



Student Access to Mental Health Support at Folsom High School

Guide For Parents



Staff Roles - A student should go see the following when they...

Assistant Principal :

- Are concerned about school safety
- Need to report bullying
- Need a safe person to talk to

Mental Health Specialist (MHS):

- Are referred by Counselor/Assistant Principal
- Have ERHMS written into their IEP



Counselor:

- Have questions about classes and/or school
- Need assistance navigating conflicts with peers, teachers, parents
- Are struggling with mental health (panic attack, anxiety, depression, stress, eating, motivation, etc.)
- Need a safe person to talk to

Nurse:

- Need to take pre-approved medication
- Are feeling ill at school (throwing up, nausea, chills, fever, weak, chest pressure, can't breathe, headache, cough, etc.)
- Are injured (ice, band aid, etc.)

School Psychologist

- Special Education (SPED) Assessment
- Consult on 504/SST
- Provide Case Managers with IEP supports

How Students Can Access Mental Health Support

1. In a non-emergency situation, students should reach out to an adult on campus (a teacher, counselor, assistant principal, etc.) and let them know what's going on (in person, via email, etc).
2. If students reached out to someone other than their counselor, they will reach out to the counselor. Counselors will follow up within two school days.
 - *If a staff member hears a student say or sees them write a statement regarding any concerning words/phrases, they will reach out to a counselor without prompting from a student.
3. Your child's counselor will meet with the student and support them. If needed, they will help get other supports such referrals for counseling outside of school, referrals for Mental Health Specialist support at school, etc.

*In emergency situations at school, we ask students to go to the counseling or AP office immediately.

*In emergency situations at home, we ask students to go to a parent/guardian OR call 9-1-1.

Structured, on-going support

(Community referrals or Brief school-based counseling)

- **If it is determined by a counselor that a student or their family** needs help **accessing community support** or the student would benefit from **brief school-based counseling** (up to 6 sessions), the counselor will put in a referral to the Mental Health Specialist (MHS).
- Once the MHS receives the referral, depending on the determined priority, they will most likely call a student in within the week. Initial meeting is to go over scope of referral, required parental consent, and confidentiality. After consent is signed and returned, the MHS will determine with the student the amount and frequency of sessions.
- Once sessions are completed, the MHS will direct the the family in accessing community support/outside counseling.

For guidance on finding community providers, please see (mid-page):

<https://sites.google.com/fcusd.org/fhswellnesscenter/wellness-resources/community-supports>

Mental Health Specialist Support on Campus

- Direct student support (such 6 sessions of Brief Counseling by referral, risk assessments)
 - Provide staff development regarding mental health topics/staff consultation
 - Organize Wellness Week activities (Spring)
 - Create campus-wide wellness initiatives and ambassadors
 - Support campus-wide SEL (BASE, SEL committee, etc.)
 - Student groups & workshops coming soon!
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Important Contact Information & Links

FHS Counselors

- Ms. Montes - Last Names A-C & FLHS
smontes@fcusd.org
- Mr. Adorjan - Last Names D-He
madorjan@fcusd.org
- Ms. Deatherage - Last Names Hf-Md
ndeatherage@fcusd.org
- Ms. Vaughan - Last Names Me-R
nvaughan@fcusd.org
- Ms. Estrada - Last Names S-Z
nestrada@fcusd.org

FHS Assistant Principals

- Ms. Cranston - Last Names A-D
lcranston@fcusd.org
- Ms. Ambrosini - Last Names E-K
sambrosini@fcusd.org
- Mr. Eklund - Last Names L-P
eeeklund@fcusd.org
- Mr. Crannell - Last Names Q-Z
gcrannel@fcusd.org

FHS Wellness Center Website: <https://sites.google.com/fcusd.org/fhswellnesscenter/wellness-resources/community-supports>

FHS/FLHS Student Hub: <https://sites.google.com/fcusd.org/fhs-flhs-student-hub/home>

FHS Website: <https://www.fcusd.org/FHS>