Behavioral Health and Counseling Services

Student social-emotional wellness is a critical building block of students overall well-being. A student's positive perception of self and their ability to positively interact with peers, adults and the community have a direct effect on the student's sense of well-being and academic achievement. District staff and school volunteers support practices and build relationships that promote and ensure that children are learning in an intellectually challenging environment, are physically and emotionally safe, and in which students are engaged in their learning and are connected to the school and broader community. Elk Grove Unified schools have implemented positive behavior support plans to eliminate or reduce high risk behaviors, bullying and stress at the school sites with the aim of ensuring the safety and well-being of students through a comprehensive plan that offers psychological and other counseling services, as well as strategies to educate students, parents and staff about how to live a healthy lifestyle.

When it comes to a student's overall wellness, It is the ultimate aim of the District that students learn and practice healthy habits.

- Care Solace – online resource assisting individuals in finding local mental health related programs and counseling services
- Positive Behavioral Interventions and Support
- EGUSD Counseling Services – Social Emotional, Wellness Service Providers, Academic/Career
- Mental Health Services
- Social Emotional Learning (SEL)

caresolace.com

Care Solace is an online resource with a live 24×7 concierge line that assists individuals in finding local mental health related programs and counseling services. To use Care Solace, individuals answer ten basic questions in order to receive an extensive list of referrals to applicable care providers. Care Solace takes into account all types of private insurance including Medi-Cal, Medicaid, and Medicare and those that have no insurance. The system also filters by age, gender, zip code and special requests.

EGUSD's partnership with Care Solace provides access to services for our students, staff, and families at no cost. Please note, this service is an optional resource available by choice and is not mandatory in any way. Care Solace does not require a user's name, address, phone number, or date of birth. All of the information that is entered on their platform is completely confidential and stored securely.

To access Care Solace, click on the logo above or visit https://caresolace.com/site/egusdfamilies.
Email: weserve@caresolace.org
Phone: (888) 515-0595

Care Solace provides care connections for mental health concerns related to:

- alcohol
- marijuana
- hallucinogens
- inhalants
- opioids
- stimulants
- sedatives
- anxiety
- depression

- neurodevelopmental disorders

EGUSD Counseling Services

- EGUSD Wellness Support Providers
- Academic/Career

Culturally Responsive EGUSD PBIS Positive Behavorial Interventions and Supports

Positive Behavioral Interventions and Supports (PBIS) is part of a Multi-tiered system of supports (MTSS) and an integral part of EGUSD's commitment to student learning and behavioral health. This Multi-Tiered System of Supports (MTSS) focuses on creating and sustaining universal/ school-wide (all students), targeted (small group), and intensive (individual) systems of support that improve the academic and social/emotional outcomes for all children and youth by making targeted behaviors less effective, and desired behaviors more functional. School sites utilize a proactive approach to establishing the behavioral supports and social culture needed for all students on a school site to achieve social, emotional and academic success.

PBIS supports students from both a behavioral and an academic perspective and encourages the social and emotional well-being of our students and staff. We appreciate and acknowledge the efforts of our staff and our families as we continue to create a more inclusive and supportive environment throughout our district.

Schools that effectively implement PBIS demonstrate:

- Increased student connection to school community
- Increased instructional time
- Up to 50% reduction in office referral rates per year
- Reduction in overall exclusionary discipline
- More consistent attendance
- Higher academic achievement
- Improved overall school climate and school safety
- Positive shift in school culture
- Reduction in overall suspension and expulsion
- Opportunity to reduce proactively reduce problem behaviors

Watch on

- Link to the PBIS Website

Psychological Services

The district's school psychologists serve the needs of students, their families. teachers, and administrators in a variety of ways. These may include:

- Conducting psycho-educational assessments of referred students for Special Education eligibility and services.
- Providing consultative services to facilitate student learning and development.
- Providing short-term counseling services to special education students, as IEP teams designate, or general education students, by agreement of the psychologist, administrator, and the parent.
- Assisting students and their families in accessing services from outside agencies and community service providers.

Dr. Travis Collier, Executive Director of School Supports, MTSS
Crystal Jones, M.S., LEP, NCSP, Lead Psychologist

Phone: (916) 686-7568
Fax: (916) 686-7596

What are Educationally Related Mental Health Services (ERMHS)?

Educationally Related Mental Health Services (ERMHS) are provided after assessments have determined that ERMHS are needed to support academic progress pursuant to an IEP. The purpose of ERMHS is to support adjustments related to education and academic functioning when educationally related mental health services have been deemed necessary for a student to benefit from his or her education. When ERMHS are added to a student's IEP, the student may receive counseling and guidance or individual counseling, or both, depending upon team determination and based on need. These supports can at times help with increased academic performance and engagement in academic activities, improved attendance, and fewer disruptions of the learning environment.

Counseling and Guidance: Provided by EGUSD staff pursuant to an IEP. May include educational and personal counseling in a one-to-one and/or group setting.

Individual Counseling: Provided by EGUSD staff pursuant to an IEP. Therapeutic interventions will be provided to promote academic functioning.
Learn more about ERMHS

Social and emotional skills are critical to being a good student, citizen, and worker. Many risky behaviors (e.g., drug use, violence, bullying, and dropping out) can be prevented or reduced when multiyear, integrated efforts are used to develop students' social and emotional skills. This is best done through effective classroom instruction, student engagement in positive activities in and out of the classroom, and broad parent and community involvement in program planning, implementation, and evaluation.

Effective SEL programming begins in preschool and continues through high school.

Social and Emotional Learning Core Competencies



- **Self-awareness:** Know your strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset." (Self-awareness, Self-reliance, Self-discipline)
- **Self-management:** Effectively manage stress, control impulses, and motivate yourself to set and achieve goals. (Self-awareness, Self-reliance, Self-discipline)
- **Social awareness:** Understand the perspectives of others and empathize with them, including those from diverse backgrounds and cultures. (Community engagement, Communication & Collaboration)
- **Relationship skills:** Communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed. (Integrity, Technical Literacy, Communication & Collaboration, Community Engagement)
- **Responsible decision-making:** Make constructive choices about personal behavior and social interactions based on ethical standards, safety, and social norms. (Creative problem-solving, Communication & Collaboration, Integrity)

Source: SEL Defined | CASEL

Departments

Accounting
Adult and Community Education
Athletics/Facilities Use
Behavioral Health and Counseling Services
Benefits
Budget
Business Services
Business Services and Facilities

- Elementary Education (PreK-6)
- Facilities and Planning
- Family and Community Engagement
- Fiscal Services
- Food and Nutrition Services
- Foster Youth Services
- Grants Office
- Health and Nursing Services
- Homeless Education
- Human Resources
- Maintenance and Operations
- Multilingual Education
- Payroll
- Printing Services
- Purchasing and Warehouse
- Psychological Services
- Research and Evaluation
- Risk Management
- Safety and Security
- Special Education/SELPA
- Student Records
- Superintendent's Office
- Technology Services
- Transportation
- Youth Development

Board Agendas

School Calendars

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