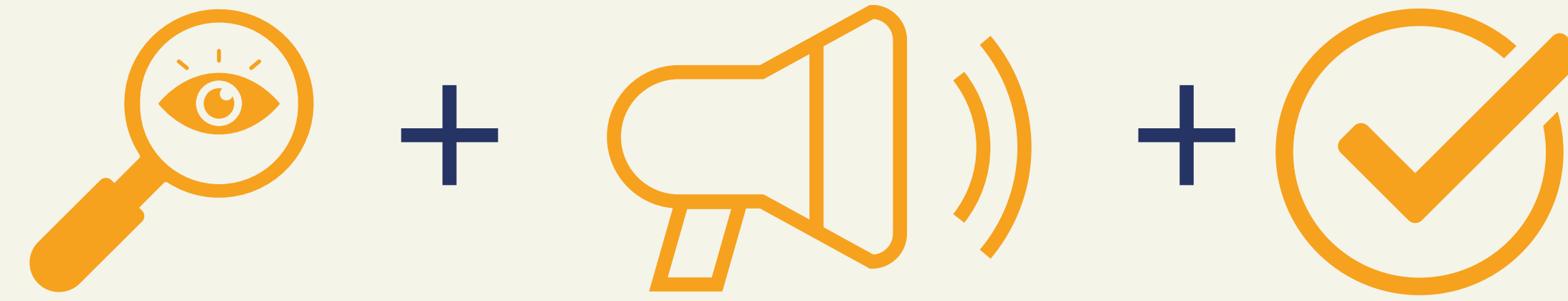


Parent Action Plan

ASSISTING YOUR CHILD IN DISTRESS



The purpose of this document is to help you recognize signs of distress and identify appropriate referrals to campus and community resources. Local schools have enacted the GREEN FOLDER Initiative, which is comprised of a list of signs of distress, resources, and protocols for school teachers and staff to follow. District staffs are being trained to “See Something, Say Something, Do Something”.

*Also, school employees are mandated reporters and are required by law to report known or suspected child maltreatment, child abuse or neglect to the county child welfare department or local law enforcement agency.



SEE SOMETHING



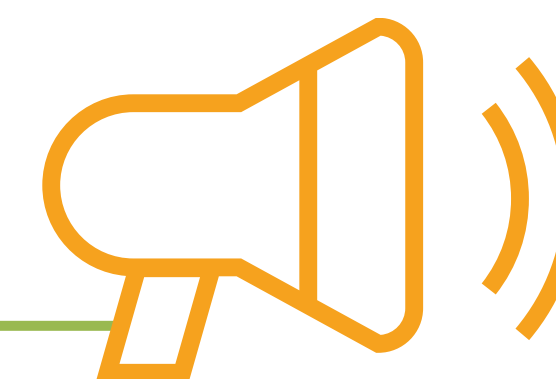
For parents, educating yourself and learning the **signs** of distress will allow you to recognize them when they surface with your child. Your child may feel alone, isolated, and even hopeless when faced with life challenges. A child exhibiting troubling behaviors may likely have difficulties coping with life stressors.

Don't ignore the **signs** if you **SEE SOMETHING**.

Be Proactive: Educate yourself and pay attention to signs of distress.



SAY SOMETHING



Trust your instincts and **SAY SOMETHING** if your child leaves you feeling worried, alarmed, or threatened! Your expression of concern may be a critical factor in saving a child's life.

Show Concern: Show compassion and concern. Listen sensitively and carefully: **Express confidence while using a calm voice and a non-confrontational approach.**

Ask Questions: Don't be afraid to ask direct questions. Asking a child if they are feeling suicidal or depressed will **NOT** put the thought into their heads!



DO SOMETHING



As parents, you know your child best. If you suspect that your child needs help or is in distress, **DO SOMETHING!**

Reach Out for Support: Reach Out for Support: Contact your primary care physician, one of the community resources listed in this folder, an identified on-campus resource, or speak to a guidance counselor if you don't know where to start. These experts will guide you on what to do.

Safety First: The welfare of the campus community is the top priority when a student displays threatening or potentially violent behavior. Do not hesitate to call for your local police for help.

Signs of Distress



REMINDER FOR PARENTS: On-campus mental health counseling services offered to students are confidential. If you notice signs of distress and would like your child to be seen by a mental health professional at school, please contact your child's counselor to discuss your concerns.

Be aware of the following indicators of distress. Look for groupings, changes in behavior, frequency, duration and severity, and decrease in overall functioning— not just isolated symptoms.



ACADEMIC SIGNS



- Sudden decline in quality of work and grades
- Repeated absences/tardiness
- Disturbing content in writing or presentations (e.g., violence, death)
- A student needs more personal counseling rather than academic counseling
- Continuous classroom disruptions



PSYCHOLOGICAL SIGNS



- Self-disclosure of personal distress that could include family problems, financial difficulties, depression, grief, or thoughts of suicide
- Excessive tearfulness, panic reactions, irritability or unusual apathy
- Verbal abuse (e.g., taunting, badgering, intimidation)
- Expressions of concern about the student by peers



PHYSICAL SIGNS



- Marked changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain
- Excessive fatigue/sleep disturbance
- Intoxication, hangovers, or smelling of alcohol/marijuana
- Disoriented or "out of it"
- Cuts, bruises, or other injuries

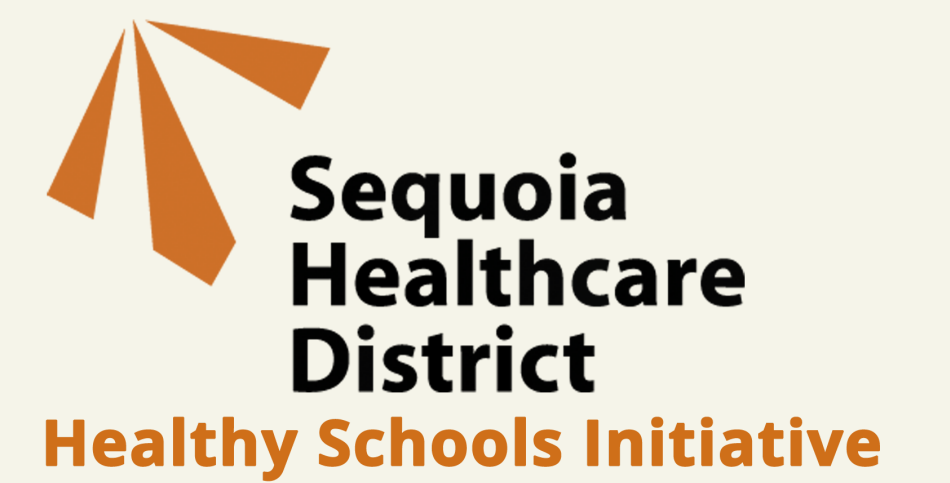


SAFETY RISK SIGNS



- Unprovoked anger or hostility
- Making implied or direct threats to harm self or others
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations, or violent behaviors

Community Resources for Parents



The following community organizations provide critical services to youth and families. Parents are welcome to call, and many of these agencies have Spanish-speaking staff. For a complete list of community organizations and their array of services, please visit the San Mateo County website, sanmateo.networkofcare.org.



County Agencies

Community Clinics

Sequoia Teen Wellness Center
(650) 366-2927
www.co.sanmateo.ca.us/SequoiaTWC

Health services, case management, and school outreach clinic. Located next to SUHSD's district office

Ravenswood Family Health Center

(650) 330-7400
<http://www.ravenswoodfhc.org>

Clinic providing full health services for the Ravenswood community.

Fair Oaks Health Clinic

(650) 578-7141
<http://sanmateomedicalcenter.org/content/FOHC.htm>

Clinic providing full health services for the Fair Oaks community

CSM Behavioral Health and Recovery

Services (BHRS) ACCESS Team
(800) 686-0101
<http://smchealth.org/mh>

Offers a broad spectrum of mental health and substance use services

CSM COVID Mental Health

<https://www.smchealth.org/post/covid-19-mental-health-resources>

Child Protective Services (CPS)

(650) 595-7922
<http://hsa.smcgov.org/child-protective-services>

CPS is a 24-hour service provided on the behalf of children who are alleged victims of child abuse/neglect



24-Hour Hotlines

National Suicide Prevention

1-800-273-8255
24-hours/day, 7 days a week

A network of 166 crisis centers in 49 states that connects individuals to crisis services in their local areas

Crisis Text Line

<http://www.crisistextline.org>
Crisis Text Line provides free, 24/7, confidential support for people in crisis (suicidal ideation, depression, eating disorders, bullying, worried about a friend) all by text message.

Text HOME to 741741 and you'll be matched with a trained Crisis Counselor who will help you move from a hot moment to a cool calm moment through validation, strength identification, collaborative problem solving and providing referrals

Rape Trauma Services

(650) 692-7273
www.rapetraumaservices.org

Provides a free, 24-hour, confidential hotline for anyone who has been hurt by sexual violence. Provides support for survivors through hospital medical legal exams, law enforcement, and the judicial system.



Community Agencies

healthRight360

(800) 200-7181
www.healthright360.org

Offers therapy to youth and adults struggling with mental health issues, substance use

ACS (Adolescent Counseling Services)

(650) 424-0852
<http://acs-teens.org>

Provides community counseling services, adolescent substance abuse treatment, and on-campus counseling at Woodside High and La Entrada Middle School.

El Centro de Libertad

(650) 599-9955
www.elcentrodelibertad.org

Offers therapy to youth and adults struggling with substance use

One Life Counseling Center

(650) 394-5155 Free Covid-19 hotline, 9am-5pm: (650) 394-5224 www.onelifecounselingcenter.com

Skilled, personal, accessible counseling with flexible fees

PHP (Parents Helping Parents)

(855) 727-5775 Toll Free
(408) 727-5775
<http://php.com>

PHP helps families who have children of any age with special needs.



Targeted Supports

ACS Outlet

(650) 424-0852, ext 107
<http://acs-teens.org/what-we-do/outlet>

Offers free confidential drop-in English-speaking and Spanish-speaking groups for LGBTQ youth, ages 10-25, in Redwood City, Mountain View, and San Mateo

KARA

(650) 321-5272
www.kara-grief.org

Provides grief support services.

Mission Hospice

(650)554-1000
<https://www.missionhospice.org/>
Provides grief support services.

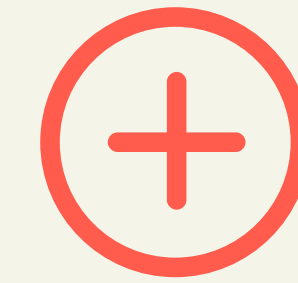
Star Vista

(650) 591-9623
<http://star-vista.org>

In addition to counseling, crisis prevention, and early childhood programs, offers the following programs:

Daybreak: Provides transitional housing for homeless youths ages 16-21. **Your House South:** Provides a "time-out" space for both the youth and the family. **Insights:** Offers a structured 22-week drug and alcohol recovery outpatient program for youth.

Community Resources for Parents



Students in Distress

Distressed students often exhibit one or more of the following behaviors:

- Anxiety
- Bizarre or erratic behavior
- Sadness
- Isolation/Withdrawal
- Irritability
- Attention seeking behavior
- Suicidal thoughts
- Lack of motivation and/or concentration
- Confusion
- Deterioration in physical appearance



Additional Resources

The Parent Venture

(650) 868-0590
<https://www.parentventure.org/>

Provides inclusive, high-quality education (presentations, workshops, films) for parents/caregivers, students, educators, mental health professionals, and community members.

The Parent Education Series

Video Library (YouTube)
<https://www.youtube.com/c/ParentEducationSeries>

Offers videos on critical issues — mental health, substance use, digital media, and more — that impact the health, safety, and well-being of children and teens.

Parent Project

<https://www.smchealth.org/general-information/parent-project-r>

A free, 12-week course offered in English and Spanish to anyone to learn parenting skills.

Care Solace

www.CareSolace.org

They match students, staff and families with verified local mental health providers.



24-Hour Hotlines

Al-Anon/Alateen

(650) 592-7935
<http://alanonmidpeninsula.org>

Info line for anyone affected by someone else's drinking.

StarVista Crisis Intervention and Suicide Prevention Center

(650) 579-0350 (800) 273-8255
www.star-vista.org 24 hours/day, 7 days per week

For anyone who feels sad, hopeless, or suicidal, needs mental health referrals, or needs support through a personal crisis. Also for family and friends who are concerned about a loved one.

NAMI San Mateo Warm Line

(650) 638-0800
www.namisanmateo.org

Note: This is NOT a crisis line. Provides a support system for people with mental illness and family members



Community Agencies

CHC/PEN

(650) 688-3625
www.chconline.org

Education and mental health services for children and teens.

Parent's Place

(650) 688-3040
<https://parentsplace.jfcs.org>

Parent consultations, parent coaching, workshops, child and family counseling, parent/child activity groups, parent support groups.

Child Mind Institute

(650) 931-6565
www.childmind.org

Evidence-based mental health and learning disorders for children, teens and families in Bay Area
COVID-19 resources
<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Telehealth services <https://childmind.org/our-care/telehealth/>



Targeted Supports

Planned Parenthood

1-(800)230-PLAN (7526)
<http://plannedparenthood.org>

Health services, case management, and school outreach clinic. Located next to SUHSD's district office

Healthy Teen Project

(650) 941-2300
<http://www.healthyteenproject.com>

Focused on individual teens and their families, the Healthy Teen Project brings understanding on adolescent eating disorders. They provide Intensive Outpatient and Partial Hospitalization treatment programs for teenagers who struggle with eating disorders in the SF Bay Area.

SafeSpace

(650)714-4417
<https://safespace.org>

Offers peer to peer support groups, educational services, community outreach, and therapeutic services through BACA (Bay Area Clinical Associates).

Pride Center

(650)591-0133
<https://sanmateopride.org>

Empowers and provides a safe space for the LGBTQ+ community



As a first step, contact your child's primary care doctor (pediatrician or family medicine physician)