

YOUTH MENTAL HEALTH AND WELLNESS



Working together to reduce stigma and increase access to high quality behavioral healthcare services.



FREMONT UNIFIED
SCHOOL DISTRICT

TODAY'S DISCUSSION

- Priorities
- Collaboration
- Funding
- Strategies
- COVID-19 Pandemic



Priorities



Reduce stigma around mental health and build a strong partnership that seeks to increase access and use of behavioral health care services for students and families

Collaboration



- Mental Health Counseling & Substance Use Services
- Case Management
- Crisis Intervention Coordination
- Alternative to Suspension
- Mental Health Stigma Reduction

Funding for Student Mental Health Counseling, Crisis Support, Substance Use Intervention, and Wellness Education Services

- Alameda County Health Care Services Agency
- Alameda County Behavioral Health Care Services
- Alameda County Probation Department
- FUSD School Site Councils
- City of Fremont General Funds
- Kaiser Permanente & private grants and donations



Strategies

- Coordination of Services Team (COST)
- Prevention & Mental Health Stigma Reduction
- Crisis Intervention
- Mental Health and Substance Use Counseling
- Family Support & Education
- Professional Development for staff
- Care Solace

Mental Health Counseling & Crisis Support



FUSD Students with Moderate to Severe Needs

Students served at school sites and YFS Clinic located at the Family Resource Center

Services provided in multiple languages including Chinese, Spanish, Hindi, Punjabi

COVID-19 Response



- Virtual COST meetings
- Counseling via Telehealth
- Virtual Parent Support Groups
- Weekly Wellness Videos
- Virtual Professional Development
- Virtual FUSD-City of Fremont planning / coordination

Coordination of Services Team (COST)

COST is a multidisciplinary team of school staff and providers:

- Regular forum for identifying student needs
- Linking students to resources
- Support academic success and healthy development



Prevention

- Professional Development
- Community engagement, presentations, parent workshops & youth education
- Student social skills and support groups

Children's Mental Health Awareness Campaign



CELEBRATING NATIONAL
CHILDREN'S MENTAL HEALTH
AWARENESS

**VIRTUAL STUDENT
ART CONTEST**
2020

OLIVE
HYDE
ART
GUILD

CITY OF
Fremont
Human Services Department

FREMONT UNIFIED SCHOOL DISTRICT
LEARNING • EDUCATE • CHALLENGE

A green awareness ribbon is located in the top right corner. The background features a vibrant, multi-colored paint splatter on the left side.

<https://www.fremont.gov/artexhibit>

Mental Health Awareness & Stigma Reduction

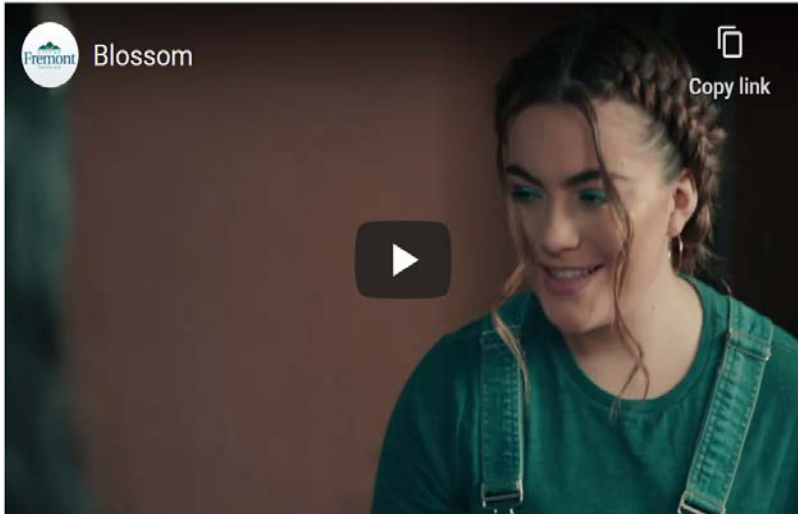
**Youth Wellness
Ambassadors**

**Community Service
Project**



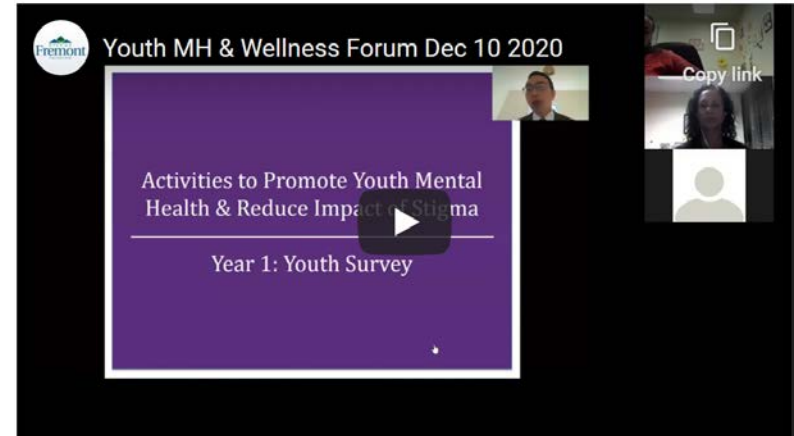
<https://www.fremont.gov/3781/Youth-Mental-Health-Wellness>

Blossom - A Youth Story



<https://www.fremont.gov/3781/Youth-Mental-Health-Wellness>

Youth Mental Health & Wellness Forum



Adolescent Substance Use Treatment

Access

Evidence-based
Why Try groups

Funding



Family & Parent Support



Home Visits &
Wellness Videos

Virtual Parent Support
Groups

Case Management
Family Partner

Information & Resources

[City of Fremont Youth & Family Services](#)

510-574-2100

[Fremont Family Resource Center](#)

510-574-2000

[Fremont Unified School District Student Support Services](#)

510-657-2350