



Subject: Mental Health Services
Approved By: Board of Directors
Policy: 5029.1

SHASTA SPRINGS CHARTER SCHOOL

Effective Date:

Revised Date:

LIBERTY SPRINGS CHARTER SCHOOL

Effective Date:

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Mental Health Services

The Charter School recognizes that when unidentified and unaddressed, mental health challenges can lead to poor academic performance, increased likelihood of suspension and expulsion, chronic absenteeism, student attrition, homelessness, incarceration, and/or violence. Access to mental health services at school and in the community is not only critical to improving the physical and emotional safety of students, but it also helps address barriers to learning and provides support so that all students can learn problem-solving skills and achieve in school and, ultimately, in life.

Spiral Charter Schools offer the following resources to all students and families:

School Counseling Services

Students are encouraged to directly contact a Spiral counselor to set up an appointment. School counselors provide support to students by providing individual and peer group counseling sessions. Typical areas of concern include, but are not limited to, academic stress, transition to changes in their community and/or environment, social and relationship concerns (including isolation), and other social, emotional, and developmental concerns. Students may obtain assistance in contacting their school counselor through their teacher, school staff, or by referral.

Accommodations and Assessments

Students who are struggling with mental health or other social, emotional, or behavioral concerns may be referred to the school's MTSS team for review of the student's needs and

for possible referral for assessment under IDEA and 504 accommodations. The MTSS team is a multidisciplinary team of specialists that are most familiar with the student and have firsthand knowledge of the student. Parents/guardians/caregivers are members of the MTSS/SST team.

Health Services

If a student requires prescription medication during school hours, parents may contact the school campus administrator or health services staff to set up a prescription medication plan.

Available in the Community

Each program/geographic area will maintain a [community referral list](#) for students and families to access mental health resources.

Available Nationally:

- National Suicide Prevention Hotline

This organization provides confidential support for adults and youth in distress, including prevention and crisis resources. Available 24 hours at 1-800-273-8255.

The Trevor Project

This organization provides suicide prevention and crisis intervention for LGBTQ youth between the ages of 13 and 24. **Available at 1-866-488-7386 or visit <https://www.thetrevorproject.org/>.**

- Big Brothers/Big Sisters of America

This organization is a community-based mentorship program. Community-specific program information can be found online at <https://www.bbbs.org> or by calling (813) 720-8778.

- 24/7 Homeless Emergency Action Response Team (HEART) – 1-877-4-RUN-AWAY or 1-877-4-786-2929

- 24/7 Disaster Distress Helpline – 1-800-985-5990 or TEXT TalkWithUs to 66746