



## STUDENT MENTAL HEALTH: ARE SCHOOLS DOING ENOUGH?

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### ISSUE

Are San Mateo County K-12 public school students receiving adequate mental health support? If not, what more should be done?

### SUMMARY

A recent study of youth in San Mateo County, *Adolescent Report 2014-15*, found that mental health challenges facing County adolescents are staggering.<sup>1</sup> The report concluded that nearly 70% of the public school students sampled reported being depressed, anxious, or emotionally stressed. Thirty-eight percent of females and 23% of males reported having suicidal thoughts.<sup>2</sup>

In one high school district alone—the San Mateo Union High School District—131 students were assessed for mental health issues or taken to the hospital from school, almost all because of suicide concerns, during the 2013-2014 school year. The district found 98 students in similar distress in the first semester of the 2014-2015 school year.<sup>3</sup>

Research shows that schools can help reverse these troubling trends, because they are uniquely positioned to allow students' mental health issues to be addressed on campus during the school day.<sup>4</sup> Currently, some schools allow the County's mental health department, Behavioral Health and Recovery Services (BHRS), to provide mental health services on campus to general education students who are publicly insured. However, services provided through private insurance are not allowed to take place on campus. In sum, most students in San Mateo County are not able to receive mental health services at their schools.

The Grand Jury uncovered these facts for the 2013-2014 year:<sup>5</sup>

- Of the County's 94,000 public school K-12 students, more than 33,000 are general education students who are publicly insured through Medi-Cal or Healthy Kids.<sup>6</sup> BHRS can treat them on campus if students and families request it.

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<sup>1</sup> County of San Mateo Board of Supervisors, *County of San Mateo Adolescent Report 2014-15: Youth and Adults Working Together for a Healthy Future*. [http://www.peninsulaworks.org/documents/AdolescentReport-YouthandAdultsWorkingTogetherfora\\_1.pdf](http://www.peninsulaworks.org/documents/AdolescentReport-YouthandAdultsWorkingTogetherfora_1.pdf).

<sup>2</sup> Ibid.

<sup>3</sup> San Mateo Union High School District, *5150 Assessment Data*, Youth Service Bureaus of the YMCA, January 15, 2015.

<sup>4</sup> Howard Adelman and Linda Taylor, "Transforming Student and Learning Supports: Developing a Unified, Comprehensive, and Equitable System," UCLA Center for Mental Health in Schools, accessed January 15, 2015. <http://smhp.psych.ucla.edu>.

<sup>5</sup> Officials from BHRS and the San Mateo County Office of Education; representative from the San Mateo County Special Education Local Plan Area (SELPA): interviews by the Grand Jury.

<sup>6</sup> Healthy Kids, offered by the Health Plan of San Mateo, is a low-cost health coverage program for SMC children and teens from birth to 19 years who do not qualify for no-cost Medi-Cal.

- Yet not all County schools accommodate on-campus treatment for these students, even though BHRS could provide it. Last year, more than half of those seeking treatment for mental health issues were not seen in school and had to travel to a BHRS clinic.
- About 61,000 County students, or 65%, are privately insured and are not treated by BHRS; such students are referred to their private health insurers who do not treat at school.
- Any student not treated on campus must travel to appointments, making lack of transportation a potential barrier to treatment.<sup>7</sup> It also excludes them from other benefits of being treated in a familiar school setting.<sup>8</sup>

There are alternatives. In those schools that can afford to hire them, nonprofit community-based organizations (CBOs) provide a wide range of mental health services to *all* students. They offer programs that address broad mental health issues common to many students. When made available in school, such programs can bring prevention and early intervention services directly to students and can identify those who are struggling with unaddressed issues requiring more intensive counseling, which the CBO can provide to all. These programs, or their equivalent, should be provided to all students in all schools.

The Grand Jury found that funding sources for these CBO programs are varied. Some schools find funds from general school budgets. Parent-funded groups such as PTAs and school foundations can also be a source of financial support. Community foundations are another source.

The County Board of Supervisors voiced its support for certain mental health services two years ago by allocating funds from a countywide sales tax increase known as Measure A (2012). However, the funds went mostly to support existing county mental health programs (some provided by BHRS) and did not address the need for in-school support for all students. The Grand Jury recommends that school districts make a special effort to seek funds from all sources, including Measure A, for programs benefiting all students.

The County Office of Education (COE) is positioned to act as a link between some funding sources, the schools, BHRS, and other program providers. The COE has begun coordinating support services and should increase its effort to help schools identify and cultivate funding sources. In addition, the Grand Jury recommends that the COE's role as a coordinator be expanded to ensure access to services for all students in all schools.

Special consideration should be given for funding programs in elementary and middle schools to address problems early and to reduce the stigma attached to mental health issues in general. If such programs were integrated into everyday school life, mental health issues would start to lose their stigma.

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<sup>7</sup> Laura Usher, "Mental Health in Schools: A Role for School Resource Officers," National Alliance on Mental Health. <http://www2.nami.org/Template.cfm?Section=CIT&Template=/ContentManagement/ContentDisplay.cfm&ContentID=156208&MicrositeID=0>.

<sup>8</sup> Representative from SELPA, interview by the Grand Jury.

## GLOSSARY

**BHRS** Behavioral Health and Recovery Services, or BHRS, is a division of the San Mateo County Health System. It provides mental health and substance abuse treatment to County residents who qualify for public insurance such as Medi-Cal or the Health Plan of San Mateo. It also provides mental health treatment to eligible special education students who need such treatment to access their special education programs.

**CBO** A nonprofit community-based organization, or CBO, offering specialized services to specific groups needing those services. In the context of this report, CBOs refer to organizations that are contracted by schools to provide mental health services and programs to all students on campus. See the Appendix for a partial list of CBOs operating in San Mateo County schools.

**COE** The County Office of Education, or COE, provides a variety of resources to the County's 23 K-12 school districts<sup>9</sup> and operates court schools and special education classes for students with severe disabilities.

**GENERAL EDUCATION STUDENT** General education students are those without any disability that would prevent them from accessing the regular school curriculum. These students attend regular classes and do not have special accommodations or services. In San Mateo County, about 90% of students are general education students.

**NAMI** The National Alliance on Mental Illness, or NAMI, is the nation's largest grassroots mental health advocacy group dedicated to helping those affected by mental illness. NAMI raises awareness and provides support and public education on mental health issues.

**SPECIAL EDUCATION STUDENT** To be eligible for special education services a student must have a "disability" as defined by the Individuals with Disabilities Education Act, which recognizes 13 different disability categories. These disabilities must adversely affect educational performance, which cannot be addressed through general education classes alone. Special education students receive accommodations and services in order to address their educational needs and allow them to receive a free and appropriate public education. There are about 10,000 such students in San Mateo County.

## BACKGROUND

The problems of children and adolescents should not be underestimated, especially when it comes to mental health. According to the National Alliance on Mental Illness (NAMI), "the latest research shows that 13% of youth aged 8-15 live with a mental health condition serious enough to interrupt their day-to-day lives."<sup>10</sup> By graduation, 20% of all youth will experience

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<sup>9</sup> The County's total 24 school districts include the San Mateo County Community College District. The three colleges in this District (Canada College, College of San Mateo, and Skyline College) are outside the scope of this report.

<sup>10</sup> "Mental Health in Schools: Why Provide Mental Health Services in Schools," National Alliance on Mental Illness, accessed January 10, 2015. <https://www.nami.org/About-NAMI/Where-NAMI-Stands-on-Public-Policy/Mental-Health-in-Schools>.

some kind of severe distress or depression. In both cases, only 20% of those will seek help.<sup>11</sup> An alarming 80% never do seek help due to the stigma of mental illness.<sup>12</sup>

National numbers point to a dramatic uptick in mental health issues severe enough to pose a deadly risk to children and adolescents. Almost 14% of students in a 2013 national survey indicated that they had made a suicide plan in the previous year.<sup>13</sup> Tragically, many attempts succeed. Suicide accounts for 13% of all deaths among youth aged 8-15 years<sup>14</sup> and is the third leading cause of death for those between the ages of 10 and 24.<sup>15</sup>

These national statistics reflect what is happening in San Mateo County. The County Board of Supervisors' own *Adolescent Report 2014-15* stated:<sup>16</sup>

- In the past month, nearly 70% of respondents reported being nervous, depressed, or emotionally stressed. Students attending nontraditional schools reported higher rates of depression-related feelings.
- 38% of female and 23% of male respondents reported having suicidal thoughts.
- Youth who have mental health problems are more likely to have felt discriminated against than youth who have no mental health problems.

There is evidence that such issues are on the rise.<sup>17</sup> According to statistics compiled by the San Mateo Union High School District (SMUHSD), in the 2013-2014 school year, 107 students were assessed in school for suicide attempt or contemplation. During the same year, an additional 24 students were hospitalized after 911 calls were placed from school campuses. School officials say the majority of the calls were suicide-related.<sup>18</sup> In the first semester of this school year alone, 77 students in the district were assessed and 21 were hospitalized after schools called 911.<sup>19</sup> School officials believe the numbers do not reflect the whole picture and are likely greater than reported.<sup>20</sup>

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<sup>11</sup> Shashank V. Joshi, MD, "Treating Pediatric Depression: A Shared Responsibility," *Stanford Medicine News*, Spring 2015. <http://stanfordmedicine.org/communitynews/2015spring/depression.html>.

<sup>12</sup> Ibid.

<sup>13</sup> Centers for Disease Control and Prevention, "Youth Risk Behavior Surveillance: United States, 2013," *Morbidity and Mortality Weekly Report* 63.4 (2014): 12.

<sup>14</sup> "Mental Illness Facts and Numbers," National Alliance on Mental Illness, March 5, 2013. [http://www2.nami.org/factsheets/mentalillness\\_factsheet.pdf](http://www2.nami.org/factsheets/mentalillness_factsheet.pdf).

<sup>15</sup> Centers for Disease Control and Prevention, "Suicide Prevention," Injury Prevention and Control: Division of Violence Prevention, March 10, 2015. [http://www.cdc.gov/violenceprevention/pub/youth\\_suicide.html](http://www.cdc.gov/violenceprevention/pub/youth_suicide.html).

<sup>16</sup> County of San Mateo Board of Supervisors, *County of San Mateo Adolescent Report 2014-15: Youth and Adults Working Together for a Healthy Future*.

<sup>17</sup> Officials from the San Mateo Union High School District, interview by the Grand Jury.

<sup>18</sup> Officials from the San Mateo Union High School District, interview by the Grand Jury. San Mateo Union High School District, *5150 Assessment Data*, Youth Service Bureaus of the YMCA.

<sup>19</sup> Ibid.

<sup>20</sup> Officials from the San Mateo Union High School District, interview by the Grand Jury.

The Grand Jury could not find any comprehensive statistics from any other County school districts on the number of 911 calls placed from their schools. In fact, the SMUHSD had never tallied such statistics until the Grand Jury asked for data, but were able to gather the information nonetheless. Apart from the SMUHSD numbers, the Grand Jury was only able to obtain anecdotal tallies. An official at one of the high schools contacted, for example, estimated the number of 911 calls to be about ten to twelve per semester.<sup>21</sup>

Yet suicide is only the most dramatic result of mental health issues among youth of all ages. Behavior and emotional problems play a significant role in daily life. They can affect peer and family relationships, life preparation, academic achievement, and test scores. They can hinder students' ability to learn coping skills, manage stress levels, and maintain physical health. Mental health can affect behaviors such as drug and alcohol use or gang membership. It can impact whether students show up for school at all.<sup>22</sup>

Treating students on campus is seen as one of the best ways to identify and address students' mental health problems early.<sup>23</sup> NAMI reports that school is where children and adolescents spend much of their time each day, and where they form many of their peer and adult relationships. NAMI also notes that school personnel are in a key position to identify the early warning signs of an emerging mental health condition and to link students with effective services and supports.<sup>24</sup> A family therapist with years of involvement in children's mental health support, explained: "School is where students form their relationships. School is their world."<sup>25</sup>

Mental health programs in schools can actually improve academic performance.<sup>26</sup> Some experts believe that mental health is just as important as a school's instructional mission.<sup>27</sup> The UCLA Center for Mental Health in Schools has launched a new effort in 2015 aimed at developing a big picture approach to integrating mental health with academic learning.<sup>28</sup> The Center is calling for federal, state, and local funding sources to embed mental health support right alongside academic learning.<sup>29</sup>

Evidence shows that a focus on mental health in early grades is especially important. About 50% of lifetime cases of mental illness begin by age 14.<sup>30</sup> Some children in the lower grades actually prefer to be seen for counseling in school rather than outside. Such frank, open, practical, and

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<sup>21</sup> Official from a San Mateo County high school, interview by the Grand Jury.

<sup>22</sup> "Children's Mental Health," American Psychological Association. <http://www.apa.org/pi/families/children-mental-health.aspx>.

<sup>23</sup> "Mental Health in Schools: Why Provide Mental Health Services in Schools," National Alliance on Mental Illness.

<sup>24</sup> Ibid.

<sup>25</sup> Officials from the San Mateo County Office of Education and Youth Service Bureaus of the YMCA: interviews by the Grand Jury.

<sup>26</sup> "Why Have Mental Health Programs in Schools?" New York City Department of Education.

<http://schools.nyc.gov/Offices/Health/SBHC/MentalHealth.htm>.

<sup>27</sup> UCLA Center for Mental Health in Schools, *School Mental Health Project*. <http://smhp.psych.ucla.edu/>.

<sup>28</sup> Ibid.

<sup>29</sup> Ibid.

<sup>30</sup> "Mental Health Facts: Children and Teens," National Alliance on Mental Illness. <http://www.nami.org/getattachment/Learn-More/Mental-Health-by-the-Numbers/childrenmhfacts.pdf>.

accessible treatment can lead to a greater understanding about mental health, which can result in far less stigma.<sup>31</sup>

Given this background, the Grand Jury saw a need to investigate what County schools and other concerned entities are doing in the area of mental health support in schools and to identify what can be improved.

## METHODOLOGY

### Documents/Sources

See Bibliography for a detailed list:

- Websites for national associations with a focus on mental health issues and supports
- Articles from national and local online periodicals and newspapers dealing with student mental health
- Reports from local County government (Board of Supervisors, County Office of Education, San Mateo Health System, Behavioral Health and Recovery Services)
- Websites of local schools and parent-teacher organizations
- San Mateo Unified High School District reports and studies
- Websites and materials from local community-based organizations

### Interviews

In conducting this investigation, the Grand Jury interviewed 21 individuals, including one member of the Board of Supervisors, six officials from the San Mateo County Office of Education, three administrators from the San Mateo County Union High School District, one official from Woodside High School, four representatives from the San Mateo County Health System and Behavioral Health and Recovery Services, one special education official, four employees from community-based organizations, and one representative from the National Alliance on Mental Illness.

## DISCUSSION

Support for school-based mental health programs in San Mateo County has historically centered on students who require such services as part of their special education program.<sup>32</sup> About 600 of the County's 10,000 special education students have mental and emotional health issues that interfere with learning. They are provided one-on-one or small group therapy on campus at no cost to the student. The state of California, the federal government, and the school districts

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<sup>31</sup> Mina Fazel et al., "Mental Health Interventions in Schools in High Income Countries," *Lancet Psychiatry*, October 2014. Official from StarVista, interview by the Grand Jury.

<sup>32</sup> Representative from SELPA, interview by the Grand Jury.

themselves fund these services. The County’s mental health agency, BHRS, contracts with about 80% of County school districts to provide these in-school supports.<sup>33</sup>

In addition to special education students, BHRS treats general education low-income students through Medi-Cal or through Healthy Kids, also referred to as public insurance.<sup>34</sup> There are about 33,000 such students in the County. While BHRS is not technically restricted in the kinds of services it can render, it specializes in and generally provides individual or small group therapy to these eligible students.<sup>35</sup> Medi-Cal reimburses BHRS for these services. In addition, if BHRS is on campus, it can provide on-site crisis or emergency response services to any student regardless of payor source, or insurance. Privately insured students are then referred to their own provider.

BHRS has authority to treat these students on campus during the school day, just as it treats special education students. A BHRS official said the agency prefers to see all its student clients in school—a student’s “natural setting.”<sup>36</sup>

However, County schools do not always agree to this arrangement. Some limit on-campus treatment of publicly insured general education students because of space constraints and other reasons. Others are more amenable, especially if BHRS already has an established presence on campus seeing special education students. Others state that they favor school treatment but simply do not provide it.<sup>37</sup> As a result, BHRS may not be able to treat all eligible general education students on campus even if students request it. Currently, BHRS’s practice is to require schools, students, and their families to agree to a treatment location.<sup>38</sup>

In fiscal year 2013-2014, BHRS served a total of 2,484 students (aged 6-18 years), of whom 545 received school-based services through their special education plan.<sup>39</sup> Of the 1,939 general education students receiving mental health services, BHRS treated approximately 40% on campus. The other 60% had to travel to a local BHRS clinic for treatment.<sup>40</sup>

Ongoing mental health support for general education students who have private insurance, a group making up the majority of students, is not provided by BHRS.<sup>41</sup> Although precise statistics are not available, the Grand Jury estimates that more than half of all County students fall into this category. These students must be seen by private therapists who do not practice on campus.<sup>42</sup>

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<sup>33</sup> Three other agencies also providing in-school support to special education students include Beacon, Children’s Health Council, and Edgewood Center for Children and Families.

<sup>34</sup> Official from BHRS, interviews by the Grand Jury.

<sup>35</sup> Ibid.

<sup>36</sup> Ibid.

<sup>37</sup> Officials from the San Mateo Union High School District, interview by the Grand Jury.

<sup>38</sup> Ibid.

<sup>39</sup> The total number of children/youth served by BHRS in all settings climbs to 3,592 when the following are included: Healthy Kids beneficiaries aged 0-17 years, youth who received substance use services, and Health Plan of San Mateo beneficiaries who were treated at the Ravenswood Medical Clinic.

<sup>40</sup> Ibid.

<sup>41</sup> However, in a crisis situation, BHRS will provide emergency response services to any student who needs it, regardless of insurance.

<sup>42</sup> Official from the San Mateo County Office of Education, interview by the Grand Jury.

## Community-Based Organizations Fill in the Gaps

Nonprofit CBOs provide a wide range of mental health support services to any school or school district with the funds for a contract. There are no restrictions on how funds are spent or qualifying guidelines, so agencies can offer services that reach all students.<sup>43</sup> Many of these CBOs are able to operate with a lower overhead than BHRS.<sup>44</sup>

CBO-provided in-school programs can be broadly focused, addressing issues common to all students such as suicide prevention, mental health awareness, coping skills, behavior adjustments, anxiety, depression, and social issues. Services can also include one-on-one counseling, full-time in-school psychologists, and curriculum and program coordinators. One of the benefits of having a broad-based presence in schools is that it allows CBOs to identify students who need more focused counseling.

CBO programming can be especially beneficial to the majority of students in San Mateo County, i.e., general education, privately insured students who do not qualify for any special assistance but are in serious need of attention nonetheless.<sup>45</sup>

For example, Edgewood Center for Children and Families, a CBO with offices in San Carlos, operates a program at Roy Cloud School, a K-8 in Redwood City. Funded by the school's Parent Teacher Organization (PTO) and managed by Edgewood, a full-time counselor has a visible presence on campus. The counselor teaches life-skill lessons in the classroom and educates teachers on how to accommodate emotional issues surfacing in class. The counselor also acts as playground monitor during recess and hosts "lunch bunch" meetings with interested students. These connections occur organically and give the counselor a perch from which to identify students needing individual or small group counseling, which the counselor also offers. The cost to the school is less than \$80,000 per year, or about 15% of the PTO's budget.<sup>46</sup>

Schools benefit from such CBO relationships, which can take advantage of the unique characteristics of each of the County's 23 school districts. CBOs can tailor programs to fit the needs of a school's particular student population, a significant benefit in a diverse county like San Mateo.<sup>47</sup> These programs are open to any student in need, regardless of income level, academic status, or insurance coverage and are available on campus.

See the Appendix for a list and description of some of the on-campus mental health services in SMC schools and the CBOs providing them.

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<sup>43</sup> BHRS generally does not offer these services and focuses instead on one-on-one therapies reimbursable by special education funds or Medi-Cal.

<sup>44</sup> Officials from Youth Service Bureaus of the YMCA, Edgewood Center, and StarVista: interviews by the Grand Jury.

<sup>45</sup> Representative from SELPA, interviews by the Grand Jury.

<sup>46</sup> Roy Cloud School PTO, *Parent Guide 2014-2015*. <http://roycloudinfo.com/wp-content/uploads/2012/02/PTO-Parent-Guide-2014.pdf>.

<sup>47</sup> Representatives from Edgewood Center, StarVista, and Youth Service Bureaus of the YMCA: interviews by the Grand Jury.



## School Funding

CBO-provided programs are funded through a school's general fund, grants, parent associations and foundations, and other forms of community support reflecting the demographics of each district. These sources vary from district to district and school to school and are limited by funding available in any given year.

For many school districts, finances are improving. Beginning in 2013, the state's funding of school districts has been calculated under a new formula using a mix of local property taxes and state aid. This Local Control Funding Formula (LCFF) is intended in part to equalize economic disparities among school districts.<sup>48</sup>

LCFF allows schools to qualify for additional funding if they meet certain criteria, such as creating a positive school climate and involving parents in setting school priorities. Some officials speculate that eventually schools will be able to use funds for mental health programs because of this flexibility.<sup>49</sup>

## Community Funding

In some cases, the school's general funds are not enough for mental health services or programs; therefore schools must look to other sources of revenue. Funding could come from donations from parent groups such as Parent Teacher Organizations and Associations (PTO, PTA) and school foundations, which raise money to donate directly to schools. The fund-raising methods and results reflect school district demographics.

Last year, for example, the Hillsborough School Foundation raised \$3.6 million (\$48 million since 1980). Proceeds from social events account for most of those funds, which went to reduce class sizes and support enrichment programs.<sup>50</sup> The 1,500 students in the K-8 Hillsborough School District consistently perform in the top 1% in the state in standardized tests. In contrast, the Ravenswood Education Foundation, in existence since 2007, raised \$1.9 million last year. The Foundation's corporate partners include such local companies as Intel Corp, Yahoo, Google, Gilead, and Charles Schwab.<sup>51</sup> There are 3,500 students in the K-8 Ravenswood City School District, 90% of whom are considered low income.

Nonprofit community foundations also support schools. The Sobrato Family Foundation funds several programs in the County's southern schools. The Sequoia Healthcare District granted half the funds for Woodside High School's in-school mental health program, with the rest coming from the PTA. And, in this era of technology company success, newly formed local foundations are surfacing. The family of Mark Zuckerberg, founder of Facebook, which is located in Menlo Park, contributed \$1 million to three Redwood City schools for technology

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<sup>48</sup> Official from the San Mateo County Office of Education, interview by the Grand Jury.

<sup>49</sup> The Local Control Funding Formula: Maximizing the New School Funding Formula to Expand Health Supports. <https://www.schoolhealthcenters.org/wp-content/uploads/2014/10/LCFF-Toolkit-FINAL.pdf>.

<sup>50</sup> Hillsborough Schools Foundation, *Raising Excellence*. <http://www.hsf.org/about.html>.

<sup>51</sup> Ravenswood Education Foundation, *Financial Information*. <http://ravenswoodef.org/about-ref/financial-information/>.

purchases. The family plans to contribute \$120 million to underserved communities in the Bay Area to support education.<sup>52</sup>

## County Spotlights Mental Health

While the network of mental health programs and services varies from school to school, the Sandy Hook school-shooting incident in 2012 galvanized SMC school officials into taking a more consistent approach across schools. It spurred a two-year, countywide effort to ensure that schools, law enforcement, and other agencies were prepared to deal effectively with such an event in San Mateo County.

The effort began with a countywide summit, called “Beyond Newtown: How to Ensure Safe Schools and Communities,” led by Congresswoman Jackie Speier.<sup>53</sup> The summit resulted in a focus on the following three broad areas:

- **The Big Five** The first was a plan, called The Big Five, outlining how school officials and students, law enforcement, and emergency responders would react immediately, during, and after an actual school-shooting event.
- **Information Sharing** The second area recognized that sharing information was the key to identifying potentially troubled students and synchronizing the efforts of school officials, local law enforcement, and mental health providers. The result is a Universal Consent Form, which will be in use beginning in the 2015-2016 school year. With a parent’s signature, the consent will allow a school to conduct a “threat” assessment of a student and share information among the agencies involved to help the student resolve dangerous issues.
- **Mental Health Needs of Students** The third area involved mental health and was also identified as a prevention measure. In contrast to the efforts described above, it focused on less volatile students, recognizing that mental and emotional health issues are at the root of much more than school shootings.

With input from Supervisor Adrienne Tissier, the County’s Board of Supervisors allocated almost \$10 million from Measure A during the first round of funding in 2013,<sup>54</sup> to augment existing mental health services mostly for families and children with public insurance.

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<sup>52</sup> Bonnie Eslinger, “Three Redwood City Schools Share \$1 Million Grant from Zuckerberg Foundation,” *San Jose Mercury News*, August 21, 2014. [http://www.mercurynews.com/peninsula/ci\\_26381245/redwood-city-and-ravenswood-school-districts-each-get](http://www.mercurynews.com/peninsula/ci_26381245/redwood-city-and-ravenswood-school-districts-each-get).

<sup>53</sup> The April 2013 summit focused on finding ways to ensure the safety of students. Close to 300 concerned people, including County law enforcement, school-shooting experts, representatives from the COE, mental health professionals, and local officials discussed solutions to gun violence in San Mateo County schools.

<sup>54</sup> Approved by voters in November 2012, Measure A increased the County sales tax paid on the purchase of goods and services by one-half cent for 10 years (2013-2023). In FY 2014, Measure A netted \$75 million. In FY 2015, the projected total is \$82 million. By the time the measure expires in 2023, the funds will have increased each year, with the highest yearly total projected in 2022 at \$103 million (County of San Mateo Measure A Dashboard, <https://performance.smcgov.org/measure-a>).

Several new expenditures stand out as making a significant dent in the area of mental health support, some of which could impact, directly or indirectly, all students in the County:

- BHRS hired five additional clinicians to decrease wait times at clinics and increase access to BHRS services for qualified students and families in need.<sup>55</sup>
- BHRS launched Youth Mental Health First Aid, a series of one-day classes aimed at teachers and other youth-involved adults. The classes teach how to recognize the signs of mental illness in children, what to do in a crisis, and which BHRS services could be of assistance. As of May 2015, nearly 1000 teachers, parents, and students have attended classes.
- A coordinator for in-school mental health services, the Director of Safe and Supportive Schools, was hired by the County Office of Education to support in-school mental health services. BHRS contributes half of the coordinator's salary.

At this time, the County Board of Supervisors is selecting grantees for a new two-year cycle of Measure A funds. However, mental health is not a priority identified by the County Board of Supervisors for this round, so no new programs have made the list of potential grantees. Edgewood had submitted a proposal to expand its Roy Cloud program to other schools but it was rejected for being outside the priority list. In the future, the Supervisors have a chance to do more by extending support for the many CBOs that serve the wider student population.

### Stronger Coordination from the COE

The new position of Director of Safe and Supportive Schools, operating out of the COE, shows how serious officials from the County, the COE, and school districts have come to see the issue of mental health in schools. For the first time ever, there is a full-time staff position devoted to helping schools help students.<sup>56</sup>

Communications among the many groups offering services has become the linchpin to helping students with mental health issues.<sup>57</sup> The position should be an important liaison between the schools, BHRS, and the CBOs that have programs on school sites.<sup>58</sup> To facilitate links with BHRS, the County's 23 K-12 school districts have been divided into groups called School-Based Mental Health Collaboratives, roughly parallel to the geographic nature of the BHRS network of clinics. These Collaboratives go beyond the original focus of working with law enforcement to identify and help potentially violent students. Now they also facilitate communications among the member schools, the BHRS clinic in the area, and CBOs operating in member schools to help

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<sup>55</sup> Official from BHRS, interview by the Grand Jury.

<sup>56</sup> Officials from the San Mateo County Office of Education, interviews by the Grand Jury. The Director of Safe and Supportive Schools position was originally filled in April 2014. It has been vacant since January 2015. The position was reposted in March 2015, and the COE expects to fill it this coming July.

<sup>57</sup> Officials from the San Mateo County Office of Education, BHRS, and Youth Service Bureaus of the YMCA: interviews by the Grand Jury.

<sup>58</sup> Officials from the San Mateo County Office of Education, BHRS, SELPA, Edgewood Center, StarVista, and Youth Service Bureaus of the YMCA: interviews by the Grand Jury.

address students' more universal mental health needs.<sup>59</sup> At present, three of the planned six to nine Collaboratives are up and running.

The Director of Safe and Supportive Schools can also help pave the way for BHRS to expand its access to in-school delivery of treatment. Owing to its education perspective, the Director can help schools establish procedures so that students can receive care without disrupting class time. The position could serve as an advocate for increased funding for existing programs and schools that need more. At present, there is no authority or budget to start up new initiatives that may be identified by the Director over time.

### Combatting Stigma in the Schools

According to noted Stanford psychiatry professor Shashank Joshi, the stigma of mental illness can sometimes be worse than the illness itself.<sup>60</sup> It sets a person apart from others and is a powerful negative attribute in social relations. Stigma can come with a sense of shame for many, driving students underground, causing them to suffer in silence. Joshi explains: "Among the main reasons teens say they do not seek help is that they do not want to disclose it to anyone."<sup>61</sup>

Many experts see education and open discussion as a way to defuse stigma's power.<sup>62</sup> Tackling it can be the first step toward earlier and sometimes life-saving treatment. Once again, schools are becoming a viable place to address the problem. As a result of student suicides in Palo Alto, in neighboring Santa Clara County, Stanford mental health professionals are collaborating with Palo Alto schools to develop programs aimed at reducing stigma and preventing suicide. Among the efforts are new classroom curricula to promote social and emotional wellness.<sup>63</sup> In addition, the Palo Alto Board of Education allocated \$250,000 in April to hire two additional counselors to serve in the district's two high schools.<sup>64</sup>

Friends and fellow students are seen as much more likely to know about problems before parents or teachers. Per Joshi, "Those in severe distress may not go to an adult, but they will often tell a peer."<sup>65</sup> In San Mateo County, youth leaders at Sequoia High School survey fellow students annually to find ways to improve the health and wellness of the school community. The survey is a unique opportunity for students to speak up about the issues they feel matter most."<sup>66</sup>

For the last two years, suicide and depression have been identified as the priority issues at Sequoia High School. As a result, student leaders worked with adult partners to organize special

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<sup>59</sup> Officials from the San Mateo County Office of Education and BHRS: interviews by the Grand Jury.

<sup>60</sup> Shashank V. Joshi, MD, "Treating Pediatric Depression: A Shared Responsibility," *Stanford Medicine News*, Spring 2015. <http://stanfordmedicine.org/communitynews/2015spring/depression.html>.

<sup>61</sup> Ibid.

<sup>62</sup> Sue Baker, "Breaking the Taboo: It's Time to Talk about Mental Health," *Special to CNN*, January 3, 2015. <http://www.cnn.com/2014/10/10/opinion/breaking-the-taboo-mental-mealth/>.

<sup>63</sup> Shashank V. Joshi, MD, "Treating Pediatric Depression: A Shared Responsibility," *Stanford Medicine News*.

<sup>64</sup> NBC Bay Area News, "Student Suicides Prompt Schools to Hire More Counselors," April 2, 2015, Live Video. <http://www.nbcbayarea.com/news/local/7-Student-Suicides-This-Year-Prompt-Palo-Alto-Unified-School-District-to-Hire-More-Counselors-298382431.html>.

<sup>65</sup> Shashank V. Joshi, MD, "Treating Pediatric Depression: A Shared Responsibility," *Stanford Medicine News*.

<sup>66</sup> Sequoia Union High School District. <http://www.seq.org/?id=164>.

PE classes on how to recognize signs of suicide and depression and how to help students in need. Panels of speakers with real-life experience were brought in with the goal of reducing the stigma in hopes that those who were in need would be more able to reach out for help.<sup>67</sup>

Experts believe that students should learn early about mental health issues in the same way they learn about physical health. It helps dispel misconceptions and stigma, and it provides them with the understanding and resources they need if they or someone they know is struggling.<sup>68</sup>

“Kids know more about the stereotypes [for mental illness] than what it actually is,” says Kenya Sesay, who serves as the youth program director of NAMI’s Montgomery County, Maryland, chapter. “They don’t really know the symptoms. They don’t really know what the person goes through.”<sup>69</sup> Learning about the facts of mental health becomes a foundation for learning how to cope if the need arises.

Some educators acknowledge that more should be done in the lower grades.<sup>70</sup> One County elementary district has already begun weaving together early education and coping strategies for all its students, made possible with the help of a nonprofit foundation. The Ravenswood City School District is partnering with Southern California-based Sonima Foundation to offer mindfulness and yoga training as a regular part of its curriculum. This focus on health and wellness is considered essential to helping students perform well academically and also helps to create a supportive, trusting school climate, according to a Ravenswood principal. In addition, 700 of the 3,400 district students will participate in a four-year Stanford University study to assess the impact of the program on stress, coping skills, physical health, and social-emotional development.<sup>71</sup> The goal is to gauge and strengthen the long-term impact of this early education.

Many of the pieces addressing mental health in schools are already in place around the County. Putting it all together into a strong web of supports across all districts is the next step. With funding, coordination, and focus, such a network is within reach. If left to chance, mental health issues will follow some students well beyond their school years and out into the adult world.

## FINDINGS

- F1. National statistics show the need for mental health support for K-12 students. Statistics in *San Mateo County’s Adolescent Report 2014-15* reflect this same pattern for students in San Mateo County.
- F2. According to published studies, schools are one of the best places to address this need.

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<sup>67</sup> Ibid.

<sup>68</sup> Kirsten Fawcett, “How to Talk to Kids and Teens about Mental Illness,” *US News and World Report*, September 23, 2014. <http://health.usnews.com/health-news/health-wellness/articles/2014/09/23/how-to-talk-to-kids-and-teens-about-mental-illness>.

<sup>69</sup> Ibid.

<sup>70</sup> Officials from the San Mateo Union High School District, SELPA, and StarVista: interviews by the Grand Jury.

<sup>71</sup> Elena Kadwany, “Ravenswood School District to Integrate Mindfulness, Yoga into Regular Curriculum,” *Palo Alto Weekly*, January 22, 2015. <http://www.paloaltoonline.com/news/2015/01/22/ravenswood-school-district-to-integrate-mindfulness-yoga-into-regular-curriculum>.

- F3. Of the County’s 94,000 public school K-12 students, more than 33,000 are publicly insured general education students. BHRS can treat such students on campus upon request.
- F4. Not all County schools accommodate on-campus treatment for general education publicly insured students, even though BHRS could provide it.
- F5. Lack of transportation to off-campus appointments can be a barrier to treatment for both publicly and privately insured students.
- F6. About 60% of publicly insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.
- F7. About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.
- F8. Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.
- F9. Potential funding sources for CBO services include a school’s general budget, parent groups, local foundations, and Measure A.
- F10. In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.
- F11. Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus it is difficult to track mental health trends among local students or to measure the success of programs.
- F12. Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.

## RECOMMENDATIONS

### **The San Mateo County Grand Jury recommends that all school districts:**

- R1. Provide a broad spectrum of mental health services and support—ranging from mental health education to one-on-one counseling—to all students on campus during the school day.
- R2. Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.

### **The San Mateo County Grand Jury recommends that the County Office of Education:**

- R3. Work closely with school districts to develop mental health programs and allow for access by BHRS to treat its eligible students. The COE should assist schools in investigating all sources of funds, including Measure A.

- R4. Maintain and prioritize the position of Director of Safe and Supportive Schools. The COE should solidify its independent role as an in-school mental health service facilitator and advocate for increased funding for all students.
- R5. Work with all school districts to set up accurate record-keeping systems of all student mental health issues that surface on campus and CBOs providing services to schools, while protecting student confidentially. These statistics will provide data to measure the effectiveness of mental health services.

**The San Mateo County Grand Jury recommends that the County’s elementary and unified school districts:**

- R6. Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.

**REQUEST FOR RESPONSES**

Pursuant to Penal code section 933.05, the Grand Jury requests responses as follows:

- All San Mateo County School Districts—R1 and R2
- San Mateo County Office of Education—R3, R4, R5
- San Mateo County Elementary and Unified School Districts—R6

The governing bodies indicated above should be aware that the comment or response of the governing body must be conducted subject to the notice, agenda and open meeting requirements of the Brown Act.

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## APPENDIX

### Community-Based Organizations

Following is a list of community-based organizations providing a wide range of mental health services to County schools.<sup>72</sup> These groups are nonprofit, relying on a mix of donations, fees for services to individuals, and contracts with schools and others. Generally, they are able to operate with relatively low overhead and can tailor programs to fit the needs of their clients.

**Acknowledge Alliance** Serving K-12 schools in the County, Acknowledge Alliance offers in-school individual and group counseling. It also offers programs addressing “key social and emotional issues targeted to the needs of a particular school.”<sup>73</sup>

The *Resilience Consultation Program* places mental health professionals directly into classrooms where they work to support educators in different ways, including fostering healthy relationships and enhancing the positive social-emotional well-being of students. Counseling is provided for elementary and middle school County students at Beechwood School (private) and Selby Lane School.

The *Collaborative Counseling Program*, with its Transition Program, supports students transitioning back to high school from the County Court and Community Schools. Started five years ago, the program provides two therapists to cover all four Sequoia Union High School District schools. The Transition Program provides these students with high-level counseling services and connects them to other resources on site.

According to Susan Clark, Executive Director of Acknowledge Alliance, before the program began less than 20% of students transitioning back to high school after expulsion were staying in school and now more than 80% are staying.<sup>74</sup>

**Adolescent Counseling Services** Started in 1980, Adolescent Counseling Services (ACS) provides free counseling during school hours to adolescents at two high schools in San Mateo County—Redwood Continuation and Woodside. ACS provides mental health professionals at each school, including licensed therapists and trained, supervised clinical interns.<sup>75</sup>

Support services include one-on-one therapy with students, family and group counseling, and immediate intervention during crisis situations that may happen on campus. Areas addressed during counseling include academic stress, peer conflict, self-esteem, depression and anxiety, suicidal thoughts, grief and loss, and substance abuse.

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<sup>72</sup> This list is not meant to be comprehensive, but it provides examples of the number and type of community-based organizations operating in San Mateo County.

<sup>73</sup> Acknowledge Alliance, *The Power of Classroom Wellness*. <http://acknowledgealliance.org>.

<sup>74</sup> Margaret Lavin, “Acknowledge Alliance Transition Program Puts Teens on Right Track,” *San Jose Mercury News*, April 16, 2014.

<sup>75</sup> Adolescent Counseling Services, *On-Campus Counseling*. <http://www.acs-teens.org/what-we-do/on-campus-counseling/>.

ACS also offers the “Outlet” program for LGBTQ youth (Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning).

- **Asian American Recovery Services** Serving the north county, Asian American Recovery Services operates “Project Grow” in two middle schools (Thomas R. Pollicita and Parkway Heights). Started in 2006, the program supports students on campus during school hours.<sup>76</sup>

An on-site team provides individual and family therapy, advocacy for students and parents, and case-management services. Project Grow focuses on serving students who are experiencing grief and/or trauma-related issues such as loss of a loved one, violence, or abuse.

Students who are eligible for Project Grow are special education children who are at risk of school dropout, gang, juvenile justice, or child welfare involvement. The program is funded by BHRS through a state grant.

- **Edgewood Center for Children and Families** Edgewood has provided school-based behavioral health services in the County for over a decade. These services include mental health consultation, behavior coaching, individual and group counseling, teacher training, and classroom climate coaching.<sup>77</sup>

Edgewood currently provides the services of one full-time school counselor at Roy Cloud, a K-8 school in Redwood City. Funded by the PTO, the counselor offers individual and small-group counseling; she also arranges parent education workshops, teaches life skill lessons in the classroom, and invites students to her “lunch bunch,” which allows her to connect with all the students at the school.<sup>78</sup> An important part of the counselor’s role is to educate teachers on how to accommodate the social-emotional issues affecting kids—this type of training is not part of normal teacher education.<sup>79</sup>

- **Pyramid Alternatives** For more than 30 years, Pyramid has partnered with County school districts to provide counseling and education services in elementary, middle, and high schools. Serving the central and north county, it is headquartered in Pacifica.<sup>80</sup>

Pyramid currently serves five local school districts: Jefferson Elementary, Jefferson High School, South San Francisco, Cabrillo, and Redwood City. Pyramid treats children and adolescents for many mental health issues including anxiety, depression, and trauma.

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<sup>76</sup> Asian American Recovery Services, *San Mateo: Project Grow*. [http://www.aars.org/counties/san\\_mateo/project-grow/](http://www.aars.org/counties/san_mateo/project-grow/).

<sup>77</sup> Edgewood Center for Children and Families. San Mateo, *San Carlos Intensive Outpatient Program*. <http://www.edgewood.org/whatwedo/smiop/>.

<sup>78</sup> Roy Cloud School PTO, *Parent Guide 2014-2015*. <http://roycloudinfo.com/wp-content/uploads/2012/02/PTO-Parent-Guide-2014.pdf>.

<sup>79</sup> Representative from Edgewood Center, interview by the Grand Jury.

<sup>80</sup> Pyramid Alternatives, *School Based Services*. [http://pyramidalternatives.org/?page\\_id=48](http://pyramidalternatives.org/?page_id=48).

- **StarVista** One of the County’s largest nonprofits, StarVista provides school-based mental health services to 19 elementary, middle, and high schools, primarily at school districts in central and south county. In service for 35 years, StarVista offers assessment; crisis intervention; and individual, group, and family therapy.<sup>81</sup>

With up to 200 therapists on staff, StarVista is positioned to adapt their services quickly to fit the varying needs of each school and the County’s diverse population.<sup>82</sup> Sessions are scheduled to avoid disruption to the child’s classes. With one clinician full-time at a school, he or she is able to interact with students throughout the school, in an individual session as well as on the playground. StarVista has found that, when young students interact regularly with a clinician, mental health begins to lose some of its stigma, particularly when the interaction happens in the earlier grades.<sup>83</sup>

- **Youth Service Bureau, YMCA of San Francisco Urban Services** The Youth Service Bureau (YSB) specializes in counseling for youth and families, prevention programs for at-risk youth, and safe school environments. YSB counselors are located on over 40 K-12 campuses in northern SMC, assisting school staff in identifying, assessing, and providing therapeutic individual and group-based counseling.<sup>84</sup>

YSB created *The School Safety Advocates High School Program* in response to the 1999 Columbine tragedy. School Safety Advocates are clinicians assigned full-time to work with school staff and students on campus. They intervene in crises, conduct safety and mental health assessments, and make referrals for services.

Advocates stop fights, mediate conflicts, and work to prevent bullying, self-harm, and attempted suicide. They also help adolescents navigate social media, encouraging concerned students to help them identify those at risk if signs surface on social media or elsewhere.<sup>85</sup> In 2007 the program expanded operations to eight middle schools from Daly City to Foster City.

*Alternatives to Suspension Program*, run by the YSB at seven high schools in SMC, is a one-day program available to students who have committed minor offenses to avoid suspension. Typical reasons for a student to be referred to the program include cutting school, smoking or drugs, fighting, sexual harassment, theft, verbal disrespect, and bullying. The structured curriculum makes the day’s sessions interactive. The program has resulted in a 27% reduction in suspensions.

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<sup>81</sup> StarVista, *School Based Services*. [http://www.star-vista.org/whatwedo\\_services/earlyintervention/youth/school\\_based\\_services.html](http://www.star-vista.org/whatwedo_services/earlyintervention/youth/school_based_services.html).

<sup>82</sup> Representative from StarVista, interview by the Grand Jury.

<sup>83</sup> Ibid.

<sup>84</sup> YMCA of San Francisco Urban Services. *What We Offer—Youth Service Bureaus (YSBs)*.

[http://www.ymcasf.org/urban/what\\_we\\_offer/for\\_kids/youth\\_service\\_bureaus\\_ysbs#contentTab\\_1196-tab](http://www.ymcasf.org/urban/what_we_offer/for_kids/youth_service_bureaus_ysbs#contentTab_1196-tab).

<sup>85</sup> Representative from Youth Service Bureaus of the YMCA, interview by the Grand Jury.

Students have given the program high marks. A majority of participants themselves reported that, since attending the program, their GPA has improved, they are getting into less trouble, and they can communicate their thoughts and feelings more clearly.<sup>86</sup>

Issued: June 22, 2015

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<sup>86</sup> San Mateo Union High School District, *Alternative to Suspension Outcome Results 2013-2014*, Youth Service Bureaus of the YMCA. PowerPoint. <http://slideplayer.com/slide/3619519/#>.





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DR. AUDRA PITTMAN

August 11, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o John C. Fitton  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The Bayshore Elementary School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

The Bayshore Elementary School District does **not** have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

The Bayshore Elementary School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County

*Imagine...Believe...Achieve*

*Mr. Tom Guajardo, Principal  
Bayshore Elementary School*

*Dr. Sergio Nesterov, Principal  
Robertson Intermediate School*

accommodate on-campus treatment for general education publically insured students. In the Bayshore Elementary School District, we provide on-campus treatment for general education students through the provision of the following services: individual, group, and family counseling by mental health counselors from the Bayshore Family Resource Center. Our school psychologist also provides individual counseling on an as needed basis to all students. These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

The Bayshore Elementary School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. The Bayshore Elementary School District does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. The Bayshore Elementary School District disagrees with the finding that therapists paid by private insurance do not provide services on campus. Therapists paid by private insurance are granted access to our students if requested by the parent.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

The Bayshore Elementary School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In the Bayshore Elementary School District, we contract with BHRS, Edgewood, and the Bayshore Family Resource Center for individual counseling, family/parent counseling, and coordinated services with school staff for the following services: individual, group, and family services.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. The Bayshore Elementary School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part The Bayshore Elementary School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. The Bayshore Elementary School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

### **RECOMMENDATIONS** [All School Districts]

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

The Bayshore Elementary School District considers the mental health of its students to be critically important. For that reason, the Bayshore Elementary School District currently provides a full milieu of mental health services, such as: we provide on-campus treatment for general education students through the provision of the following services: individual, group, and family counseling by mental health counselors from the Bayshore Family Resource Center. Our school psychologist also provides individual counseling on an as needed basis to all students. The Bayshore Elementary School District also contracts with BHRS, Edgewood, and the Bayshore Family Resource Center for individual counseling, family/parent counseling, and coordinated services with school staff for the following services: individual, group, and family services.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

The Bayshore Elementary School District complies with this recommendation as it currently provides full access to BHRS to treat publicly insured general education students.]

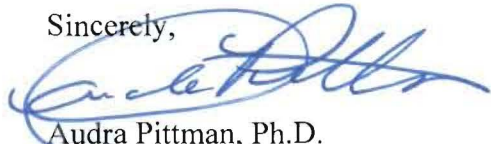
6. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

The Bayshore Elementary School District considers the mental health of its students to be critically important. For that reason, the Bayshore Elementary School District currently provides a full milieu of mental health services, such as: we provide on-campus treatment for general education students through the provision of the following services: individual, group, and family counseling by mental health counselors from the Bayshore Family Resource Center. Our school psychologist also provides individual counseling on an as needed basis to all students. The Bayshore Elementary School District also contracts with BHRS, Edgewood, and the Bayshore Family Resource Center for individual counseling, family/parent counseling, and coordinated services with school staff for the following services: individual, group, and family services.

Both the Grand Jury Report and the responses of the Bayshore Elementary School District were presented to the Bayshore Elementary School District Board of Trustees on August 11, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,



Audra Pittman, Ph.D.

Superintendent

Bayshore Elementary School District



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**SANDPIPER SCHOOL**  
Tamara Moore, Principal  
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Belmont-Redwood Shores  
School District  
2960 Hallmark Drive  
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<http://www.brssd.org>

August 21, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The Belmont-Redwood Shores School District (BRSSD) has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

BRSSD does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

BRSSD is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In BRSSD, we provide on-campus treatment for general education students through the provision of the following services:

- A Social-Emotional Learning program, *Second Step*, which we adopted in the spring of 2015 for all schools beginning in the 2015-16 school year.
- 1.2 health educators for our school district to support comprehensive health efforts
- StarVista counselors
- BRSSD counselors

These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

BRSSD does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. BRSSD does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. BRSSD agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-one-one counseling on some K-12 campuses. These services are open to any student who needs them.*

BRSSD is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In BRSSD, we contract with StarVista to provide counseling services at our elementary schools. We have two district counselors providing counseling at our middle school.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. BRSSD understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. BRSSD does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. BRSSD does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

**RECOMMENDATIONS** [All School Districts]

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

BRSSD considers the mental health of its students to be critically important. For that reason, BRSSD currently provides a full range of mental health services, such as:

- A common social-emotional learning program (*Second Step*) for all schools in our district, beginning in kindergarten
- Counseling at all schools, including both 1:1 counseling and groups
- Several district staff members trained as mental health first aid responders
- Training for our principals regarding mental health risk assessments and crisis intervention
- A district mental health risk assessment team

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

BRSSD will explore and implement this recommendation if students and their parents request the services of BHRS on the school campus.

Recommendations 3-5 not applicable.

[Elementary Schools and Unified School Districts]

6. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

As mentioned in response to recommendation #1, BRSSD considers the mental health of its students to be critically important. For that reason, BRSSD currently provides a full range of mental health services, such as:

- A common social-emotional learning program (*Second Step*) for all schools in our district, beginning in kindergarten
- Counseling at all schools, including both 1:1 counseling and groups
- Several district staff members trained as mental health first aid responders
- Training for our principals regarding mental health risk assessments and crisis intervention
- A district mental health risk assessment team

Both the Grand Jury Report and the responses of the BRSSD were presented to the Belmont-Redwood Shores Board of Trustees at a regularly scheduled board meeting on August 20, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,



Michael Milliken, Ph.D.  
Superintendent



**Board of Trustees**

Dawn Cutler  
Bob Dettmer  
Roxana Hui  
Karen Lentz  
Leo Tingin

**Superintendent**

Toni Presta

September 16, 2015

Honorable Susan I. Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Re: Response to Grand Jury Report: "Student Mental Health: Are Schools Doing Enough?"

Dear Judge Etezadi,

The Brisbane School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

**1. National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.**

Agree.

**2. According to published studies, schools are one of the best places to address this need.**

Agree.

**3. Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.**

The Brisbane School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.



**4. Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.**

The Brisbane School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students.

The Brisbane School District provides on-campus treatment for general education students by contracting with Pyramid Alternatives and Youth Service Bureau. These mental health services are provided for all general education students regardless of whether a general education student is publically insured.

**5. Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.**

Agree.

**6. About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.**

The Brisbane School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

**7. About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.**

Agree in part. The Brisbane School District does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. The Brisbane School District agrees with the finding that therapists paid by private insurance do not provide services on campus.

**8. Nonprofit CBOs currently provide student programs for mental health support and one-one-one counseling on some K-12 campuses. These services are open to any student who needs them.**

The Brisbane School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses.

In the Brisbane School District, we contract with BHRS, Edgewood, Pyramid Alternatives, and Youth Service Bureau for individual counseling, group counseling, family /parent services.

**9. Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.**

Agree.

**10. In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.**

Agree. The Brisbane School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

**11. Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.**

Agree in part. Brisbane School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. The Brisbane School District agrees that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

**12. Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.**

Agree.

### **RECOMMENDATIONS** [All School Districts]

**1. Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.**

The Brisbane School District considers the mental health of its students to be critically important. For that reason, we currently provide a full milieu of mental health services, such as:

- Individual and group counseling provided by contractors (Pyramid Alternatives and Youth Service Bureau)

- Individual and family counseling provided by contractors BHRS and Edgewood
- Consultation services and counseling provided by the district's school psychologist

**2. Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.**

The Brisbane School District will explore and implement this recommendation if students and their parents request the services of BHRS on the school campus.

**6. Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.**

The Brisbane School District currently provides full milieu of mental health services, as referenced in our response to Recommendation #1.

Both the Grand Jury Report and district responses were presented to and approved by the Board of Trustees of the Brisbane School District at the September 16, 2015 board meeting.

If you require additional information, please do not hesitate to contact me at (415) 467-0550.

Sincerely,



Toni Presta  
Superintendent

CC: Brisbane Board of Trustees - clerk  
[grandjury@sanmateocourt.org](mailto:grandjury@sanmateocourt.org) (via email)



**Burlingame  
School District**  
Leaders. Thinkers. Creators.

September 8, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

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Superintendent  
  
Dennis Hills  
Assistant Superintendent,  
Administrative Services  
  
Gaby Hellier  
Assistant Superintendent,  
Business Services/CBO

Dear Judge Etezadi,

The Burlingame School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

Burlingame School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

1825 Trousdale Drive  
Burlingame, Ca 94010  
(650) 259-3800

<http://www.bsd.k12.ca.us>

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

Burlingame School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In Burlingame School District, we provide on-campus treatment for general education students through the provision of the following services: Social Emotional Learning curriculum, Second Step for grades TK-8, Middle School Counselor, Elementary School Counselor, Mental Health Support Counselor, Psychologists, Behaviorist, and a Nurse. These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

Burlingame School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part, Burlingame School District does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. Burlingame School District agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-one-one counseling on some K-12 campuses. These services are open to any student who needs them.*

Burlingame School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In Burlingame School District, we currently do not contract with any outside services. Burlingame School District provides the following services: Social Emotional Learning curriculum, Second Step for grades TK-8, Middle School Counselor, Elementary School Counselor, Mental Health Support Counselor, Psychologists, Behaviorist, and a Nurse.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. Burlingame School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. Burlingame School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. Burlingame School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

## **RECOMMENDATIONS**

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

Burlingame School District considers the mental health of its students to be critically important. For that reason, Burlingame School District currently provides a full milieu of mental health services, such as: Social Emotional Learning curriculum, Second Step for grades TK-8, Middle School Counselor, Elementary School Counselor, Mental Health Support Counselor, Psychologists, Behaviorist, and a Nurse.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

Burlingame School District will explore and implement this recommendation if students and their parents request the services of BHRS on the school campus.

3. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

Burlingame School District currently provides full milieu of mental health services, such as: Social Emotional Learning curriculum, Second Step for grades TK-8, Middle School Counselor, Elementary School Counselor, Mental Health Support Counselor, Psychologists, Behaviorist, and a Nurse.

Both the Grand Jury Report and the responses of the Burlingame School District were presented to the Burlingame School District Board of Trustees on September 8, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,

A handwritten signature in blue ink that reads "Maggie MacIsaac". The signature is written in a cursive, flowing style.

Maggie MacIsaac, Ed.D.  
Superintendent  
Burlingame School District



# CABRILLO UNIFIED SCHOOL DISTRICT

498 Kelly Ave, Half Moon Bay, CA 94019 • 650 712-7100 • Fax 650 726-0279 • www.cabrillo.k12.ca.us

SUPERINTENDENT  
Jane Yuster

GOVERNING BOARD  
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Kirk Riemer

September 11, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Grand Jury Foreperson  
Court Executive Office  
Hall of Justice 400 County Center  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The Cabrillo Unified School District has received and reviewed the 2014-2015 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

## FINDINGS

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-2015 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

Cabrillo Unified School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.



4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

Cabrillo Unified School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. Within Cabrillo Unified School District, we provide on-campus treatment for general education students through the provision of the following services: Short-term school-based counseling through School Linked Services, short-term social groups through School Linked Services, outreach to families who we know are in crisis (death in family, violence in home setting, socioeconomic stress), Crisis Prevention and Intervention (CPI) trained personnel, Coastside Mental Health services, Star Vista for general counseling, Star Vista's "Lucky Kids Club." Our service providers visit our various sites once a week and meet individually with students and administer services with different focuses, e.g., El Centro Boys Group works with boys with a focus on drug and alcohol abuse prevention; Empowering Young Women Group works with girls to provide support and a focus on education and valuing their place in society; Coyote Society: Pilarcitos students, in collaboration with the San Mateo County Sheriff's dept. works with general education students (primarily boys) to discuss issues from drug/alcohol abuse, to education, to peer pressure, to depression, etc., Cabrillo Unified also makes referrals to and collaborates with San Mateo County Mental Health to provide services such as small group counseling, individual counseling, and conflict resolution counseling. In addition, Cabrillo collaborates with San Mateo County Mental Health in instituting "Challenge Day" -- a day of activities and thoughtful reflection with the purpose of improving the school climate, resilience in students, and connecting with one another. Other services that are provided by Cabrillo Unified are guidance lessons on topics such as bullying prevention, collaboration with Boys & Girls Club, which meets regularly to discuss specific students' mental health needs, Student Success Team Meetings and Follow-up, and 504 Team Meetings and Follow-up. Cabrillo Unified would like to note that these mental health services are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

Cabrillo Unified School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. Cabrillo Unified School District does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. Cabrillo Unified School District agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

Cabrillo Unified School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. For example, Cabrillo Unified School District contracts with various CBOs such as Star Vista, Edgewood Center, School Linked Services, Coastside Mental Health Services, El Centro Boys Group, Empowering Young Women Group, Coyote Society, and County Mental Health Services to provide the following services: short-term school-based counseling through School Linked Services, short-term social groups through School Linked Services, Coastside Mental Health services, Star Vista for general counseling, Star Vista's "Lucky Kids Club." The CBOs with Cabrillo contracts with come to Cabrillo's school sites once a week and meet individually with students. As mentioned above, Edgewood Center provides individual counseling to students, El Centro Boys Group: focuses on drug and alcohol abuse prevention, Empowering Young Women Group: works with girls to provide support and a focus on education and valuing their place in society, Coyote Society: Pilarcitos students, with SMC Sheriff's dept., work with general education students (primarily boys) to discuss issues from drug/alcohol abuse, to education, to peer pressure, to depression, etc.. Cabrillo also makes referrals to and collaborates with San Mateo County Mental Health to provide numerous services including small group counseling and individual counseling for all of our students.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. Cabrillo Unified School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. Cabrillo Unified School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. Cabrillo Unified School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

## RECOMMENDATIONS

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

Cabrillo Unified School District considers the mental health of its students to be critically important. For that reason, Cabrillo Unified School District currently provides a full milieu of mental health services, such as: Short-term school-based counseling through School Linked Services, short-term social groups through School Linked Services, outreach to families who we know are in crisis (death in family, violence in home setting, socioeconomic stress), Crisis Prevention and Intervention (CPI) trained personnel, Coastside Mental Health services, Star Vista for general counseling, Star Vista's "Lucky Kids Club." Our partners in providing these services come to sites once a week and meet individually with students, El Centro Boys Group: focuses on drug and alcohol abuse prevention, Empowering Young Women Group: works with girls to provide support and a focus on education and valuing their place in society, Coyote Society: Pilarcitos students, with SMC Sheriff's dept., work with general education students (mostly boys) to discuss issues from drug/alcohol abuse, to education, to peer pressure, to depression, etc., Referrals to and collaboration with County Mental Health, Small Group Counseling, Individual Counseling, Conflict Resolution Counseling, Challenge Day: a day of activities and thoughtful reflection with the purpose of improving the school climate, resilience in students, and connecting with one another, Guidance Lessons on topics such as bullying prevention, Collaboration with Boys & Girls Club: meet regularly to discuss specific students' mental health needs, Student Success Team Meetings and Follow-up, and 504 Team Meetings and Follow-up. These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

Cabrillo Unified School District complies with this recommendation as it currently provides full access to BHRS to treat publicly insured general education students.

6. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

As mentioned above, Cabrillo Unified School District currently provides full milieu of mental health services, such as: Short-term school-based counseling through School Linked Services, short-term social groups through School Linked Services, outreach to families who we know are in crisis (death in family, violence in home setting, socioeconomic stress), Crisis Prevention and Intervention (CPI) trained personnel, Coastside Mental Health services, Star Vista for general counseling, Star Vista's "Lucky Kids Club." Our service providers come to our school sites once a week and meet individually with students, El Centro Boys Group: focuses on drug and alcohol abuse prevention, Empowering Young Women Group: works with girls to provide support and a focus on education and valuing their place in society, Coyote Society: Pilarcitos students, with SMC Sheriff's dept., work with general education students (primarily boys) to discuss issues from drug/alcohol abuse, to education, to peer pressure, to depression, etc., Referrals to and collaboration with County Mental Health, Small Group Counseling, Individual Counseling, Conflict Resolution Counseling, Challenge Day: a day of activities and thoughtful reflection with the purpose of improving the school climate, resilience in students, and connecting with one another, Guidance Lessons on topics such as bullying prevention, Collaboration with Boys & Girls Club: meet regularly to discuss specific students' mental health needs, Student Success Team Meetings and Follow-up, and 504 Team

Meetings and Follow-up. Also as mentioned above, these mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

Both the Grand Jury Report and the responses of the Cabrillo Unified School District were presented to the Cabrillo Unified School District Board of Trustees on September 10, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,



Jane Yuster  
Superintendent,  
Cabrillo Unified School District

300 El Cerrito Avenue • Hillsborough, CA 94010

BOARD OF EDUCATION

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SUPERINTENDENT  
ANTHONY H. RANJII

August 19, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The Hillsborough City School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and submit the following Board approved response taken up at the public meeting of the Hillsborough City School District Board of Education Meeting held on August 19, 2015.

**FINDINGS**

1. ***National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.***

Agree.

2. ***According to published studies, schools are one of the best places to address this need.***

Agree.

3. ***Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.***

The Hillsborough City School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether Behavioral Health and Recovery Services (BHRS) can treat such students on campus upon request.

**4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.***

The Hillsborough City School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students.

In the Hillsborough City School District we provide on-campus treatment for general education students through the provision of the following services: general counseling services provided by counselors who work full time at each of our campuses; small group skills classes provided by our school counselors; individual counseling services provided by our school counselors; whole class lessons provided by both counselors and classroom teachers; whole school lessons, assemblies, and programs provided by counselors, teachers, parent volunteers, and outside providers; parent support and counseling by our school counselors; individual services for students through a student success team, 504, or behavioral support plan; and consultation with school psychologists.

We also contract with Behavioral Health and Recovery Services (BHRS). Services may include individual counseling, counseling and guidance, parent counseling, wrap around services, social work services, and psychological services.

The Hillsborough City School District provides full access to BHRS to treat publicly insured general education students on our campuses if the students and their parents so desire. These mental health services are provided for all general education students who need them regardless of whether a general education student is publically insured.

**5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.***

Agree.

**6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.***

The Hillsborough City School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a Behavioral Health and Recovery Services (BHRS) clinic to access treatment.

**7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.***

Agree in part. The Hillsborough City School District does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. The Hillsborough City School District agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. ***Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.***

The Hillsborough City School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In the Hillsborough City School District we contract with Behavioral Health and Recovery Services (BHRS). Services may include individual counseling, counseling and guidance, parent counseling, wrap around services, social work services, and psychological services.

9. ***Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.***

Agree.

10. ***In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.***

Agree. The Hillsborough City School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. ***Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.***

Agree in part. The Hillsborough City School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. The Hillsborough City School District does agree that for a multitude of reasons it is difficult to track mental health trends among local students or to measure the success of programs.

12. ***Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.***

Agree.

**RECOMMENDATIONS**

- 1. Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.***

The Hillsborough City School District considers the mental health of its students to be critically important. For that reason, the Hillsborough City School District currently provides a full milieu of mental health services.

The Hillsborough City School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students.

In the Hillsborough City School District we provide on-campus treatment for general education students through the provision of the following services: general counseling services provided by counselors who work full time at each of our campuses; small group skills classes provided by our school counselors; individual counseling services provided by our school counselors; whole class lessons provided by both counselors and classroom teachers; whole school lessons, assemblies, and programs provided by counselors, teachers, parent volunteers, and outside providers; parent support and counseling by our school counselors; individual services for students through a student success team, 504, or behavioral support plan; and consultation with school psychologists.

We also contract with Behavioral Health and Recovery Services (BHRS). Services may include individual counseling, counseling and guidance, parent counseling, wrap around services, social work services, and psychological services.

The Hillsborough City School District provides full access to BHRS to treat publicly insured general education students on our campuses if the students and their parents so desire. These mental health services are provided for all general education students who need them regardless of whether a general education student is publically insured.

- 2. Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.***

The Hillsborough City School District complies with this recommendation as it currently provides full access to Behavioral Health and Recovery Services (BHRS) to treat publicly insured general education students on our campuses if the students and their parents so desire.



- 3. Work closely with school districts to develop mental health programs and allow for access by BHRS to treat its eligible students. The COE should assist schools in investigating all sources of funds, including Measure A.***

Note: Only the San Mateo County Office of Education was asked to respond to this recommendation.

- 4. Maintain and prioritize the position of Director of Safe and Supportive Schools. The COE should solidify its independent role as an in-school mental health service facilitator and advocate for increased funding for all students.***

Note: Only the San Mateo County Office of Education was asked to respond to this recommendation.

- 5. Work with all school districts to set up accurate record-keeping systems of all student mental health issues that surface on campus and CBOs providing services to schools, while protecting student confidentiality. These statistics will provide data to measure the effectiveness of mental health services.***

Note: Only the San Mateo County Office of Education was asked to respond to this recommendation.

- 6. Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.***

The Hillsborough City School District considers the mental health of its students to be critically important. For that reason, the Hillsborough City School District currently provides a full milieu of mental health services for students at the K-8 level.

The Hillsborough City School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students.

In the Hillsborough City School District we provide on-campus treatment for general education students through the provision of the following services: general counseling services provided by counselors who work full time at each of our campuses; small group skills classes provided by our school counselors; individual counseling services provided by our school counselors; whole class lessons provided by both counselors and classroom teachers; whole school lessons, assemblies, and programs provided by counselors, teachers, parent volunteers, and outside providers; parent support and counseling by our school counselors; individual services for students through a student success team, 504, or behavioral support plan; and consultation with school psychologists.

We also contract with Behavioral Health and Recovery Services (BHRS). Services may include individual counseling, counseling and guidance, parent counseling, wrap around services, social work services, and psychological services.

The Hillsborough City School District provides full access to BHRS to treat publicly insured general education students on our campuses if the students and their parents so desire. These mental health services are provided for all general education students who need them regardless of whether a general education student is publically insured.

Both the Grand Jury Report and the responses of the Hillsborough City School District were presented to the Hillsborough City School District Board of Trustees on August 19, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,

A handwritten signature in black ink, appearing to be 'AR', with a long horizontal line extending to the right.

Anthony Ranii  
Superintendent, Hillsborough City School District



# Jefferson Elementary School District

*Martin Luther King Jr. Education Center  
101 Lincoln Avenue, Daly City, CA 94015  
(650) 991-1000 Fax (650) 992-2265  
[www.jsd.k12.ca.us](http://www.jsd.k12.ca.us)*

## *Governing Board*

*Shakeel Ali*

*Marie Brizuela*

*Rebecca Douglass, PhD*

*Manufou Liaiga-Anoa'i*

*Superintendent  
Bernardo Vidales*

August 26, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
Hall of Justice  
400 County Center, 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The Jefferson Elementary School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

## **FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

Jefferson Elementary School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

Jefferson Elementary School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In Jefferson Elementary School District, we provide on-campus treatment for general education students through the provision of the following services: we have school psychologists and school counselors who provide counseling services to all students. We also contract with Youth Services Bureau -YMCA, Pyramid Alternatives, Daly City Partnership, Edgewood Center for Children & Families, for the following services: crisis counseling, one-on-one counseling, group counseling, family counseling, behavioral coaching are being provided for both general education students and special education students.

These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

Jefferson Elementary School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. Jefferson Elementary School District does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. Jefferson Elementary School District agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

Jefferson Elementary School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In Jefferson Elementary School District, we contract with Youth Services Bureau -YMCA, Pyramid Alternatives, Daly City Partnership, Edgewood Center for Children & Families, for the following services: crisis counseling, one-on-one counseling, group counseling, family counseling, behavioral coaching are being provided for both general education students and special education students.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. Jefferson Elementary School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. Jefferson Elementary School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. Jefferson Elementary School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

### **RECOMMENDATIONS** [All School Districts]

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

Jefferson Elementary School District considers the mental health of its students to be critically important. For that reason, Jefferson Elementary School District currently provides a full milieu of mental health services, such as: crisis counseling, one-on-one counseling, group counseling, family counseling, behavioral coaching are being provided for both general education students and special education students. These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

Jefferson Elementary School District will explore and implement this recommendation if students and their parents request the services of BHRS on the school campus.

[The County Office of Education only]

3. *Work closely with school districts to develop mental health programs and allow for access by BHRS to treat its eligible students. The COE should assist schools in investigating all sources of funds, including Measure A.*

Not Applicable

4. *Maintain and prioritize the position of Director of Safe and Supportive Schools. The COE should solidify its independent role as an in-school mental health service facilitator and advocate for increased funding for all students.*

Not Applicable

5. *Work with all school districts to set up accurate record-keeping systems of all student mental health issues that surface on campus and CBOs providing services to schools, while protecting student confidentiality. These statistics will provide data to measure the effectiveness of mental health services.*

Not Applicable

*[Elementary Schools and Unified School Districts]*

6. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

Jefferson Elementary School District currently provides full milieu of mental health services, such as: we have school psychologists and school counselors who provide counseling services to all students. We also contract with Youth Services Bureau -YMCA, Pyramid Alternatives, Daly City Partnership, Edgewood Center for Children & Families, for the following services: crisis counseling, one-on-one counseling, group counseling, family counseling, behavioral coaching are being provided for both general education students and special education students.

These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

Both the Grand Jury Report and the responses of the Jefferson Elementary School District were presented and approved by the Jefferson Elementary School District Board of Trustees on August 26, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,



Bernardo Vidales  
Superintendent, Jefferson Elementary School District



# Jefferson Union High School District

ADMINISTRATIVE OFFICES – SERRAMONTE DEL REY  
699 Serramonte Boulevard, Suite 100  
Daly City, California 94015-4132  
(650) 550-7900 • FAX (650) 550-7888

## Board of Trustees

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Superintendent

September 15, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o John C. Fitton  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The Jefferson Union High School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

## FINDINGS

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

The Jefferson Union High School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

The Jefferson Union High School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In the Jefferson Union High School District, Wellness Counselors at all of the high schools are in place for all students who need counseling or for a possible referral to counseling. These counselors do individual, group, and/or family academic, social, and emotional counseling. Students also access mental health services provided by the Daly City Youth Health Center. These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

The Jefferson Union High School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. The Jefferson Union High School District does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. The Jefferson Union High School District agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

The Jefferson Union High School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their camp the Jefferson Union High School District uses. In the district we contract BHRS and employ our own Wellness Counselors for the following services: These counselors do individual, group, and/or family academic, social, and emotional counseling.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*



Agree.

*10. In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. The Jefferson Union High School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

*11. Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. The Jefferson Union High School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. The Jefferson Union High School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

*12. Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

### **RECOMMENDATIONS**

*1. Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

The Jefferson Union High School District considers the mental health of its students to be critically important. For that reason, the Jefferson Union High School District currently provides a full milieu of mental health services, such as: a full time wellness counselor assigned to each school, Daly City Youth Health Center services available to every student, and BHRS service for our special education students.

*2. Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

The Jefferson Union High School District will explore and implement this recommendation if students and their parents request the services of BHRS on the school campus.

Both the Grand Jury Report and the responses of the Jefferson Union High School District were presented to and approved by the Jefferson Union High School District Board of Trustees during a public meeting on September 15, 2015

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,



Thomas Minshew  
Superintendent  
Jefferson Union High School District



**LA HONDA-PESCADERO UNIFIED SCHOOL DISTRICT**

**PO Box 189 • 360 Butano Cut Off, Pescadero, CA 94060**

**650-879-0286 • FAX 650-879-0816**

**Amy Wooliever, Superintendent**

July 2, 2015

Honorable Susan I. Etezadi  
Judge of the Superior Court  
Hall of Justice  
400 County Center, 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The La Honda-Pescadero Unified School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

1. National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.

Agree.

2. According to published studies, schools are one of the best places to address this need.

Agree.

3. Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.

LHPUSD does not have sufficient knowledge or information to agree with or deny this finding.

4. Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.

**Board of Trustees**

**Andy Wilson, Bob McCahon, Humberto Perez, Peter Bohacek, Connie Sarabia**

LHPUSD is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In LHPUSD, we provide on-campus space for services provided to the general education students through Puente de la Costa Sur Mental Health Services, Project SUCCESS and BHRS.

These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.

Agree.

6. About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.

LHPUSD does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.

Agree in part. LHPUSD does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. LHPUSD agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.

LHPUSD is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses.

9. Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.

Agree.

10. In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.

**Board of Trustees**

**Andy Wilson, Bob McCahon, Humberto Perez, Peter Bohacek, Connie Sarabia**

Agree.

11. Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.

Agree in part. LHPUSD does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. LHPUSD does agree that it is difficult to track mental health trends among local students or to measure the success of programs.

12. Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.

Agree.

#### RECOMMENDATIONS [All School Districts]

1. Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.

LHPUSD considers the mental health of its students to be critically important. For that reason, LHPUSD currently partners with Puente de la Costa Sur to provide for the following services:

- One-on-one counseling
- Group counseling
- AOD prevention counseling
- Mental Health education groups including relationship education, self-esteem

2. Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.

District complies with this recommendation as it currently provides full access to San Mateo County staff to treat publicly insured general education students.

The County Office of Education only

3. Work closely with school districts to develop mental health programs and allow for access by BHRS to treat its eligible students. The COE should assist schools in investigating all sources of funds, including Measure A.

4. Maintain and prioritize the position of Director of Safe and Supportive Schools. The COE should solidify its independent role as an in-school mental health service facilitator and advocate for increased funding for all students.

5. Work with all school districts to set up accurate record-keeping systems of all student mental health issues that surface on campus and CBOs providing services to schools, while protecting student confidentiality. These statistics will provide data to measure the effectiveness of mental health services.

[Elementary Schools and Unified School Districts]

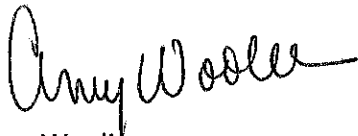
6. Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.

LHPUSD currently provides mental health services to K-8 students through the CBO Puente de la Costa Sur. CARE Teams are in place at each elementary school to provide a forum for teachers to discuss academic, social and emotional concerns regarding children.

Both the Grand Jury Report and the responses of the LHPUSD were presented to the District Board of Trustees on August 13, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,

A handwritten signature in black ink that reads "Amy Wooliever". The signature is written in a cursive style with a long, sweeping underline.

Amy Wooliever

Superintendent, La Honda-Pescadero USD



**District Office**  
1011 Altschul Avenue  
Menlo Park, CA 94025  
(650) 854-2880

**Las Lomas School**  
299 Alameda de las Pulgas  
Atherton, CA 94027  
(650) 854-5900

**La Entrada School**  
2200 Sharon Road  
Menlo Park, CA 94025  
(650) 854-3962

August 12, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The Las Lomas Elementary School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. Las Lomas Elementary School District is comprised of two schools – one elementary and one middle – serving more than 1,300 students. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

The Las Lomas Elementary School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

The Las Lomas Elementary School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In the Las Lomas Elementary School District, we provide on-campus treatment for general education students. We provide services through Adolescent Counseling Services and we employ three school counselors, one behavior specialist, and two part-time school nurses/wellness coordinators to serve both of our schools. In addition, we have programs and committees in place to support the emotional/social well-being of students. These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

The Las Lomas Elementary School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. The Las Lomas Elementary School District does not have sufficient knowledge to agree with or deny this finding with respect to the number of students who are privately insured. The Las Lomas Elementary School District agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

The Las Lomas Elementary School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In the Las Lomas Elementary School District, we contract with Adolescent Counseling Services to provide mental health services for both general education students and special education students.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. The Las Lomas Elementary School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. The Las Lomas Elementary School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. The Las Lomas Elementary School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.



12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

**RECOMMENDATIONS**

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

The Las Lomas Elementary School District considers the mental health of its students to be critically important. For that reason, the Las Lomas Elementary School District currently provides a full milieu of mental health services. We provide services through Adolescent Counseling Services and we employ three school counselors, one behavior specialist, and two part-time nurses/wellness coordinators to serve both school sites. In addition, we have a variety of programs and committees to support the emotional and social well-being of students in our district.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

Las Lomas Elementary School District will explore this recommendation if students and their parents request the services of BHRS on the school campus.

3. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

See response to #1.

Both the Grand Jury Report and the responses of the Las Lomas Elementary School District were presented to the District Board of Trustees on Wednesday, August 12, 2015 for approval.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,



Lisa Cesario  
Superintendent  
Las Lomas Elementary School District



District Office  
181 Encinal Avenue  
Atherton, California 94027  
650-321-7140  
FAX: 650-321-7184  
www.mpcsd.org

Board of Education  
Jeff Child  
Maria Hilton  
Stacey Jones  
Joan Lambert  
Terry Thygesen

Every child achieves academic excellence.  
Every child becomes emotionally and physically stronger.  
Every child discovers and grows their talents.

Maurice Ghysels, Ed.D.,  
Superintendent

September 1, 2015

Erik Burmeister,  
Assistant Superintendent

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Ahmad Sheikholeslami,  
Chief Business and  
Operations Officer

Jill Frederiksen  
Director, Fiscal Services

Dear Judge Etezadi,

Al Hart,  
Director, Technology

The Menlo Park City School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

Jennifer Kollmann,  
Director, Curriculum and  
Instruction

Ginny Maiwald,  
Director, Student Services

Joan O'Neill,  
Manager, Human  
Resources

**FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

**Agree.**

2. *According to published studies, schools are one of the best places to address this need.*

**Agree.**

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

**Menlo Park City School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.**

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

*We are a community working together to inspire high academic achievement among all students, serve their needs, challenge their minds, and enrich their lives, laying a foundation for success and participation in our democratic society and as citizens of the world.*

**Menlo Park City School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students.**

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

**Agree.**

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

**Menlo Park City School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.**

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

**Agree in part. Menlo Park City School District does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. Menlo Park City School District agrees with the finding that therapists paid by private insurance do not provide services on campus.**

8. *Nonprofit CBOs currently provide student programs for mental health support and one-one-one counseling on some K-12 campuses. These services are open to any student who needs them.*

**Menlo Park City School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses.**

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

**Agree.**

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

**Agree. Menlo Park City School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.**

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the*

*County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

**Agree in part. Menlo Park City School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. Menlo Park City School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.**

*12. Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

**Agree.**

### **RECOMMENDATIONS**

*1. Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

**Menlo Park City School District considers the mental health of its students to be critically important. For that reason, Menlo Park City School District currently provides a full milieu of mental health services, such as: individual, and group counseling, positive school behavior programs and systems, psychological counseling, cognitive behavior therapy, as well the support of a Wellness Coordinator. We team with Sequoia Healthcare, Beacon, Children's Health Council and Rebekah Children's Center to provide comprehensive mental health services to all students.**

*2. Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

**Menlo Park City School District complies with this recommendation as it currently provides full access to BHRS to treat publicly insured general education students.**

*[The County Office of Education only]*

*3. Work closely with school districts to develop mental health programs and allow for access by BHRS to treat its eligible students. The COE should assist schools in investigating all sources of funds, including Measure A.*

*4. Maintain and prioritize the position of Director of Safe and Supportive Schools. The COE should solidify its independent role as an in-school mental health service facilitator and advocate for increased funding for all students.*

*5. Work with all school districts to set up accurate record-keeping systems of all student mental health issues that surface on campus and CBOs providing services to schools, while protecting student confidentiality. These statistics will provide data to measure the effectiveness of mental health services.*

*[Elementary Schools and Unified School Districts]*

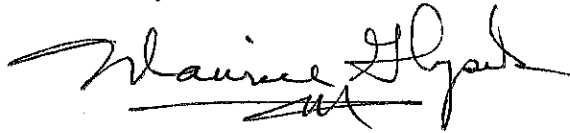
6. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

**Menlo Park City School District considers the mental health of its students to be critically important. For that reason, Menlo Park City School District currently provides a full milieu of mental health services, such as: individual, and group counseling, positive school behavior programs and systems, psychological counseling, cognitive behavior therapy, as well the support of a Wellness Coordinator. We team with Sequoia Healthcare, Beacon, Children's Health Council and Rebekah Children's Center to provide comprehensive mental health services to all students.**

Both the Grand Jury Report and the response of the Menlo Park City School District were presented to the Menlo Park City School District Board of Education on September 1, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,

A handwritten signature in black ink, appearing to read "Maurice Ghysels". The signature is fluid and cursive, with a horizontal line underneath the name.

Maurice Ghysels, Ed.D  
Superintendent, Menlo Park City School District



Millbrae School District

555 Richmond Drive, Millbrae, CA 94030

650-697-5693 • 650-697-6865 (fax) • <http://www.millbraeschooldistrict.org>

**VAHN PHAYPRASERT**  
Superintendent

**MICHELLE HENSON**  
Chief Business Official

**ANITA ALLARDICE**  
Director of Special Education

August 18, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The Millbrae Elementary School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Response: Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Response: Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

Response: The Millbrae Elementary School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

Response: The Millbrae Elementary School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In the Millbrae Elementary School

**BOARD OF TRUSTEES**

**FRANK BARBARO    DENIS FAMA    LYNNE FERRARIO    JAY D. PRICE    D. DON REVELO**

*An Equal Opportunity Employer*



## Millbrae School District

555 Richmond Drive, Millbrae, CA 94030

650-697-5693 • 650-697-6865 (fax) • <http://www.millbraeschooldistrict.org>

**VAHN PHAYPRASERT**  
Superintendent

**MICHELLE HENSON**  
Chief Business Official

**ANITA ALLARDICE**  
Director of Special Education

District, we provide on-campus treatment for general education students through the provision of the following services: individual, group and parent therapy. These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Response: Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

Response: The Millbrae Elementary School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Response: Agree in part. The Millbrae Elementary School District does not have sufficient knowledge or to agree with or deny this finding agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

Response: The Millbrae Elementary School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In Millbrae Elementary School District, we will contract with Beacon School for the provision of mental health services beginning in September 2015 for the following services: mental health services being provided for both general education students and special education students. During the month of September there will be a transition with the students and families from BHRS to Beacon mental health services.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Response: Agree.

### BOARD OF TRUSTEES

FRANK BARBARO    DENIS FAMA    LYNNE FERRARIO    JAY D. PRICE    D. DON REVELO

*An Equal Opportunity Employer*



## Millbrae School District

555 Richmond Drive, Millbrae, CA 94030

650-697-5693 • 650-697-6865 (fax) • <http://www.millbraeschooldistrict.org>

**VAHN PHAYPRASERT**  
Superintendent

**MICHELLE HENSON**  
Chief Business Official

**ANITA ALLARDICE**  
Director of Special Education

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Response: Agree. The Millbrae Elementary School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Response: Agree in part. The Millbrae Elementary School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. The Millbrae Elementary School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Response: Agree.

### **RECOMMENDATIONS**

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

Response: The Millbrae Elementary School District considers the mental health of its students to be critically important. For that reason, the Millbrae Elementary School District currently provides a full milieu of mental health services, such as: individual, group and family therapy.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

Response: The Millbrae Elementary School District would explore and implement this recommendation if the district were to continue services from BHRS.

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*An Equal Opportunity Employer*





Millbrae School District

555 Richmond Drive, Millbrae, CA 94030

650-697-5693 • 650-697-6865 (fax) • <http://www.millbraeschooldistrict.org>

**VAHN PHAYPRASERT**  
Superintendent

**MICHELLE HENSON**  
Chief Business Official

**ANITA ALLARDICE**  
Director of Special Education

3. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

Response: The Millbrae Elementary School District provides full milieu of mental health services, such as: individual, group and parent therapy with Beacon School (CBO) delivering the services starting in September 2015 with a 30 day transition period with BHRS ending their services.

Both the Grand Jury Report and the responses of the Millbrae Elementary School District were presented to the District Board of Trustees on August 18, 2015.

Sincerely,

Vahn Phayprasert  
Superintendent  
Millbrae Elementary School District

**BOARD OF TRUSTEES**

**FRANK BARBARO    DENIS FAMA    LYNNE FERRARIO    JAY D. PRICE    D. DON REVELO**

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# Pacifica School District

375 Reina Del Mar Avenue ★ Pacifica, California ★ 94044  
(650) 738-6600 ★ (650) 557-9672 (fax)

*Preparing Students for an Evolving World*

[www.pacificasd.org](http://www.pacificasd.org)

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Associate Superintendent  
Integrated Services/HR  
Josephine Peterson  
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Tina Van Raaphorst  
Executive Director, ESS

August 28, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi:

**Pacifica School District**

**Approved: August 26, 2015, Public board of Education Meeting**

The Pacifica School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

### **FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Response: Agree

2. *According to published studies, schools are one of the best places to address this need.*

Response: Agree

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

Response: Pacifica School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

Response: Pacifica School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In Pacifica School District, we provide on-campus treatment for general education students through the provision of the following services: School Counselors (Gr. 6-8), Vice Principals for Guidance and Learning (Gr. K-8), Youth Services Bureau Trainees on every campus, School Psychologists on every campus, and contracted services provided by a licensed therapist (for Sunset Ridge School). These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Response: Agree

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

Response: Pacifica School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Response: Agree in part. Pacifica School District does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. Pacifica School District agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

Response: Pacifica School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In Pacifica School District, we contract with BHRS, Edgewood, and Youth Services Bureau for the following services: Educationally Related Mental Health Services (ERMHS) assessments, crisis intervention, small group counseling, social/emotional learning groups, individual counseling, parent counseling and wrap-around services for the family.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Response: Agree

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Response: Agree. Pacifica School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Response: Agree in part. Pacifica School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. Pacifica School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Response: Agree.

### **RECOMMENDATIONS**

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

Pacifica School District considers the mental health of its students to be critically important. For that reason, Pacifica School District currently provides a full milieu of mental health services, such as:

In Pacifica School District, we contract with BHRS, Edgewood, and Youth Services Bureau for the following services: Educationally Related Mental Health Services (ERMHS) assessments, crisis intervention, small group counseling, social/emotional learning groups, individual counseling, parent counseling and wrap-around services for the family.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

Pacifica School District complies with this recommendation as it currently provides full access to BHRS to treat publicly insured general education students.

3. *Work closely with school districts to develop mental health programs and allow for access by BHRS to treat its eligible students. The COE should assist schools in investigating all sources of funds, including Measure A.*

San Mateo County Office of Education currently works with its local school districts to develop mental health programs. The County Office of Education will explore the recommendation for the local school districts to allow access by BHRS to treat its eligible students. The County Office of Education will also explore and assist its local schools in searching out sources of funds, including Measure A.

4. *Maintain and prioritize the position of Director of Safe and Supportive Schools. The COE should solidify its independent role as an in-school mental health service facilitator and advocate for increased funding for all students.*

San Mateo County Office of Education will continue to maintain and prioritize the position of the Director of Safe and Supportive Schools. Further, the County Office of Education will continue its work in coordinating mental health services throughout the local schools and advocate for increased funding for all students.

5. *Work with all school districts to set up accurate record-keeping systems of all student mental health issues that surface on campus and CBOs providing services to schools, while protecting student confidentiality. These statistics will provide data to measure the effectiveness of mental health services.*

San Mateo County Office of Education will not implement this recommendation as each school district's records are maintained by each local entity and are confidential. The County Office of Education will assist the local school districts to implement data systems and record keeping to the extent possible.

6. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

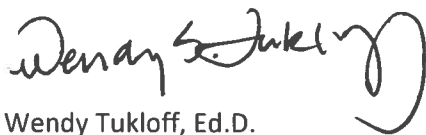
Pacifica School District considers the mental health of its students to be critically important. For that reason, Pacifica School District currently provides a full milieu of mental health services, such as:

In Pacifica School District, we contract with BHRS, Edgewood, and Youth Services Bureau for the following services: Educationally Related Mental Health Services (ERMHS) assessments, crisis intervention, small group counseling, social/emotional learning groups, individual counseling, parent counseling and wrap-around services for the family.

Both the Grand Jury Report and the responses of the Pacifica School District were presented to the Pacifica School District Board of Trustees on August 26<sup>th</sup>, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,



Wendy Tukloff, Ed.D.  
Superintendent

cc: Pacifica School District Board of Trustees  
Ray S. Avila, Ed.D., Associate Superintendent

**Portola Valley School District**  
**Ormondale School (K-3) • Corte Madera School (4-8)**

Board of Trustees: Caitha Ambler, Timothy McAdam, Jocelyn Swisher, Karen Tate, and Linda Wong

---

Lisa Marie Gonzales, Ed.D., Superintendent

August 20, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The Portola Valley School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

Portola Valley School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS (Behavioral Health & Recovery Services) can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

Portola Valley School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In Portola Valley School District, we provide on-campus treatment for general education students through the provision of the following services: counseling, social emotional learning curriculum, lunch groups, one on one support, district-wide support training, and parent education and support.

These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

Portola Valley School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. Portola Valley School District does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. Portola Valley School District agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

Portola Valley School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In PVSD, we contract with Children's Health Council (Esther B Clarke School) for day treatment for students needing specialized support and counseling.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. Portola Valley School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. Portola Valley School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. Portola Valley School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

### **RECOMMENDATIONS**

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

Portola Valley School District considers the mental health of its students to be critically important. For that reason, Portola Valley School District currently provides a full milieu of mental health services, such as individual and group counseling by on-site Counselors and Marriage/Family Therapists (MFT's) – for all students. We also provide psychological services by an onsite school psychologist and day treatment services through Children's Health Council (Esther B Clarke School) for students with individualized educational plans.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

Portola Valley School District will explore and implement this recommendation if students and their parents request the services of BHRS on the school campus.



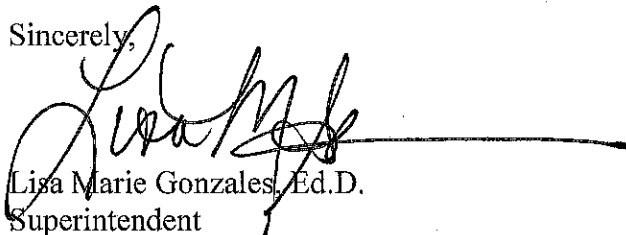
3. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

Portola Valley School District currently provides full milieu of mental health services. Refer back to response in #1.

Both the Grand Jury Report and the responses of the Portola Valley School District were presented to the Portola Valley District Board of Trustees on August 19, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,

A handwritten signature in black ink, appearing to read "Lisa Marie Gonzales", is written over a horizontal line. The signature is stylized and cursive.

Lisa Marie Gonzales, Ed.D.  
Superintendent



"OUR CHILDREN – OUR FUTURE"

## ***Ravenswood City School District***

### **ADMINISTRATIVE OFFICE**

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Marcelino López, Member  
Charlie M. Knight, Member

Dr. Gloria Hernandez-Goff  
*Superintendent*

August 28, 2015

The Honorable Susan I. Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The Ravenswood City School District (RCSD) has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

### **FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

RCSD does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

RCSD is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In RCSD, we provide on-campus treatment for general education students through the provision of the following services: Group and individual counseling is available at all our schools. These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

RCSD does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. RCSD does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. RCSD agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

The Ravenswood City School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In RCSD, we contract with: Star Vista Counseling at Belle Haven Community School and RCSD Child Development Center, San Mateo County Mental Health Services at Brentwood and Belle Haven Elementary Schools, Counseling and Support Services for Youth (CASSY) at Costano, César Chávez, Willow, and McNair Schools. RCSD also does referrals to KARA and the Stanford Children's Health Council for crisis intervention and support our CBO partners provide individual, group, and family counseling and support at all our school sites. BHRS does provide some mental health services to students who have intensive mental health needs. In addition, RSD has

recently started collaborating with BHRS-Infant-5 services for mental health consultation for young children and their families. In addition, RCSD contracts with Beacon School, through a SELPA agreement, to provide mental health services both individual and small groups and assessments. Beacon also, provides two mental health/behavioral coaches to work with school teams with students who have intensive behavioral and emotional needs.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. RCSD understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. The RCSD does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. RCSD does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

## **RECOMMENDATIONS**

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

RCSD considers the mental health of its students to be critically important. For that reason, RCSD currently provides a full milieu of mental health services, such as: Star Vista Counseling at Belle Haven Community School and RCSD Child Development Center, San Mateo County Mental Health Services at Brentwood and Belle Haven Elementary Schools, Counseling and Support Services for Youth (CASSY) at Costano, César Chávez, Willow, and McNair Schools. The RCSD also does referrals to KARA and the Stanford Children's Health Council for crisis intervention and support.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

The RCSD requests the services of BHRS on the school campus for students with IEP's, for general education students RCSD provides referrals for student and family support to BHRS.

6. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

The RCSD currently provides full milieu of mental health services, such as: Please see our service provider list in recommendation #1. RCSD uses the SSBD (Systematic Screening for Behavior Disorders) to identify students with internalizing and externalizing behaviors. Based on this assessment, small groups are set up on a six-week basis for both anger management and social skills. Data collection has proven these groups to be effective for groups K-8. A mental health clinician from Beacon School, contracted through the SELPA, provides these services.

Both the Grand Jury Report and the responses of the RCSD were presented to the Ravenswood City School District Board of Trustees at its Regular Public Meeting held on August 27, 2015. After the presentation, the Board approved unanimously the RCSD response to the Grand Jury Report.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,



Dr. Gloria M. Hernández- Goff  
Superintendent  
Ravenswood City School District

BOARD OF TRUSTEES

Jennifer Blanco  
Patrick J. Flynn  
John P. Marinos  
Kevin J. Martinez  
Henry Sanchez, M.D.



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Director of Student Services and  
Special Education  
Kim D. Harper  
Director of Program, Curriculum and  
Staff Development

September 10, 2015

Honorable Susan Irene Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice, 2<sup>nd</sup> Floor  
400 County Center  
Redwood City, CA 94063-1655

Response to San Mateo County Civil Grand Jury Report--Mental Health Services

Dear Hon. Susan Irene Etezadi:

The San Bruno Park School District agrees with the findings of the Grand Jury Report, and is working toward improving our services for students with mental health needs.

R1

The San Bruno Park School District has on staff 2.6 full time equivalent school psychologists, and 3.05 full time equivalent school counselors, to serve 6 elementary schools and 1 middle school. In addition to the services described below, the District provided two sessions of full day trainings (Youth Mental Health First Aid USA) for staff in the identification and understanding of students with mental health needs.

The middle school has the equivalent of two full time school counselors on staff that provide direct counseling and mental health support for students with milder needs. Their focus is mainly on students identified for special education, but they also support general education students and their families who are in crisis with short term counseling, referrals to special education, emergency hospitalizations, and they help refer families to private providers. These counselors and the school psychologist assigned to the middle school coordinate referrals to Behavioral Health and Recovery Services (BHRS), who provide both on and off site services. They also coordinate referrals to therapeutic day programs in county and non-public school programs, as well as to programs in other district as appropriate. The District has also provided site based mental health services in the form of individual and group counseling through Youth Services Bureau (YSB) for students not in special education at the middle school over the past

several years. These services have been provided through a grant from the local police department. This grant was started in response to the Pacific Gas and Electric explosion in San Bruno, and continues to the current day.

At the elementary level, 1.05 full time equivalent District counselors provide individual and group counseling services for those students with milder forms of school counseling and mental health needs. Their focus has been mainly on special education students, as well as helping families with referrals to, and coordinating services with, private service providers and BHRS. Each school has the option of contracting with the University of California, San Francisco (UCSF) for counseling interns, who are supervised by a District staff counselor and whose primary focus is on students not receiving special education services. Through a Wellness Grant, the District has contracted with YSB for the past 2 years to provide each school with 1 extra day per week of counseling services. These services, under the guidelines of YSB, have consisted mainly of individual counseling services on site, and referrals are made as determined to be necessary for additional family counseling through the YSB sites off campus. School psychologists perform mental health assessments, and District psychologists and counselors facilitate referrals for students in crisis to hospitalization and therapeutic day classes (county, Non-public schools, other districts) as needed. Recently the District has contracted with YSB to provide Mental Health Coaches for identified students to help with "real time" support in changing behavioral reactions in the classroom due to mental health needs of the students.

Mental Health services that are not provided by a grant are submitted to the SELPA for reimbursement as applicable.

## R2

The District agrees to allow BHRS to provide treatment of publicly insured general education students on campuses if the students and their families so desire.

## R6

During the 2014-15 school year, the District worked with a mental health coordinator from Edgewood, provided by the County Office of Education. The coordinator helped identify District needs in the area of mental health. With the help of this coordinator, the District has written job descriptions for a mental health clinician and behavioral coach, and as of August 2015, is in the process of contracting with Edgewood to provide a full time mental health clinician at the middle school, a full time mental health clinician for the elementary levels, as well as a full time behavioral coach at the elementary level to help keep students in the general education setting. The clinicians will provide group and individual mental health support, classroom presentations, staff trainings, and coordinate with the behavior coach. At this time, to maximize funds through SELPA reimbursement, the services will focus mainly on students with identified special education needs; however, general education students at risk may be included in any and all group therapeutic activities, and will benefit from the results of staff trainings. Services transferred to the contracted Edgewood clinicians and coaches will allow more time for District staff to work with students not receiving special education services. The District Wellness Committee is being expanded to include mental health; through this committee the District will determine next steps, which will include future District staffing for these and other mental health

services, and discussion regarding development for a therapeutic day class for the elementary level, to serve both general education and special education students.

This response was approved by the San Bruno Park School District Governing Board at a public meeting held on Wednesday, September 9, 2015.

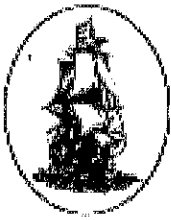
Sincerely,

A handwritten signature in blue ink, appearing to read "Ellen Merritt". The signature is fluid and cursive, with a prominent initial "E" and a long, sweeping underline.

Ellen Merritt  
Director of Student Services with Special Education

EM:jip





# SAN CARLOS SCHOOL DISTRICT

Craig Baker, Ed.D., Superintendent

Robert Porter, Chief Operations Officer

Mary Jude Doerpinghaus, Assistant Superintendent

1200 Industrial Road, Unit 9

San Carlos, CA 94070

Voice: (650) 508-7333

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www.scsdk8.org

August 14, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The San Carlos School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

## FINDINGS

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

San Carlos School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

San Carlos School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In San Carlos School District we provide on-campus treatment for general education students through the provision of the following tiers of support services: Prevention (using

a variety of Social-Emotional curricula and staff collaboration), Intervention (school-based counseling, social skills groups, MFT Intern/Trainees, School Counseling Interns, Small Group and Individual sessions, etc.); and Crisis Management (Emergency Behavior Plans, 5150 re-Entry, Grief and Crisis Counseling, etc.). These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

San Carlos School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. San Carlos School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are privately insured. San Carlos School District agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-one-one counseling on some K-12 campuses. These services are open to any student who needs them.*

San Carlos School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In San Carlos School District, we contract with Edgewood when the need arises for such support. In San Carlos School District we provide on-campus treatment for general education and special education students through the provision of the following tiers of support services: Prevention (using a variety of Social-Emotional curricula and staff collaboration), Intervention (school-based counseling, social skills groups, MFT Intern/Trainees, School Counseling Interns, Small Group and Individual sessions, individual/group/family therapy as identified through IEP, etc.); and Crisis Management (Emergency Behavior Plans, 5150 re-Entry, Grief and Crisis Counseling, etc.). These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. San Carlos School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

*11. Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. San Carlos School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. San Carlos School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

*12. Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

### **RECOMMENDATIONS**

*1. Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

San Carlos School District considers the mental health of its students to be critically important. For that reason, San Carlos School District currently provides a full milieu of mental health services, including varying tiers of support in prevention, intervention and crisis management including but not limited to training and support of educational staff (para-educators, teachers, administrators, support staff and SMARTE staff) and parents, implementation of social-emotional learning curriculum TK-8, conflict resolution and restorative practices, school based counseling, RTI and social skills groups, MFT and Art Therapy Intern/Trainee program in coordination with Notre Dame de Namur, School Counseling Interns in coordination with San Francisco State University; emergency behavior plans, 5150 re-entry planning, direct individual therapy; suicide risk assessments, grief and crisis counseling, non-public school placements, “WRAP” and residential services as well as coordination with outside agencies including BHRS, Edgewood, Esther B. Clark, AchieveKids, social services, etc.

*2. Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

San Carlos School District works closely with BHRS to serve students in the most beneficial means possible and therefore complies with this recommendation as it currently provides full access to BHRS to treat publicly insured general education students.

3. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

San Carlos School District currently provides full milieu of mental health services as referenced above (*Recommendation 1*).

Both the Grand Jury Report and the responses of the San Carlos School District were presented to the San Carlos Elementary School District Board of Trustees on August 13, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,

A handwritten signature in black ink, appearing to read 'C. Baker', with a long horizontal flourish extending to the right.

Dr. Craig Baker  
Superintendent  
San Carlos School District



Anne E. Campbell • County Superintendent of Schools

September 3, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The San Mateo County Office of Education (SMCOE) has received and reviewed the 2014-15 Civil Grand Jury Report entitled “Student Mental Health: Are Schools Doing Enough?” We appreciate the Grand Jury’s interest in studying current practices regarding the provision of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County’s Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

SMCOE agrees with the Grand Jury that statistics show the need for mental health support for K-12 students.

2. *According to published studies, schools are one of the best places to address this need.*

SMCOE agrees that school sites can serve as an effective location for delivering mental health services.

3. *Of the County’s 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

SMCOE does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publicly insured or whether BHRS can treat such students on campus upon request. SMCOE is aware that all special education students whose

IEPs indicate mental health services are needed to help access the academic program receive those mental health services at their school site.

- 4. Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

SMCOE is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publicly insured students. SMCOE provides educational services to Court/Community School and Special Education students. Both groups often receive on-campus mental health services, irrespective of whether they are publicly insured.

- 5. Lack of transportation to off-campus appointments can be a barrier to treatment for both publicly and privately insured students.*

SMCOE agrees that lack of transportation can be a barrier for off-campus appointments.

- 6. About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

SMCOE does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publicly insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

- 7. About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

SMCOE does not have sufficient knowledge to agree with or deny this finding with respect to the number of students who are privately insured. SMCOE agrees with the finding that therapists paid by private insurance do not provide services on campus.

- 8. Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

SMCOE is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. SMCOE does contract with nonprofit CBOs to provide mental health support to our Court/Community Schools.

- 9. Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

SMCOE agrees that the suggested sources could be considered potential funding options.

*10. In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

SMCOE agrees with this finding. SMCOE created the position of Director of Safe and Supportive Schools in 2014 to coordinate mental health activities on school campuses.

*11. Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

SMCOE does not have sufficient knowledge or information to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. SMCOE does agree that, for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

*12. Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

SMCOE agrees with this finding.

### **RECOMMENDATIONS**

*3. Work closely with school districts to develop mental health programs and allow for access by BHRS to treat its eligible students. The COE should assist schools in investigating all sources of funds, including Measure A.*

SMCOE currently works with local school districts to develop mental health programs and fully expects to continue to do so. SMCOE will explore the recommendation for providing BHRS access for treatment of eligible students. SMCOE will also explore and assist local schools in searching for sources of funds, including Measure A.

*4. Maintain and prioritize the position of Director of Safe and Supportive Schools. The COE should solidify its independent role as an in-school mental health service facilitator and advocate for increased funding for all students.*

SMCOE will continue to maintain and prioritize the position of the Director of Safe and Supportive Schools. Further, SMCOE will continue its work in coordinating mental health services throughout the local schools and in advocating for increased funding for all students. However, SMCOE does not believe it is within its scope of authority to coordinate in-school mental health services in school districts at individual school sites. Such coordination is better done at the district and school site level.

5. *Work with all school districts to set up accurate record-keeping systems of all student mental health issues that surface on campus and CBOs providing services to schools, while protecting student confidentiality. These statistics will provide data to measure the effectiveness of mental health services.*

SMCOE will not implement this recommendation as each school district's records are maintained by each local entity and are confidential. SMCOE will assist local school districts in implementing data systems and record keeping to the extent possible.

Both the Grand Jury Report and the responses of SMCOE were presented to the San Mateo County Board of Education on September 2, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,



Anne E. Campbell  
San Mateo County Superintendent of Schools

AEC:a





SAN MATEO-FOSTER CITY  
SCHOOL DISTRICT

September 4, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The San Mateo-Foster City School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

The San Mateo-Foster City School District agrees with this finding.

2. *According to published studies, schools are one of the best places to address this need.*

The San Mateo-Foster City School District agrees with this finding.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

The San Mateo Foster City School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

The San Mateo-Foster City School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In the San Mateo-Foster City School District, we provide on-campus treatment for general education students through the provision of the following services:

Student Services  
1170 Chess Drive  
Foster City, California 94404  
650.312.7700 Tel  
650.312.7779 Fax  
www.smfcsd.net

Board of Trustees  
Chelsea Bonini, Ed Coady, Lory Lorimer Lawson, Audrey Ng, Colleen Sullivan  
Superintendent  
Joan Rosas, Ed.D.

- A District Elementary School Counselor
- Partnership with SM County Children and Family Services: Family Resource Center located on one elementary campus
- Partnerships with Youth Services Bureau and Notre Dame deNamur University Art Therapy Program bringing individual, small group, and short term crisis counseling services to students on all school campuses
- Consultations available to parents for services for families and children that are off campus through the Family Resource Center
- School Site based programs that focus on social emotional development of students (i.e. *Six Seconds*)
- Spanish Speaking Parenting classes to support families of TK-5 students

These mental health and counseling services are provided to all general education students identified with need regardless of whether a general education student is insurance status.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

The San Mateo-Foster City School District agrees with this finding.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

The San Mateo-Foster City School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

The San Mateo-Foster City School District provides on campus mental health services (see No. 4) to ensure that lack of transportation to services is not an issue. Additionally, we allow outside mental health organizations such as BHRS, Edgewood, Star Vista, and Peninsula YMCA Youth Services Bureau to see students in the school setting during the school day and families before and after school until 5pm.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. The San Mateo Foster City School District does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students requiring mental health services who are privately insured.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

The San Mateo Foster City School is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. The San Mateo Foster City School District contracts with the following CBO's to provide services to our students during the school day,

- BHRS, Beacon, and Edgewood Center provide IEP-based Educationally Related Mental Health Services (ERMHS)
  - Services typically resulting from an assessment for ERMHS eligibility include: 1:1 therapy, in class behavioral coaching, family therapy, support (wraparound), consultative services for school staff
  - Mental-health infused special day classes with an embedded mental health clinician for approximately 10 hours weekly
- Trained school psychologists and speech/language pathologists provide informal, non-IEP services such as social skills groups (short-term)

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

The San Mateo-Foster City School District agrees with this finding.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. The San Mateo Foster City School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. The San Mateo Foster City School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. The San Mateo Foster City School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

The San Mateo-Foster City School District agrees with this finding.

### **RECOMMENDATIONS** [All School Districts]

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

The San Mateo-Foster City School District considers the mental health of its students to be critically important. For that reason, the San Mateo-Foster City School District currently provides a full milieu of mental health services, such as:

- Youth Service Bureau (YSB) Counseling Interns
- Notre Dame Art Therapy Interns
- Family Resource Center located at LEAD Elementary School, services include a benefits analyst
- BHRS, Beacon, Edgewood Center, StarVista, The Children's Place

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

The San Mateo-Foster City School District complies with this recommendation as it currently provides full access to BHRS to treat publicly insured general education students with permission from the family and as long as it does not interfere with the student's ability to access their education.

3. *Work closely with school districts to develop mental health programs and allow for access by BHRS to treat its eligible students. The COE should assist schools in investigating all sources of funds, including Measure A.*

San Mateo County Office of Education currently works with its local school districts to develop mental health programs. The County Office of Education will explore the recommendation for the local school districts to allow access by BHRS to treat its eligible students. The County Office of Education will also explore and assist its local schools in searching out sources of funds, including Measure A.

4. *Maintain and prioritize the position of Director of Safe and Supportive Schools. The COE should solidify its independent role as an in-school mental health service facilitator and advocate for increased funding for all students.*

San Mateo County Office of Education will continue to maintain and prioritize the position of the Director of Safe and Supportive Schools. Further, the County Office of Education will continue its work in coordinating mental health services throughout the local schools and advocate for increased funding for all students.

5. *Work with all school districts to set up accurate record-keeping systems of all student mental health issues that surface on campus and CBOs providing services to schools, while protecting student confidentiality. These statistics will provide data to measure the effectiveness of mental health services.*

San Mateo County Office of Education will not implement this recommendation as each school district's records are maintained by each local entity and are confidential. The County Office of Education will assist the local school districts to implement data systems and record keeping to the extent possible.

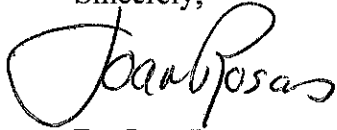
6. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

Refer to milieu of mental health services listed in responses for Findings 4 and 8, and Recommendation 1.

Both the Grand Jury Report and the responses of the San Mateo Foster City School District were presented to the District Board of Trustees on September 10, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,

A handwritten signature in cursive script that reads "Joan Rosas". The signature is written in black ink and is positioned to the left of the typed name.

Dr. Joan Rosas  
Superintendent  
San Mateo-Foster City School District

# San Mateo Union High School District

Kevin Skelly, Ph.D., Superintendent  
Elizabeth McManus, Deputy Superintendent Business Services  
Kirk Black, Ed.D., Deputy Supt. Human Resources & Instruction  
KindyLee Mackamul, Associate Superintendent Student Services



September 10, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The San Mateo Union School District has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

## FINDINGS

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

San Mateo Union High School District does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

San Mateo Union High School District is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In San Mateo Union High School District, we provide on-campus treatment for general education students through the provision of the following services: Contract services with YMCA's Youth Service Bureau (YSB) for School Safety Advocates on all six comprehensive high schools. The District contracts with PCRC (Peninsula Conflict Resolution Center) and YSB for additional counseling support services for students enrolled in Guided Studies, an academic support class provided to 9-11<sup>th</sup> graders. PRC and YSB also provide support services for our ELD students, focusing on the undocumented/unaccompanied minors. These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

650 North Delaware Street, San Mateo, CA 94401-1732 (650) 558-2299 (650) 762-0249 FAX

Adult School - Aragon - Burlingame - Capuchino - Hillsdale - Middle College - Mills - Peninsula - San Mateo

An Equal Opportunity Employer

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

San Mateo Union High School District does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. San Mateo Union High School District does not have sufficient knowledge to agree with or deny this finding with respect to the number of students who are privately insured. San Mateo Union High School District agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-one-one counseling on some K-12 campuses. These services are open to any student who needs them.*

San Mateo Union High School District is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. In San Mateo Union High School District, we contract with YMCA Youth Service Bureau to provide School Safety Advocates at all six comprehensive high schools. Additional counseling services for general education students are provided in Guided Studies classes through District-funded contracts with PCRC and the YMCA/YSB. These agencies also provide support services for our undocumented/unaccompanied minors. Special education students receive additional counseling services through Edgewood Center and BHRC (Behavioral Health and Resource Center.)

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. San Mateo Union High School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. San Mateo Union High School District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. San Mateo Union High School District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

RECOMMENDATIONS [All School Districts]

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

San Mateo Union High School District considers the mental health of its students to be critically important. For that reason, San Mateo Union High School District currently provides a full milieu of mental health services, such as: academic and personal counseling services through school counselors, School Safety Advocates (YSB), and PCRC counselors for all general education students. Special education students, depending upon need, may receive additional services through Edgewood, and BHRC. The District is in the process of hiring an MFT to support the alternative high school students.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

San Mateo Union High School District will explore and implement this recommendation if students and their parents request the services of BHRS on the school campus and appropriate funding is available.

[The County Office of Education only]

3. *Work closely with school districts to develop mental health programs and allow for access by BHRS to treat its eligible students. The COE should assist schools in investigating all sources of funds, including Measure A.*

San Mateo County Office of Education currently works with its local school districts to develop mental health programs. The County Office of Education will explore the recommendation for the local school districts to allow access by BHRS to treat its eligible students. The County Office of Education will also explore and assist its local schools in searching out sources of funds, including Measure A.

4. *Maintain and prioritize the position of Director of Safe and Supportive Schools. The COE should solidify its independent role as an in-school mental health service facilitator and advocate for increased funding for all students.*

San Mateo County Office of Education will continue to maintain and prioritize the position of the Director of Safe and Supportive Schools. Further, the County Office of Education will continue its work in coordinating mental health services throughout the local schools and advocate for increased funding for all students.

5. *Work with all school districts to set up accurate record-keeping systems of all student mental health issues that surface on campus and CBOs providing services to schools, while protecting student confidentiality. These statistics will provide data to measure the effectiveness of mental health services.*

San Mateo County Office of Education will not implement this recommendation as each school district's records are maintained by each local entity and are confidential. The County Office of Education will assist the local school districts to implement data systems and record keeping to the extent possible.

[Elementary Schools and Unified School Districts]

6. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

N/A

Both the Grand Jury Report and the responses of the San Mateo Union High School District were presented to the San Mateo Union High School District Board of Trustees on September 10, 2015.



Please do not hesitate to contact me if you have questions or require additional information.

Sincerely,

A handwritten signature in black ink, appearing to read 'K Skelly', written in a cursive style.

Kevin Skelly, Ph.D.  
Superintendent, San Mateo Union High School District

**SEQUOIA UNION HIGH SCHOOL DISTRICT**

480 JAMES AVENUE, REDWOOD CITY, CALIFORNIA 94062-1098

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September 3, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The Sequoia Union High School District ("District") has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

The District does not have sufficient knowledge or information to agree or disagree with this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

The District does not have sufficient knowledge or information to agree or disagree with this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students. In the Sequoia Union High School District, each

school provides an array of on-campus mental health resources for general education students that include crisis intervention, individual counseling, group counseling; mental health assessments; and referrals to outside agencies. These services may be provided by on-site District staff or by community-based providers that have a formalized relationship with the District. These mental health services are provided for general education students regardless of whether or not a general education student is publically or privately insured.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

The District does not have sufficient knowledge or information in order to agree or disagree with this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. The District does not have sufficient knowledge to agree or disagree with this finding with respect to the number of students who are privately insured. In the Sequoia Union High School District, therapists paid by private insurance do not provide services on campus. The District does not know whether or not other districts in the county provide privately funded therapists access to students on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-one-one counseling on some K-12 campuses. These services are open to any student who needs them.*

The District does not have sufficient knowledge or information to agree or disagree with this finding with respect to which schools within San Mateo County have CBOs providing mental health support and one-on-one counseling on their campuses. In the Sequoia Union High School District, currently the agencies providing mental health services on campus for our students include: StarVista; Adolescent Counseling Services; Children's Health Counsel; Acknowledge Alliance; and the San Mateo County Human Services Agency.

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. The Sequoia Union High School District understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. The District does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. The District does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.

12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

### **RECOMMENDATIONS** [All School Districts]

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

The Sequoia Union High School District considers the mental health of its students to be critically important. The District currently provides a range of mental health services on each of its campuses that include: crisis intervention and assessment; individual and group counseling; and referrals to outside agencies that provide mental health services. Funding for these services comes from the District's General Fund, grants, and foundation support.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

The District will explore this recommendation and determine what strategies may increase the ability of BHRS to provide services to parents who request those services for their students on the school campus.

### [The County Office of Education only]

3. *Work closely with school districts to develop mental health programs and allow for access by BHRS to treat its eligible students. The COE should assist schools in investigating all sources of funds, including Measure A.*

Does not apply.

4. *Maintain and prioritize the position of Director of Safe and Supportive Schools. The COE should solidify its independent role as an in-school mental health service facilitator and advocate for increased funding for all students.*

Does not apply.

5. *Work with all school districts to set up accurate record-keeping systems of all student mental health issues that surface on campus and CBOs providing services to schools, while protecting student confidentiality. These statistics will provide data to measure the effectiveness of mental health services.*

Does not apply.

*[Elementary Schools and Unified School Districts]*

6. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

Does not apply.

Both the Grand Jury Report and the response of the Sequoia Union High School District were presented to the Sequoia Union High School District Board of Trustees on September 2, 2015.

Sincerely,



James Lianides, Ed.D.  
Superintendent  
Sequoia Union High School District



**SOUTH SAN FRANCISCO UNIFIED SCHOOL DISTRICT**

398 B Street, South San Francisco, CA 94080-4423

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**SUPERINTENDENT**

Shawnterra Moore, Ed.D.

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August 13, 2015

The Honorable Susan Etezadi  
Judge of the Superior Court  
c/o Charlene Kresevich  
Hall of Justice  
400 County Center; 2<sup>nd</sup> Floor  
Redwood City, CA 94063-1655

Dear Judge Etezadi,

The South San Francisco Unified School District providing this response has received and reviewed the 2014-15 Grand Jury Report entitled "Student Mental Health: Are Schools Doing Enough?" We appreciate the Grand Jury's interest in studying current practices regarding the provisions of mental health services provided by the school districts in San Mateo County. We have reviewed and considered the Findings and Recommendations of the Grand Jury and have the following comments:

**FINDINGS**

1. *National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-15 reflect this same pattern for students in San Mateo County.*

Agree.

2. *According to published studies, schools are one of the best places to address this need.*

Agree.

3. *Of the County's 94,000 public school K-12 students, more than 33,000 are publically insured general education students. BHRS can treat such students on campus upon request.*

SSFUSD does not have sufficient knowledge or information to agree with or deny this finding with respect to the number of students who are publically insured or whether BHRS can treat such students on campus upon request.

4. *Not all County schools accommodate on-campus treatment for general education publically insured students, even though BHRS could provide it.*

SSFUSD is without sufficient knowledge or information to agree with or deny this finding with respect to whether schools within San Mateo County accommodate on-campus treatment for general education publically insured students.

In SSFUSD, we provide on-campus support services for general education students through the following:

- Comprehensive guidance counseling, respect workshops, and positive school climate building at the middle and high schools (as well as itinerant counseling for our continuation high school and Community Day School).
- School Safety Advocates of Youth Services Bureau of the YMCA at the middle schools.
- Counselors from Star Vista and Youth Services Bureau at our Title I elementary schools, and Star Vista counseling at various non-Title I sites.
- Star Vista provides suicide prevention workshops at the high school level.
- Youth empowerment programs and school safety advocate support from Peninsula Conflict Resolution Center (PCRC) at South San Francisco High School.
- Pyramid Alternatives provides an MFT intern for groups and individual caseloads at some school sites.
- Asian American Recovery Services provides mental health counseling and group sessions on an intermittent basis.
- SSFUSD is also currently exploring expanding support of YSB at the elementary and high school levels. These mental health services provided for general education students are provided for all general education students regardless of whether a general education student is publically insured.

In addition, the district is currently pursuing additional services through the Youth Services Bureau of the YMCA to provide School Safety Advocates at the high school level, and in doing so, provide continuity of YSB counseling services from the elementary through high school levels. We are also seeking additional YSB counseling staff to work with our Title I sites.

5. *Lack of transportation to off-campus appointments can be a barrier to treatment for both publically and privately insured students.*

Agree.

6. *About 60% of publically insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.*

SSFUSD does not have sufficient knowledge or information in order to agree with or deny this finding with respect to the number of students who are publically insured and whether those students had to seek transportation to a BHRS clinic to access treatment.

7. *About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.*

Agree in part. SSFUSD does not have sufficient knowledge or to agree with or deny this finding with respect to the number of students who are privately insured. SSFUSD agrees with the finding that therapists paid by private insurance do not provide services on campus.

8. *Nonprofit CBOs currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.*

SSFUSD is without sufficient knowledge or information to agree with or deny this finding with respect to which schools within San Mateo County contract with CBOs to provide mental health support and one-on-one counseling on their campuses. As detailed in #4 above, in SSFUSD we contract with the following CBOs for the provision of mental health services:

- StarVista
- Pyramid Alternatives
- Asian American Recovery Service (AARS)
- Youth Service Bureau of the YMCA (YSB)
- Peninsula Conflict Resolution Center (PCRC)

9. *Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.*

Agree.

10. *In 2014, the County Office of Education created the position of Director of Safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.*

Agree. SSFUSD understands that the position of Director of Safe and Supportive Schools was created in part to coordinate mental health activities on school campuses.

11. *Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and count of all the CBOs and programs offered to students across the County. Thus, it is difficult to track mental health trends among local students or to measure the success of programs.*

Agree in part. SSFUSD does not have sufficient knowledge or information in order to provide a substantive answer on the status of record keeping throughout the schools within San Mateo County. SSFUSD does agree that for a multitude of reasons, it is difficult to track mental health trends among local students or to measure the success of programs.



12. *Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.*

Agree.

**RECOMMENDATIONS** [All School Districts]

1. *Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling – to all students on campus during the school day.*

SSFUSD considers the mental health of its students to be critically important. For that reason, SSFUSD currently provides a full milieu of mental health services, as detailed and listed in the Findings subsections 4 and 8.

2. *Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.*

SSFUSD will explore and implement this recommendation if students and their parents request the services of BHRS on the school campus.

[The County Office of Education only]

3. *Work closely with school districts to develop mental health programs and allow for access by BHRS to treat its eligible students. The COE should assist schools in investigating all sources of funds, including Measure A.*

San Mateo County Office of Education currently works with its local school districts to develop mental health programs. The County Office of Education will explore the recommendation for the local school districts to allow access by BHRS to treat its eligible students. The County Office of Education will also explore and assist its local schools in searching out sources of funds, including Measure A.

4. *Maintain and prioritize the position of Director of Safe and Supportive Schools. The COE should solidify its independent role as an in-school mental health service facilitator and advocate for increased funding for all students.*

San Mateo County Office of Education will continue to maintain and prioritize the position of the Director of Safe and Supportive Schools. Further, the County Office of Education will continue its work in coordinating mental health services throughout the local schools and advocate for increased funding for all students.

5. *Work with all school districts to set up accurate record-keeping systems of all student mental health issues that surface on campus and CBOs providing services to schools, while*

*protecting student confidentiality. These statistics will provide data to measure the effectiveness of mental health services.*

San Mateo County Office of Education will not implement this recommendation as each school district's records are maintained by each local entity and are confidential. The County Office of Education will assist the local school districts to implement data systems and record keeping to the extent possible.

*[Elementary Schools and Unified School Districts]*

6. *Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.*

See Findings subsection 4 and 8.

Both the Grand Jury Report and the responses of the SSFUSD were presented to the SSFUSD District Board of Trustees on August 13, 2015.

Please do not hesitate to contact me if you have questions or require additional information.

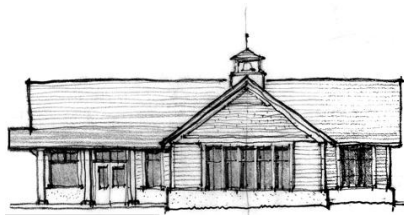
Sincerely,



Dr. Shawnterra Moore

Superintendent

South San Francisco Unified School District



**Woodside Elementary School District**  
**3195 Woodside Road, Woodside, CA 94062**  
**650-851-1571 ~ fax: 650-851-5577**  
[www.woodside.k12.ca.us](http://www.woodside.k12.ca.us)

Date: August 25, 2015

To: San Mateo Civil Grand Jury

From: Woodside Elementary School District

Re: "Student Mental Health: Are Schools Doing Enough"

Findings

F1: National statistics show the need for mental health support for K-12 students. Statistics in San Mateo County's Adolescent Report 2014-2015 reflect this same pattern for students in San Mateo County.

Agreed

F2: According to published studies, schools are one of the best places to address this need.

Partially agreed as public schools have limited space and resources.

F3: Of the County's 94,000 public school K-12 students, more than 33,000 are publicly insured general education students. BHRS can treat such students on campus upon request.

Agreed

F4: Not all County schools accommodate on-campus treatment for general education publicly insured students, even though BHRS could provide it.

Individual LEA's would not have access to this data.

F5: Lack of transportation to off-campus appointments can be a barrier to treatment for both publicly and privately insured students.

Individual LEA's would not have access to this information.

F6: About 60% of publicly insured general education students needing treatment for mental health issues were not seen in school and had to seek transportation to a BHRS clinic.

Individual LEA's would not have access to this information.

F7: About 61,000 County students, or 65%, are privately insured. BHRS does not treat privately insured students on an ongoing basis; such students are referred to their private health insurers. Therapists paid by private insurance do not provide services on campus.

Individual LEA's would not have access to this information.

F8: Nonprofit Community Based Organizations (CBO's) currently provide student programs for mental health support and one-on-one counseling on some K-12 campuses. These services are open to any student who needs them.

Individual LEA's would not have access to this information.

F9: Potential funding sources for CBO services include a school's general budget, parent groups, local foundations, and Measure A.

Agreed

F10: In 2014, The County Office of Education created the position of Director safe and Supportive Schools, partially funded by Measure A, to coordinate mental health activities on school campuses.

Agreed

F11: Not all schools in the County keep comprehensive and accurate data on mental health issues that surface in the school setting. Nor is there a comprehensive summary and county of all the CBOs and programs offered to students across the County. Thus it is difficult to track mental health trends among local students or to measure the success of programs.

Individual LEA's would not have access to this data.

F12: Identification and early treatment of mental health issues in the lower grades can lead to reduced stigma and improved outcomes for all students.

Agreed

Recommendations:

**R1 Provide a broad spectrum of mental health services and support – ranging from mental health education to one-on-one counseling - to all students on campus during the school day.**

WES offers a wide range of mental health services in house and brings in outside service providers as needed.

WES employs a full time school psychologist who operates as both a school counselor and more traditional school psych with the full range of assessment, direct service to students, as well as consultation to staff. WES offers small group support as well as individual counseling support for students who experience difficulties as it pertains to their success at school and home.

**R2 Provide BHRS full access to campuses to treat publicly insured general education students if the students and their parents so desire.**

The WES Student Services Director and School Psychologist collaborate with BHRS on an as-needed basis and BHRS has full access to WES students and families.

**R6 Focus on providing mental health programs and services at the K-8 level. Such early mental health education would have the added benefit of reducing stigma before it develops further.**

WES implements a K-8 Social and Emotional Learning Program intended to serve as a preventative mental health model. All students have weekly opportunities to develop self-awareness, social awareness, responsible decision-making, and self-management skills. Classroom teachers and support staff have received a high level of training to implement this support program.