



Kern High

School District

Students

Parents

Staff

Find My School

2026-2027 Incoming Freshman Packet

Intradistrict Transfer Info

School Bus Schedules



Mental Health Services

All Kern High School District (KHSD) school sites have access to School Psychologists, School Social Workers, School Guidance Counselors, and School Mental Health Clinicians. These mental health professionals and counselors, work with students, families, staff, and interagency partners to access and support mental health challenges on campus, and work to address possible barriers to student learning. Services may include counseling, family counseling, group counseling/skills groups, suicide prevention/intervention services, crisis

MTSS

PBIS

Community/Interagency
Partnerships

KHSD Handbook - Tier 1-2 -

PBIS-MTSS
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intervention services, case management/progress monitoring, school social work services, and/or referral to community partners.

Parents/guardians may contact their school's site directly for an overview of the services provided and to receive more information about the specific type of mental health services and supports provided, how to access the services, or to receive more information about referrals to community agencies and resources, when applicable. Mental health services that are provided in schools may include academic counseling, brief interventions to address behavior problems, assessments and referrals to other systems. Providing mental health services in a school-based setting helps address barriers to learning and provides supports so that all students can achieve in school and ultimately in life. Schools are places where prevention and early intervention activities can occur in a non-stigmatizing environment.

You may also directly contact Fabian Buckner, Director of Student Behavior & Supports or Jennifer Anderson, Director of Special Education Services at (661) 827-3100.

RESOURCES:

Kern Behavioral Health & Recovery Services

<https://www.kcdhs.org/home/showdocument?id=116>

Access: 661-868-8080

Local Crisis Hotline: 1-800-991-5272

Student Support Page

<https://sites.google.com/kernhigh.org/khsd-student-support/home/mental-wellness-resources>

Kern County Department of Human Services - Community Resources

<https://www.kcdhs.org/resources/community-resources>

National Alliance on Mental Illness (NAMI)

<https://namica.org/>
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SEL

Restorative Practices

On-Campus Intervention

Student Records

School Social Work

Substance Use Support
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Intervention Support

Tier III/Wrap Services

Mentoring

Behavior Intervention

Mental Health Services

KHSD Student Behavior
Support Matrix

Social Emotional Learning
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Mindfulness

Coping Strategies

Relationship Strategy
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California Department of Education, Mental Health

<https://www.cde.ca.gov/ls/cg/mh/index.asp>

<https://www.cde.ca.gov/ls/cg/mh/projectcalwell.asp>

<https://www.dhcs.ca.gov/services/mh/Pages/ProgramsforChildrenandYouth.aspx>

Mental Health Information
2023-24

Phone/Text Resources

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Hotline: Text HOME to 741741

Local Crisis Hotline: 868-8000 or 800-991-5272

YOUR MENTAL HEALTH IS AS IMPORTANT AS YOUR PHYSICAL HEALTH

JUST BECAUSE YOU CAN'T SEE IT DOESN'T MEAN IT'S NOT THERE.

WHAT IS MENTAL HEALTH?

MENTAL HEALTH INCLUDES OUR EMOTIONAL, PSYCHOLOGICAL AND SOCIAL WELL-BEING. IT CAN AFFECT HOW WE THINK, FEEL AND ACT INCLUDING OUR PHYSICAL HEALTH.



PRACTICAL COPING STRATEGIES FOR EVERYDAY WELL-BEING

- ▶ Practice deep breathing: Inhale for 4, hold for 7, exhale for 8
- ▶ Get creative: draw, listen to music, color
- ▶ Exercise/go for a walk
- ▶ Journal/practice gratitude
- ▶ Spend time in nature
- ▶ Connect with others
- ▶ Build healthy daily habits- eat nutritious meals and get at least 8 hours of sleep
- ▶ Talk with a therapist or counselor

WHAT TO LOOK FOR

If you start to notice any of the following behaviors in yourself or your friends, you may be struggling with your mental health:

- Too much or too little sleep
- Over/under eating
- Difficulty concentrating
- Lack of motivation
- Wishing to be alone for long periods of time
- Lack of interest in things that used to be enjoyable
- Hearing voices or seeing things that are not there
- Thoughts of death or dying

SUPPORT YOUR FRIENDS

- Listening to them
- Inviting them to social gatherings
- Sending them a care package
- Encouraging them to get help
- Offering to call 988 together
- Letting them know it's okay to ask for help



HOW TO GET HELP

At School:

- Trusted School Staff Member
- School Counselor
- School Mental Health Professional

At Home or in your Community:

- Kern Behavioral Health & Recovery Services Crisis Line: 1-800-991-5272
- Call the Suicide & Crisis Lifeline to talk to someone: 988
- Text the CRISIS Line: Text "TALK" to 741741
- The Trevor Project Lifeline: 1-866-488-7386
- Substance Abuse and Mental Health Services Administration (SAMHSA) 1-800-662-4357

QUESTIONS/RESOURCES FOR SCHOOL SUPPORT:

661-927-3234
Student Behavior & Supports

In compliance with AB748 Updated 07/2023

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TU SALUD MENTAL ES TAN IMPORTANTE COMO TU SALUD FÍSICA.

EL HECHO DE QUE NO PUEDAS VERLO NO SIGNIFICA QUE NO ESTÉ ALLÍ.



¿QUÉ ES LA SALUD MENTAL?

LA SALUD MENTAL INCLUYE NUESTRO BIENESTAR EMOCIONAL, PSICOLÓGICO Y SOCIAL. PUEDE AFECTAR NUESTRA FORMA DE PENSAR, SENTIR Y ACTUAR, INCLUYENDO NUESTRA SALUD FÍSICA.



ESTRATEGIAS PRÁCTICAS DE AFRONTAMIENTO PARA EL BIENESTAR COTIDIANO

- ▶ Practica la respiración profunda: Inhala por 4, sostén por 7, exhala por 8
- ▶ Sé creativo/a: dibuja, escucha música, colorea
- ▶ Ejercitar/Salir a caminar
- ▶ Escribe en tu diario/ Practica la gratitud
- ▶ Pasar tiempo en la naturaleza
- ▶ Conectar con otros
- ▶ Desarrolla hábitos saludables: come comidas nutritivas y duerma al menos 8 horas
- ▶ Hablar con un terapeuta o consejero

QUÉ BUSCAR

Si comienza a notar cualquiera de los siguientes comportamientos en usted mismo o tus amigos, es posible que estés teniendo problemas con tu salud mental:

- Demasiado o muy poco sueño
- Comiendo demasiado o muy poco
- Dificultad para concentrarse
- Falta de motivación
- Deseo de estar solo por un largo periodo de tiempo
- Falta de interés en cosas que antes eran agradables
- Escuchar voces o ver cosas que no existen
- Pensamientos de muerte o de morir

Algunas habilidades de afrontamiento pueden hacerte sentir aliviado y mejorar tu estado de ánimo temporalmente; sin embargo, pueden tener efectos negativos más duraderos en tu salud mental.

- Conductas de riesgo
- Abuso de drogas y alcohol
- Asociación negativa entre compañeros
- Aislamiento social
- Comportamiento en la cual uno se hace daño a uno mismo (autolesión)

CÓMO OBTENER AYUDA

En la escuela:

- Miembro del personal escolar de confianza
- Consejero/a escolar
- Profesional de salud mental escolar

En casa o en tu comunidad:

- Línea de crisis de los servicios de recuperación y salud del comportamiento de Kern: 1-800-991-5272
- Llame a la línea de vida de crisis y suicidio para hablar con alguien: 988
- Envía un mensaje de texto a la línea de crisis: Textear "TALK" to 741741
- La línea de vida del Proyecto Trevor: 1-866-488-7386
- Substance Abuse and Mental Health Services Administration (SAMHSA) 1-800-662-4357

APOYA A TUS AMIGOS

- Escuchándolos
- Invitándolos a reuniones sociales
- Enviándoles un paquete de atención
- Animarlos a buscar ayuda
- Ofreciendo llamar juntos al 988
- Hágales saber que está bien pedir ayuda



In compliance with AB748
Updated 07/2023