Wellness Center
180 Union Place, Los Angeles 90026
Tel: 213-241-4451
Roybal MH Center
1200 West Colton St., Los Angeles 90026
Tel: 213-580-6415

For clinic referrals visit:
smhlausd.net
School Mental Health
(213) 241-3841

333 South Beaudry Avenue, 29th Floor
Los Angeles, California 90017
(213) 241-3841

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