



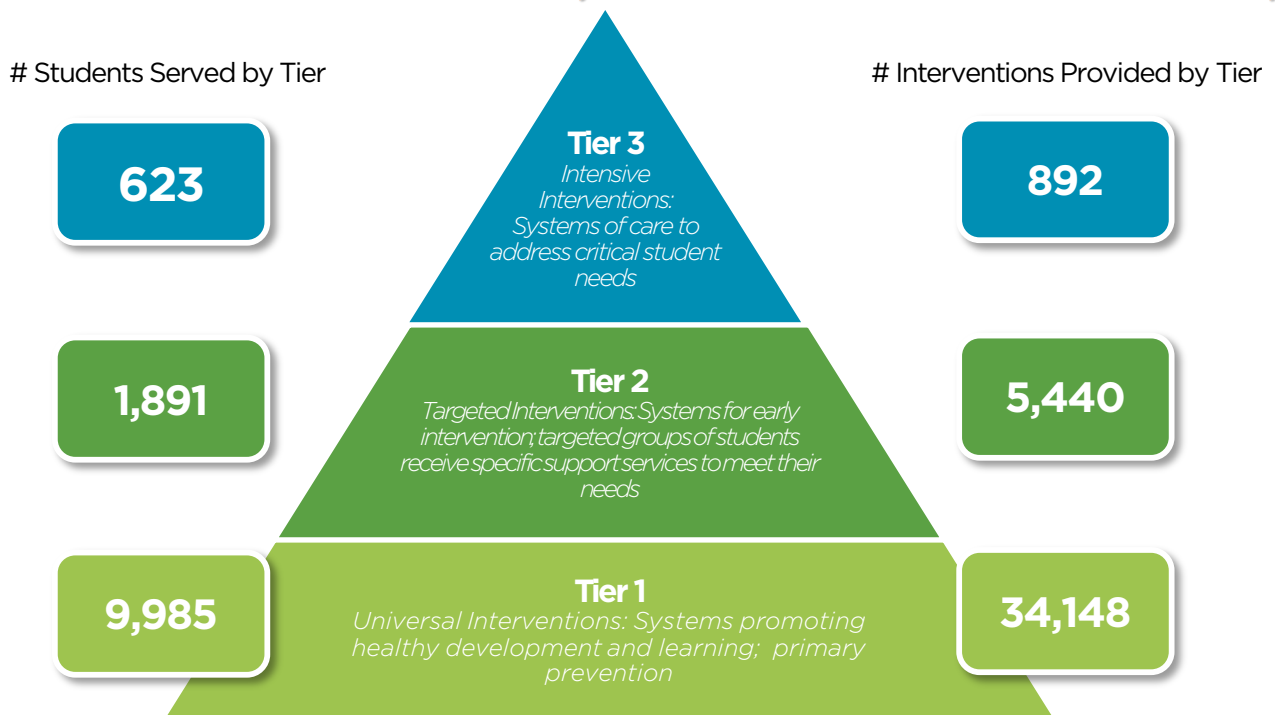
Sacramento City Unified School District
Student Support & Health Services Department
Support Services Division
First Quarter Report: August – November 2020

For our students to be successful academically, they must be healthy and ready to learn. When students are in need of support – whether academic, behavioral, emotional or social – our intentional response is critical. This report reflects services provided by our 29 site-based **Student Support Centers (SSCs)**, our centrally-located **Connect Center**, our **Homeless Services**, **Foster Youth Services** and **Tobacco Use Prevention Education (TUPE) programs**. These programs staff caring, highly-trained professionals who work collaboratively to engage and assist students in need.

Students Served

Total Unduplicated Number of Students Served = **10,864**

Total Number of Services Provided = **40,484**



Providing a Pandemic Safety Net

As trained experts in relationship-building and service-delivery, SSSH staff were characteristically responsive to the needs of our students and families as they shifted significantly with the COVID-19 pandemic. In addition to quickly adapting to provide services safely and ethically in a more remote format, we were ready to meet our students, families, and school communities where they were.

This conscious acknowledgement of the rapidly changing needs of our clients allowed us to **increase the number of students served by 31%** over the same period of time last academic year, despite a decrease in ready access to families due both to distance learning and a significant decrease in referrals from site staff. By using a **proactive outreach strategy**, we **increased our pandemic-era outreach by 61%** as compared to the last quarter of last academic year, and **increased home visitation by 194%** over Q1 of last academic year.





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Prevention and early-intervention services increased by 70%, while we saw requests for more intensive services such as mental health services and crisis response decrease by 40%. What this data tells us is that **the mental and emotional fallout from the pandemic has not yet surfaced, as families are currently just focused on surviving** – meeting basic needs to stay fed, sheltered, clothed, and connected to learning. A few examples of how our services shifted:

- **252% increase in referrals made to homeless programs** (both District- and community-based);
- **50% increase in referrals made to domestic violence** agencies and shelters; and
- **44% increase in provision of basic needs** items and linkages to community-based basic needs providers.

In addition to the surge in basic needs services requested by families, and in anticipation of the underreported social, mental, and emotional suffering of students (documented nationally), we also increased our focus on prevention and early intervention, leading to:

- **827% increase in drop-in groups** available universally to students across campuses, in an effort to support social and emotional development and nurture mental wellness (also using the Zoom platform);
- **170% increase in classroom interventions** in mindfulness, social emotional learning, and mental wellness via the Zoom platform; and
- **83% increase in LGBTQ+ supports** including training, education, and support groups via Zoom.

While tending to basic needs and working to intervene early in mental wellness, we have also worked hard to support our colleagues in the academic support of students, who we know are struggling in many cases just to access their online classes. Our efforts resulted in:

- **38% increase in academic support**; and
- **20% increase in Coordination of Services Team (COST)** and Multidisciplinary Team (MDT) referrals. At many sites, SSC staff facilitate the COST process.

Our staff's training and expertise in reaching and responding to students and families in crisis has served as a beacon of hope for many during these first few months of the academic year. We could not be more humbled by the resilience of our young people, and the parents and caregivers who have added instructional assistance to their already full plates.

We are deeply grateful for the relationships we have built with some of our most impacted families, those who are often hard to reach and challenging to connect with, and stand ready to serve them with compassion and care as this school year – and pandemic – continue.



Photo 1: Volunteers from the 95820 Food Project - a collaborative developed to address pandemic food insecurity by Oak Ridge Student Support Center Coordinator Ashley Clark - gather together to prepare a distribution to families.

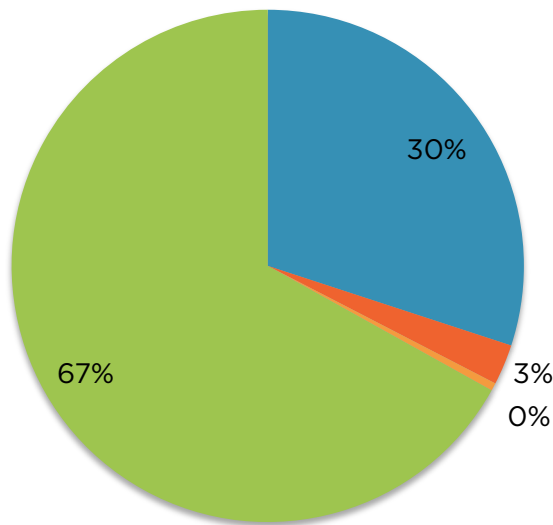


Photo 2: All smiles from a winner of Parkway Student Support Center's attendance raffle, as he receives his new distance learning headphones during a home visit.



Services Provided - Universal (Tier 1)

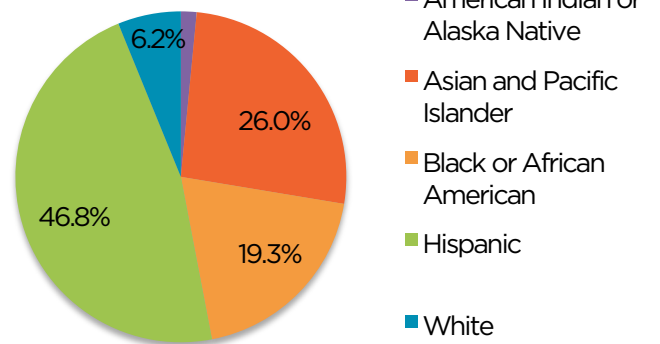
Tier 1 Services to Students by Category,
 SSHS Support Services Division,
 August-November 2020



- Academic & Attendance Support
- Basic Needs & Resources
- Health
- Mental Health & Wellness

Academic and Attendance Support	
Attendance Committee	53
COST/MDT	827
Distance Learning Distribution/Outreach	5,079
School-wide Events	4,316
Basic Needs & Resources	
Coffee Chat/Caregiver Engagement	35
Distribution of Food/Basic Needs	696
Distribution of Uniforms & School Supplies	27
Foster Family Night/Event	39
Interpretation/Translation	77
Health	
Drive-thru Dental Screening & Sealants	168
Mental Health & Wellness	
Character Education/SEL Activity	9,903
Classroom Intervention	11,774
Drop-in Groups	417
School Climate	801

Ethnicity of Students Served in Tier 1
 August-November 2020

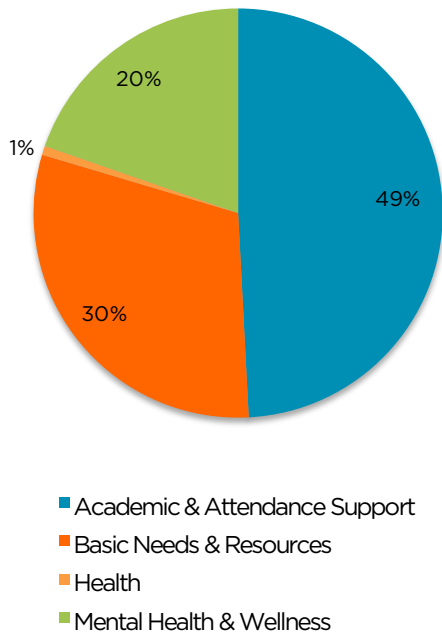




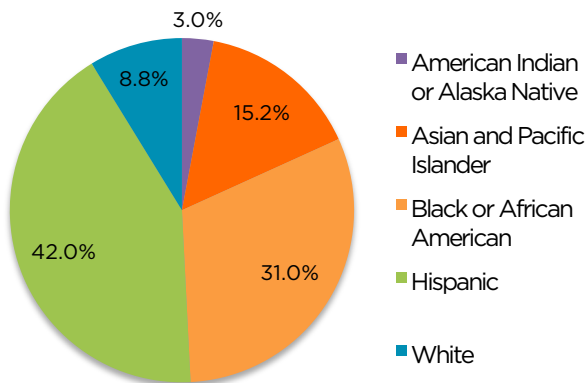
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Services Provided – Strategic & Intensive (Tiers 2 and 3)

Tier 2 & 3 Services to Students by Category, SSHS Support Services Division, August-November 2020



Ethnicity of Students Served in Tier 1 August-November 2020



Academic and Attendance Support

504 Facilitation and Attendance	28
Academic Support	473
Attendance Intervention	550
Engagement Support Plans (ESP)	86
Foster Youth Services MDT	5
Home Visit	549
IEP	32
Placement Assistance	3
SST Facilitation and Attendance	64

Basic Needs & Resources

Basic Needs (food, clothing, shelter)	980
Caregiver Education & Support	242
Employment/Financial	18
Homeless Program	222
Independent Living Services	12
Legal Assistance	21
Recreation/After school	98
Transportation Assistance	12
Youth Leadership	15

Health

Healthcare	19
Health Insurance Enrollment	19

Mental Health & Wellness

Behavior Intervention	40
Child Welfare	29
Conflict Resolution and Peer Mediation	17
Crisis Intervention	130
Domestic Violence/Shelter	12
Formal Assessment	3
Gang/Violence Prevention	1
Law Enforcement	6
LGBTQ Supports	55
Mental Health Counseling	389
Mentoring	198
PBIS Check-in Check-out	3
Psychoeducational Group	65
Re-entry Support Meeting	6
Suicide Risk Assessment	103

Case Management

Case Management	1,764
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Student Safety and Wellbeing: Suicide Prevention

Mental illness in young people across the United States is increasing, and has been exacerbated by the COVID-19 pandemic. Suicide behaviors and feelings of sadness, hopelessness steadily increased by more than ten percent among young people in the decade immediately preceding the onset of COVID-19¹. Furthermore, while it is still early for comprehensive data on the impact of the pandemic on youth mental health in the United States, a recent CDC report found that child and adolescent visits to emergency departments for mental health-related care were up 24-31% from April to October 2020².



Led by the Student Support and Health Services (SSHS) department, SCUSD has policies, procedures and practices in place to prevent and intervene early in student mental health crises. In addition to direct education and intervention with students and their families, SSHS is responsible for the training and technical assistance of 173 school counselors, nurses, psychologists, social workers and specialists who provide suicide risk assessment to students in crisis throughout the District.

Training

Between August and November 2020, SSHS staff provided training on suicide prevention and suicide risk assessment to students and staff:

- **60 Expanded Learning staff** trained in Suicide Prevention Procedures;
- **79 school counselors, psychologists, and social workers** trained in assessing for suicide risk, with emphasis on assessment during Distance Learning; and
- **624 staff completed 1,123 simulations** using the evidence-based Kognito suicide prevention training platform.

Prevention & Intervention

During the spring 2020 semester of impromptu distance learning our District saw an enormous decline in the number of students referred for suicide risk assessment, due to the fact that students were no longer in physical space with caring and trusted adults on campus. As distance learning continued into the 2020-21 school year, SSHS staff increased their focus on prevention and outreach efforts directly to students, by increasing classroom-based education and universal-level drop-in groups as safe spaces for students to connect with trusted, trained adults. In addition, SCUSD enabled safety filters on District-issued equipment and accounts, in a continuing effort to ensure the safety of students struggling with mental health challenges.

- **1,989 sixth, seventh, and eighth grade students trained in the evidence-based Signs of Suicide curriculum** at Albert Einstein Middle, John Still Middle, Parkway Elementary, Sam Brannan Middle, and Will C. Wood Middle Schools;
- **11,774 preventative contacts through classroom interventions** such as mindfulness, emotional awareness and coping skills, and more;
- **417 preventative contacts through drop-in groups** via Zoom;
- **193 Lightspeed Internet Safety alerts**, responded to with safety assessments by SSHS staff and staff in other departments and school sites; and
- **103 suicide risk assessments** by SSHS staff alone, along with another **130 crisis response** services.

¹ [Hertz MF and Barrios LC. \(2020\).](#) Adolescent mental health, COVID-19, and the value of school-community partnerships. Injury Prevention.

² [Leeb RT, Bitsko RH, Radhakrishnan L, Martinez P, Njai R, and Holland KM. \(2020\).](#) Mental Health-Related Emergency Department Visits Among Children Aged <18 Years During the COVID-19 Pandemic — United States, January 1–October 17, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1675–1680.



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Training & Professional Development

While the majority of the work of the Support Services Division often involves direct service to students and their families, our team also participates in systems change work, including helping share our specific professional expertise, enhancing staff and community practice.

SCUSD Stakeholders Trained to Date: 1,287		Hours of Training Provided to Date: 26	
Who was trained?	<ul style="list-style-type: none"> • Administrators • Community Members • District Staff • Parents & Caregivers 	What topics were covered?	<ul style="list-style-type: none"> • School Counselors • Social Workers • Students • Teachers • Volunteers & interns <ul style="list-style-type: none"> • Chronic Absenteeism • Community resources • Crisis Response • Equity & Social Justice • Data-driven Services • LGBTQ Safe Zone • PBIS • Self-care • Suicide Prevention • Suicide Risk Assessment • Understanding Distance Learning

In addition to providing professional development to SCUSD staff, students, parents and partners, the Student Support & Health Services department contributes to the education and preparation of future practitioners, hosting and training interns from five universities. ***These emerging professionals maximize funding of existing credentialed SSHS staff by providing thousands of hours of in-kind service to SCUSD students and families.***

Total Interns Trained to Date: 60	Total Intern Service Hours to Date: 9,800+
Bachelor of Social Work (BSW) = 35 Master of Social Work (MSW) = 22	Post-graduate Interns = 3

Staffing

A diverse, dynamic group of 47 professionals staff 29 Student Support Centers, the Connect Center, Homeless Services, Foster Youth, and TUPE programs, serving 10,864 students at 72 school sites between August & November 2020. Most staff have graduate-level degrees which are clinical in nature, such as social work or counseling.

Schools with Student Support Centers		Non-SSC Schools Served by the Connect Center		
Less than 1.0 FTE staff	More than 1.0 FTE staff	5.0 FTE staff		
<ul style="list-style-type: none"> • Abraham Lincoln • Bowling Green Chacón • Bowling Green McCoy • Bret Harte • Caroline Wenzel • Cesar Chavez • Earl Warren • Edward Kemble • Ethel I. Baker • Ethel Phillips • Father Keith B. Kenny K-8 • Isador Cohen • John Bidwell 	<ul style="list-style-type: none"> • Albert Einstein • American Legion • CK McClatchy • HW Harkness • Hiram Johnson • John Sloat • John Still K-8 • Leataata Floyd • Oak Ridge • Pacific • Parkway • Rosa Parks K-8 • Sam Brannan • Susan B. Anthony • Will C. Wood • Woodbine 	<ul style="list-style-type: none"> • AM Winn • Alice Birney • Arthur A. Benjamin Health Professions • Caleb Greenwood • California • Camellia Basic • Capital City • Crocker Riverside • David Lubin • Elder Creek • Fern Bacon • Genevieve Didion • GW Carver • Golden Empire 	<ul style="list-style-type: none"> • Golden Empire • Hollywood Park • Hubert Bancroft • James Marshall • John Cabrillo • John F. Kennedy • John Morse • Kit Carson • Leonardo da Vinci • Luther Burbank • Mark Twain • Martin Luther King, Jr. • Matsuyama • New Tech • Nicholas 	<ul style="list-style-type: none"> • OW Erlewine • Peter Burnett • Pony Express • Rosemont • SES • Sequoia • Sutter • Sutterville • Tahoe • The Met • Theodore Judah • Washington • West Campus • William Land

Our Homeless Services, Foster Youth Services, and TUPE programs serve students, families and staff at school sites district-wide.