

December 14, 2022

Dear Parents/Guardians & Students of Sweetwater Secondary School:

California State Education Code 49428, Pupil Mental Health Services: School Notification, requires schools to share information with students and parents on how to initiate access for available student mental health services on campus and/or in the community at least twice during the school year. We are committed to ensuring access to these services for our students as we recognize that mental health has an impact on academic success.

Altus schools support student mental health and wellness through a positive school culture with safe, and supportive learning environments. Annually, an average of 99% of parents and 99% of students report feeling safe and supported at an Altus school. Through the schools' Resilience In Students & Education (RISE) series, teachers and members of the Healthy Youth Department deliver monthly webinars on Social Emotional Learning topics that support students' development in the five areas of social and emotional competence. Through professional development and trainings, teachers and staff are provided with the skills and tools needed to identify youth in crisis, intervene appropriately, and provide comprehensive support in partnership with families. Teachers and staff participate in **Youth Mental Health First Aid (YMHFA), Trauma Informed Practices (TIPS), and Altus Signs of Suicide (SOS) trainings**. Altus schools provide direct mental health services to students that support social-emotional development and stability. Parent(s)/Guardian(s) may initiate access to available pupil mental health services by contacting their teacher or counselor, at the school's Resource Center, or through the school's community partners.

Altus schools' partner with community-based organizations to provide students and parents with mental health and wellness resources, services, and supports. The school provides families with a Mental Health & Wellness Resource Guide that is geographically organized by community for ease of access. This guide can be found on the schools' website and at <https://altusgo.com/home/>.

School Resource Centers:

Each Resource Center serves as an information hub for available school based mental health supports. You may contact your student's teacher or assigned counselor and inquire about those supports available. There are also supports available via the school's website in the Family Resources' Mental Health & Wellness page.

South Bay Communities Services:

430 F Street, Chula Vista CA 91910

619-420-3620 or 24/7 Hotline: 800-640-2933

www.sbccsandiego.org

88 Suicide and Crisis Lifeline:

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. When people call or text 988, or chat at <https://988lifeline.org/>, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

2-1-1:

<https://www.211.org/>

211 is a 24/7-hour hotline that connects residents with resources including mental health resources within San Diego County. Some of the referrals include mental health professionals who accept Medi-Cal and those professionals that accept patients who do not have health insurance.

"It's Up to Us" San Diego County Access and Crisis Line:

888-724-7240

"It's Up to Us" is all about helping San Diegans talk openly about mental health, recognize signs of hardship, find local resources, and seek help. By raising awareness and highlighting local resources, we aim to inspire wellness, reduce stigma and prevent suicide. If a student is experiencing a behavioral health crisis, dial 911. For other problems or questions, please call the number above. <https://up2sd.org/>

Teen Line:

Call 800-852-8336 (6pm-10pm PST)

Text TEEN to 839863 (6pm-9pm PST)

This hotline provides support, resources and hope to youth through a hotline of professionally trained teen counselors. Call, text, or email to access personal peer-to-peer support from highly trained adolescents supervised by adult mental health professionals.

<https://www.teenline.org/>

Federally Qualified Health Centers:

Many Community Health Centers provide no or low-cost behavioral health services.

<https://findahealthcenter.hrsa.gov/> to find a convenient location.

Private Insurance/Primary Care Physician:

Recent changes in the law require that most marketplace health insurance plans cover behavioral and mental health, psychotherapy, and counseling services. You may inquire about those services through your health insurance plans.

WEBSITE: <https://altusgo.com/school/sweetwater-secondary-school/healthandwellness/>

For more information or resources, please contact:

Ana Maria Rojas

Equity & Inclusion Administrator, Altus Schools

arojas@altusschools.net

Phone: (858) 678-4818

If you or someone you care about is experiencing a suicidal or mental health crisis, please dial 988 for the Suicide and Crisis Lifeline or call the Access and Crisis Line at (888) 724-7240. Trained and experienced counselors are available 7 days a week, 24 hours a day to provide support, referrals, and crisis intervention. You can also call those lines if you are concerned about someone, just need to talk, have questions about how to offer support, or if you are looking for information about community resources, mental health referrals, and alcohol and drug support services. If emergency medical care is needed, call 9-1-1 or go to the emergency room of the nearest hospital.