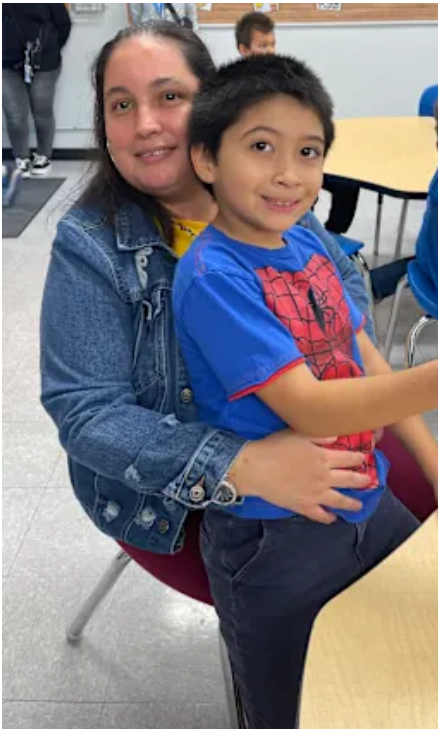


Mental Health and Wellness



2026-27 Brochure - coming soon

WHO WE ARE AND WHAT WE DO

Under the direction of the Mt. Diablo Unified School District (MDUSD) and Contra Costa County Children's Behavioral Health the following mental health services are provided:

- Special education classes with mental health support for elementary, middle and high school students who exhibit serious emotional, behavioral and mental health problems
- Mental health therapy and case management for identified special and regular education students

For more information please contact:

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Assistant Director, Mental Health Programs
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The intent of these services is to help students learn how to:

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- Increase personal resources for coping and creating successful relationships at school, home, and in the community
- Decrease maladaptive symptoms that interfere with functioning
- Develop coping strategies to maintain in the least restrictive setting to meet educational and mental health needs
- Increase independence
- Transition to a less restrictive educational setting

Our mental health staff emphasizes:

- Academic skills following grade level standards
- Individual learning styles
- Building relationships, family and community partnerships
- Unconditional regard

The teaching process within the Social Emotional Educational Collaboratives (SEEC) consists of:

- Individualized instruction
- Small group setting
 - Elementary: 9 students
 - Secondary: 11 students