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## Mental Health Student Services Act (MHSSA)

The **Mental Health Student Services Act (MHSSA)** Provides grants to support the establishment and improved integration of partnerships between local (county or city) mental health agencies and local education agencies (e.g. school districts) to deliver school-based mental health services and supports to students and their families.

There continues to be growing concern and attention to the mental health and wellbeing of students. **The mental health crisis impacting students and families has been increasing in severity for several years, and three-years of pandemic disruption has only exacerbated this** and left educational institutions grappling with how to best support students and families through not only academic success but also mental wellbeing.

### MHSSA partnership programs should include work to address the following goals:

- Preventing mental health challenges from becoming severe and disabling
- Improving timely access to services for underserved populations
- Providing outreach to families, employers, primary health care providers, and others to promote the early signs of potentially severe and disabling mental health challenges.
- Reducing stigma associated with the diagnosis of a mental disorder or seeking mental health services.
- Reducing discrimination against people with unmet mental health needs
- Preventing negative outcomes in targeted populations, including, but not limited to:
  - Suicide and attempted suicide
  - Incarceration
  - School failure or dropout
  - Prolonged suffering
  - Homelessness
  - Involuntary health detention

### Berkeley Unified School District program plan

The Berkeley Unified School District's MHSSA plan proposes a mix of mental health services and supports to students, parents and caregivers, and BUSD s that are designed to build upon existing mental health services and supports as well as provide new services where gaps have been identified.

#### Year 1, Sept-Dec 2022: Implementation Preparation & Planning

- Hire Mental Health Coordinator
- Increasing Services for MS through support for graduate intern stipends: beginning in Fall 2023
- Peer Education: Planning
- Wellness Rooms: planning in year 1
- Hire Care Navigator
- Youth Mental Health First Aid (YMHFA) Training: Planning
- Screening: Planning & Implementing
- Needs Assessment & Strategic Planning: Initiating & Implementing

#### Year 1, Jan-June 2023: Early Implementation

- MH Coordinator: Coordination & Planning
- Increasing Services for ES through CBOs: Planning
- Increasing Services through Graduate Interns: Recruitment
- Peer Education: Planning & Development
- Wellness Rooms: Planning
- Care Navigator / Case Manager: Service Delivery
- YMHFA Training: Implementation
- Screening: Implementation & Refinement
- Needs Assessment & Strategic Planning: Conducting & Finalizing

#### Year 2: Implementation

[Translate »](#)

- MH Coordinator: Continued Implementation
- Increasing Services for ES through CBOs: Implementation & Service Delivery
- Increasing Services for MS through Graduate Intern stipends: Implementation
- Peer Education: Implementation
- Wellness Rooms: Pilot
- Care Navigator / Case Manager: Continued Service Delivery
- YMHFA Training: Continued Implementation
- Screening: Continued Implementation & Planning

### Year 3: Implementation

- MH Coordinator: Continued Implementation & Initiate Sustainability Planning
- Increasing Services for ES through CBOs: Continued Implementation
- Increasing Services for MS through Graduate Interns: Continued Implementation & Recruitment for Year 4
- Peer Education: Continued Implementation
- Wellness Rooms: Secure Seed Funding for Expansion or Modification
- Care Navigator / Case Manager: Continued Implementation
- YMHFA Training: Continued Implementation
- Screening: Implement Broader/Universal Screening

### Year 4: Implementation

- MH Coordinator: Sustainability & Transition Planning
- Increasing Services for ES through CBOs: Continued Implementation
- Increasing Services for MS through Graduate Interns: Continued Implementation
- Wellness Rooms: Refinement, Continued Implementation, or Expansion
- Peer Education: Continued Implementation
- Care Navigator / Case Manager: Continued Implementation
- YMHFA Training: Continued Implementation
- Screening: Continued Implementation

### MHSSA funded staff

Rosina Keren, LCSW PPSC. Coordinator of Mental Health Services BUSD

Carol Perez, MPA, Family Engagement and Equity Specialist -, Mental Health Care Navigator

### Resources and Community Links

- [Mental Health Association of Alameda County](#)
- [BUSD Mental Health Needs Assessment](#)
- [BHS Wellness and Mental Health Resources](#)
- [Family and Youth Services, City of Berkeley](#)
- [Community Resources](#)
- [Office of Family Engagement & Equity \(OFFEE\)](#)
- [Students Experiencing Housing Insecurity](#)
- [Student Health and Wellness](#)
- [Resources for Immigrant Families](#)
- [BUSD Student Services](#)
- [📍 September 14 Mental Health & Wellness Assessment Update Recording](#)
- [MHSOAC](#)

## BUSD SECONDARY SCHOOL SITES MENTAL HEALTH POSTERS

**Berkeley Technology Academy**

**Longfellow Middle School**

## BERKELEY TECHNOLOGY ACADEMY

**BE KIND TO YOUR MIND****Practical coping strategies for everyday well-being****Spend time in nature**

Nature can generate many positive emotions, such as calmness, joy, and creativity.


**Get a good night's sleep**

People with shorter sleep durations are more likely to report poor mental health

**Connect with others**

Don't forget to reach out to your friends and family.

**Exercise**

Just 30 minutes of walking every day can help boost your mood and improve health.

**Practice gratitude**

Remind yourself of the things you are grateful for.

**MENTAL HEALTH RESOURCES**

**Suicide & Crisis  
Lifeline:**  
**Dial 988**

**Crisis Text  
Line:**  
Text **"TALK"** to  
**741741**

**Berkeley**  
PUBLIC SCHOOLS

**SIGNS TO WATCH OUT FOR**

- Do you often feel sad or hopeless?
- Have you lost interest in things that used to bring you joy?
- Do you have thoughts of suicide or harming yourself?
- Do you feel like a failure, a burden or bad about yourself?
- Do you drink or smoke to feel better?



## Mental Health Matters

Longfellow Middle School

**Practical coping strategies for everyday well-being can help reduce unpleasant thoughts, feelings, and behaviors.**

**Spend time in nature**



**Get a good night's sleep**



**Connect with others**



**Practice gratitude**



**SIGNS TO WATCH OUT FOR**

- Are you feeling sad, lonely, anxious or depressed?
- Do you regularly have negative thoughts?
- Are you unable to control your emotions?
- Do you rely on smoking or drugs to feel better? Do you harm yourself?
- Do you just want to be alone?

**THE LONGFELLOW COUNSELING TEAM IS HERE FOR YOU:**



**Norma Lopez**  
Mental Health Counselor  
Room 330



**Ayesha Henderson**  
Academic Counselor  
Main Office, Room 315



**Aarón Lechuga**  
Restorative Justice Coordinator

**Mental Health Resources**

- **Text the CRISIS Line:**  
Text **"TALK"** to **741741**
- **Call the Suicide & Crisis Lifeline to talk to someone: 988**



Martin Luther King Jr. Middle

Willard Middle School

## WE ALL HAVE BAD DAYS AND GOOD DAYS, BUT SOMETIMES OUR MENTAL HEALTH GETS THE BEST OF US.

### Practical coping strategies for everyday well-being:

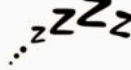
Spend time in nature



Stay hydrated



Get a good night's sleep



Exercise



Connect with others



Eat healthy food



Do yoga



Practice gratitude



**Mental health is just as important as physical health. Just because you can't see it doesn't mean it's not there.**

- Do you often feel sad or hopeless?
- Have you lost interest in things that used to bring you joy?
- Do you have thoughts of suicide or harming yourself?
- Do you feel like a failure, a burden or bad about yourself?
- Do you drink or smoke to feel better?

If your ability to attend school, carry out daily activities or engage in satisfying relationships is impacted, then your mental health is asking for help.

### MENTAL HEALTH SUPPORT RESOURCES

- Text the CRISIS Line: Text **"TALK"** to **741741**
- Call the Suicide & Crisis Lifeline to talk to someone: **988**



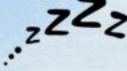
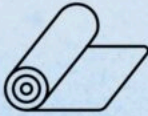
**Berkeley**  
PUBLIC SCHOOLS

Martin Luther King Jr. Middle School

## Willard Middle School

# YOUR MENTAL HEALTH IS AS IMPORTANT AS YOUR PHYSICAL HEALTH

Below are practical coping strategies for everyday well-being that can help reduce unpleasant thoughts, feelings, and behaviors. Find one that works for you.

|                                                                                   |                                                                                   |                                                                                   |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Spend time in nature                                                              | Stay hydrated                                                                     | Get a good night's sleep                                                          | Exercise                                                                          |
|  |  |  |  |
| Connect with others                                                               | Eat healthy food                                                                  | Do yoga                                                                           | Practice gratitude                                                                |
|  |  |  |  |

### SIGNS TO WATCH OUT FOR

- Are you feeling sad, lonely, anxious or depressed?
- Do you regularly have negative thoughts?
- Are you unable to control your emotions?
- Do you rely on smoking or drugs to feel better? Do you harm yourself?
- Do you just want to be alone?

### MENTAL HEALTH RESOURCES


**Suicide & Crisis Lifeline:**  
**Dial 988**

**Crisis Text Line:**  
**Text "TALK" to 741741**



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### SUBSCRIBE TO A+ NEWS

Enter your email address to receive our email newsletter in English or Spanish.


[Translate »](#)



**Anti-Bullying:** [Board Policy](#) | [Administrative Regulation](#) | [Compliance](#)

**Suicide Prevention:** [Board Policy](#)

**Notification of Non-Discrimination Policy:**

The Berkeley Unified School District is committed to providing equal opportunity for all individuals in district programs and activities. Accordingly, BUSD programs and activities shall be free from discrimination, harassment, intimidation and bullying based on actual or perceived ancestry, age, color, disability, gender, gender identity, gender expression; nationality, race or ethnicity, religion, sex, sexual orientation, or association with a person or group with one or more of these actual or perceived characteristics. The Board shall promote programs which ensure that discriminatory practices are eliminated in all district activities. (Board Policy 0410, Board Policy 1311, Board Policy 4030, Board Policy 5145.3, Board Policy 5145.7)

The Board also prohibits retaliation against any district employee or job applicant who complains, testifies or in any way participates in the district's complaint procedures instituted pursuant to this policy. (Board Policy 4030)

Complaint forms are available at school sites and on the district webpage at [www.berkeleyschools.net/complaints](http://www.berkeleyschools.net/complaints).

For inquiries or concerns regarding BUSD nondiscrimination policy [5145.3](#) or the filing of discrimination complaints please contact:

Jasmina Viteskic, Title IX Coordinator/Compliance Officer  
2020 Bonar Street Room 116, Berkeley, CA 94702  
Phone: 510.486.9338 Email: [nondiscrimination@berkeley.net](mailto:nondiscrimination@berkeley.net)

More information is available at [www.berkeleyschools.net/non-discrimination/](http://www.berkeleyschools.net/non-discrimination/).