

## **School Based Mental Health**

Mental health involves our emotional, psychological, and social well-being. Mental health is just as important as physical health because it impacts how you think, feel, and act. While we may not always be able to control our environment, we can learn ways to manage our feelings and behaviors in a safe and healthy way.

In an effort to help meet the mental health needs of our students, Palmdale School District collaborates with Outpatient Mental Health Providers for the purpose of providing on-site School Based Mental Health to those students that have been referred on behalf of the parent/guardian and school. School Based Mental Health promotes positive student connections with peers, family, school, and community by promoting healthy relationships, self-reflection and problem-solving skills to optimize school success. They facilitate the ability to successfully manage traumatic experiences, crises, and mental health issues.

*All Palmdale School District campuses host a co-located Outpatient Mental Health Provider at their site.*

### **What are some signs your child may need to talk to someone?**

- Changes in mood or behavior
- Low grades
- Not wanting to go to school or skipping class
- Feeling unmotivated
- Isolating from friends or family
- Irritable/easily angered
- Feeling sad or hopeless
- Difficulty concentrating
- Overeating or undereating
- Difficulty sleeping or sleeping too much
- Not being interested in activities you used to enjoy
- Feeling overly worried
- Engaging in self-injurious behaviors (i.e. cutting)
- Suicidal behaviors or gestures

Without the right support, these feelings and behaviors may start to lead to problems at school and/or home. These feelings are not permanent and there is help available. Asking for help doesn't mean something is "wrong". For instance, when you're sick or break an arm, you go to a doctor. Similarly, if you're not feeling your best, you should get support from a mental health professional.

### **How can I get my child help?**

In an effort to address the mental health needs of our school communities, Palmdale School District has coordinated with local mental health agencies at each school site to provide, high quality, direct mental health services to students and families. If you feel your child may need to be referred to school based mental health services please contact their school. At the school, either an admin or assigned support staff, can provide you with a school based mental health referral.

### **School Based Mental Health Referral Procedures**

To ensure that services are coordinated, school staff and families are strongly encouraged to utilize the established referral system at their particular school. Please contact your school to discuss possible referrals.

1. School staff may refer a student for services after consulting with school administration and/or designated support staff, as well as conferring with parents/guardians to obtain consent.
2. School staff (administrators or designated support staff) should work with parents/guardians to complete school based mental health referrals. Note, each school site has a referral form specific to the mental health agency located at their site.
3. School staff (administrators or designated support staff) should work with parents/guardians to complete the school based mental health referral.
4. When completing the referral, please ensure that all family contact information (addresses and telephone numbers) are valid, as well as necessary paperwork and/or documentation is attached.
5. Once the referral is completed, school staff (administrator or designated support staff) will send the school based mental health referral to the designated mental health agency.
6. Once the referral is received and processed, the designated mental health agency will contact families via telephone or mail to schedule an intake appointment.
7. During the intake and assessment processes, school staff will work collaboratively with the mental health agency to ensure linkage to mental health services.
8. Appropriate mental health treatment is provided to students and families based on need.

**\*\*\*For any life threatening situations, please call 911 immediately.\*\*\***

For questions, contact:

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