

School-Based Intervention Teams Bring Mental Health Care to 400+ Schools Across California

Wellness Centers are hubs of self-care for students and teachers

Thousands of students of varying ages, backgrounds and academic levels in California need support with addressing chronic absenteeism, social isolation, alternatives to suspension, wellness and mental health challenges. Any teacher will attest that disruptive behavior in the classroom may signal deeper challenges that hinder a student's success in school and beyond.

Fortunately, suspension is no longer the default response. A new approach is taking shape across California that recognizes the fact that nearly 40% of high school students have mental health challenges. Pacific Clinics' School-Based Intervention Teams (SBIT) are at the forefront of that change, bringing mental health services to more than 400 campuses across California.

Pacific Clinics specializes in supporting districts with developing positive school cultures, building connections and enhancing family and community engagement. SBIT partners with school employees and administration to enhance the delivery of integrated student support and extended learning opportunities. Working together with teachers and administrators, SBIT is creating inclusive and welcoming spaces for students to escape the stresses of school life through wellness centers.

The wellness center's doors are open throughout the day, so students can take a yoga class before school starts or drop in to decompress. Students can also learn coping strategies in group coaching or individual

therapy sessions. This focus on improved mental health is not limited to students. The wellness center is a hub where campus employees can also come for self-care and professional development.

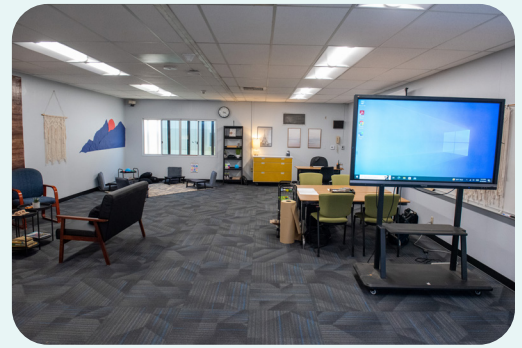
Teachers undoubtedly benefit from the expertise of the SBIT team in managing challenging behavior and supporting students.

"Among all of their other duties, teachers do not have the time to study the extent of mental health and behavior interventions that we do, so we remove that task by becoming those eyes and ears to give them guidance and help consult," said Lacey Castellese, regional executive director. "Our goal is for our teams to become a part of the school's fabric."

Today, Pacific Clinics has teams across the Greater Los Angeles, San Diego and the Bay areas.

The outcome of their work? Stronger classrooms, higher graduation rates, and – above all – young people empowered with the tools they need to thrive. Bringing mental health care directly to the schools reduces drop-out rates and boosts academic performance – helping students learn and teachers teach.

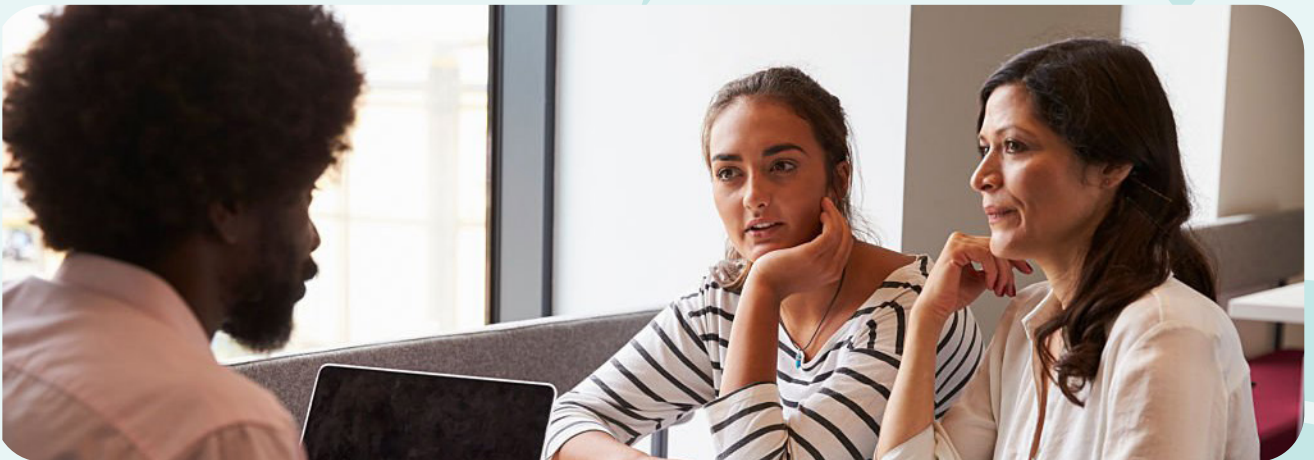
"The dream is to have a wellness center on every school campus." - *Lacey Castellese, regional executive director, SBIT*



SBIT works within a Multi-Tiered System of Supports (MTSS) that aligns with Community Schools and state initiatives to ensure equitable and evidence-based practices for all students. The team focuses on tiered interventions and specializes in behavior consultation, professional development for educators, wellness center operations, Special Education Services (SPED), Functional Behavioral Assessments (FBA), Positive Behavior Interventions and Supports (PBIS), restorative practices, Social Emotional Learning (SEL), addiction prevention, and evidence-based practices. SBIT takes a value-based approach that is data and outcomes-driven.



For more information on Pacific Clinics and the School-Based Intervention Teams visit www.pacificclinics.org or contact the team at sbit@pacificclinics.org; (408) 608-5445.



Pacific Clinics delivers high-quality behavioral health care and social services to advance mental well-being for Californians of all ages.