



# San Diego Unified School District

## Fact Sheet

### Mental Health Resource Center (MHRC)

Established in October 2001 with a federally funded grant by the Safe Schools/Healthy Students Initiative, the district's Mental Health Resource Center (MHRC) provides mental health treatment for students in order to reduce violence and substance abuse, reduce emotional symptoms, improve behavior, raise achievement, and increase attendance. MHRC provides assessment, case management, and treatment for students in all grade levels. MHRC currently operates at designated elementary, middle, and alternative high school sites, and also provides services to special education students.

#### Programs Offered

In order to fulfill its objectives, the MHRC operates or oversees a multitude of programs.

#### General Education Programs:

**Alternative Learning for Behavior and Attitude (ALBA):** At the ALBA sites, mental health services have been provided to students and their families for the last four years. Mental health clinicians are located on the school sites to provide immediate access to services, which include assessment, evaluation, and treatment. During the last four years, over 1,200 students have been screened for various mental health disorders. Seven hundred students have participated in group, individual, or family therapy. Psychological testing and medication management are available as needed. Over 350 students have received transitional counseling, which is available when they are reinstated to their comprehensive campuses, to assist them in reintegrating into their school.

**Early Childhood:** MHRC provides mental health supports to young children through consultation, assessment, referral, and parent training.

**EPSDT (Medi-Cal) School Site Provider:** Coordinate assignment and oversight of community mental health contracted EPSDT service providers delivering services at 60 school sites. Services include individual, group, and family treatment.

**Multi-Systemic Therapy (MST):** MHRC provides MST services to families of students at ALBA Community Day Schools and Monroe Clark Middle School. MST is an evidenced-based practice which has been extensively researched. This treatment addresses delinquency issues such as gang activity, physical assault, and school truancy. MST addresses both family and neighborhood situations that lead to antisocial behavior.

**SARB:** MHRC has initiated a new program this year, providing assessment, individual and family counseling to students with significant attendance problems.

**School Site Support:** Opportunity for school sites to purchase mental health staff to provide services, consultation, staff training and development to develop skills for working effectively with challenging students and engaging families.

### SUMMARY

#### In the 2005-2006 School Year:

- ❖ 694 student received services from MHRC.
- ❖ 169 received transitional counseling for Alternative Learning for Behavior and Attitude (ALBA) students returning to comprehensive sites.
- ❖ 90 students received day treatment.
- ❖ 61 students received Multi-Systemic Therapy (MST)
- ❖ MHIT served 52 classrooms.
- ❖ 274 ALBA students received treatment.

**Special Education Programs:**

**AB2726:** The MHRC has a contract with Children's Mental Health to provide individual and family therapy to students who have been identified as needing mental health services through the IEP process. In addition, an intensive outpatient program is being started at Crawford High School for these students.

**Day Treatment:** Marcy School and New Dawn full-day rehabilitation program provide comprehensive treatment services to special needs elementary, middle, and high school students.

**Deaf and Hard of Hearing (DHH):** The MHRC provides treatment services to DHH students who need emotional or behavioral supports.

**Licensed Childrens' Institutions (LCI):** LCI is part of SDUSD's Special Education Department. This program supports students who are placed in residential and day treatment programs in our district. MHRC provides mental health staff to collaborate with other agencies to provide services to these students, in order to integrate education with a treatment program.

**Mental Health Intervention Team:** MHIT provides services to all elementary and middle schools that have SDC-ED classrooms on site. Services include classroom consultation/collaboration, DIS counseling, group counseling, case management/resource referral and family outreach/groups.

**Special Education Program Support:** Assisting with consultation, hiring of mental health staff, and supervision for programs such as TRACE and the Diagnostic Learning Center.