



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:

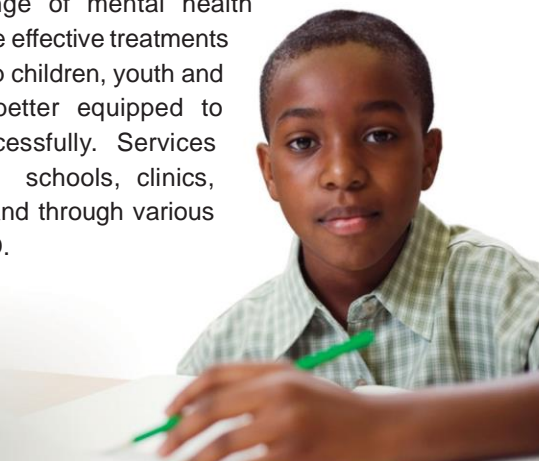
- Lower grade-point average (GPA)
- Higher school absenteeism
- Increased incidences of suspension and expulsion
- Decreased rates of high school graduation
- Decreased reading ability
- Greater involvement with the criminal system
- Fewer stable and longer-term placements in the child welfare system 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 intergrated, 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
 - Trauma Focused Cognitive Behavioral Therapy (TFCBT)
 - Managing and Adapting Practice (MAP)
 - Families Over Coming Under Stress (FOCUS)
 - Bio-psychosocial assessments
- Individual, group and family therapy
- Medication support and management
- Parent education & training
- Special Education services
 - Educationally Related Mental Health Services
 - 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.



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 (213) 241-3841

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Mental Health (MH) and Wellness Centers

North

Valley MH Center

6651A 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 90003
 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:
smh.lausd.net

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(213) 241-3841