

DAYBREAK INFORMATION

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How To: Refer a Student to Daybreak

Once a student is identified by the school as needing services, school referrers can follow the steps below to refer them for an intake session, which will be followed by their first counseling session (if the Daybreak intake specialist determines that services are appropriate).

1. Triage Student Needs

Referrer (PSUSD counselor/school staff member) determines if a student may be a fit for counseling. Referrers use the Daybreak Questionnaire or a team approach.

2. Verify parent consent verbally & send ROI form

Referrer sends student & parent:

- [Release of Information \(ROI\) online form link](#)
- Optional: [Flyer for Families]: Flyer about Daybreak - for Families ([English](#) | [Spanish](#))

Note: You do not need to verify that the ROI has been completed before scheduling an intake. Daybreak will verify.

3. Schedule Student Intake

Use the following form to schedule an intake session on behalf of the student:

- **School Referral Intake Scheduler:**
<https://app.acuityscheduling.com/schedule.php?owner=22405346&appointmentType=24938871>

If it makes sense for the students' parent/family member to schedule the intake on behalf of the student, they can use this form:

- **Family Intake Referral Scheduler:**
<https://app.acuityscheduling.com/schedule.php?owner=22405346&appointmentType=25246153>

Note: Only the student attends the intake session, not the parent or school counselor.

3. Student conducts intake session

Student conducts 1:1 intake session with Daybreak intake coordinator. School staff referrer is notified of intake result.

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Contact schoolsupport@daybreakhealth.com with any questions for Daybreak.

(https://resources.finalsite.net/images/v1757523318/psusdus/aojcmbdk5urbd7jl6tih/How_to_Refer_a_Student_to_Daybreak_-_PSUSD_-_Google_Docs.pdf)

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FAMILY INTAKE REFERRAL SCHEDULER
(HTTPS://APP.SQUARESPACESCHEDULING.COM/SCHEDULE.PHP?
OWNER=26767079&APPOINTMENTTYPE=35842825)

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Daybreak Scope of Counseling Services:

<u>Within our scope</u> of services	<u>Outside our scope</u> of services:
• Mild to moderate anxiety and mood disorders (anxiety, depression) • ADHD • Mild eating disorders • Affect Dysregulation or Anger Management • Challenges with Relationships • Stress related to school or academics • Identity or Sexual Development • Stress related to the pandemic Co-occurring substance use, mild Autism, or learning disorders (as a secondary need given a primary need above)	• Substance abuse or addiction as primary issue • Moderate to severe eating disorders • Psychosis • Autism or learning disorders as primary need • Medication Management

Symptoms that may indicate a need for referral to Daybreak:

The Daybreak team understands that school faculty have the best visibility of students and are often first to notice changes in behavior, affect and attendance. Below is a list of possible symptoms to look for in the students you work with who may benefit from Daybreak services.

Physical	Psychological	Behavioral	Acute Issues
• Panic attacks • pounding heart • Somatic complaints • Headache • Sweating • Stomach Pain • Nausea • Muscle aches	• Unrealistic worry or fear, • Racing thoughts, • Decreased concentration • Decreased memory • Indecisiveness • Irritability • Impatience • Anger • Confusion • Feeling on edge • Sleep disturbance	• Avoidance • Obsessive compulsive behavior • Distress in social situations • Phobic behavior/fear of certain things • Increased use of alcohol or drugs • General worry about what others think	• Grief/loss • Relationships • Divorce/separation • Demands of life • Self-care needs • Family interactions • school/work obligations

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Contact carecoordinator@daybreakhealth.com with any questions for Daybreak.

(https://resources.finalsite.net/images/v1757523331/psusdus/xxorrkghe2mhunn1t3ug/CA_Referral_Questionnaire_Is_my_student_a_fit_for_cou

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DAYBREAK REFERRAL LINK ([HTTPS://APP.SQUARESPACESCHEDULING.COM/SCHEDULE.PHP?](https://app.squarespacescheduling.com/schedule.php?owner=26767079&appointmenttype=36715235)
[OWNER=26767079&APPOINTMENTTYPE=36715235](https://app.squarespacescheduling.com/schedule.php?owner=26767079&appointmenttype=36715235))

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