

## **MENTAL HEALTH**

The Governing Board recognizes that students' emotional well-being and mental health contribute to their ability to perform to their full academic and personal potential. The Superintendent or designee shall develop strategies and services to build students' resiliency skills, help students cope with life challenges, and reduce the stigma associated with mental illness.

The Superintendent or designee shall consult and collaborate with school-employed mental health professionals, the county mental health department, psychologists and other health professionals, social workers, and/or community organizations to strengthen local mental health services and develop and implement an integrated plan to support student mental health.

*(cf. 1220 - Citizen Advisory Committees)*

*(cf. 1400 - Relations Between Other Governmental Agencies and the Schools)*

To the extent possible, the district shall focus on preventive strategies which increase students' connectedness to school, create a support network of peers and trusted adults, and provide techniques for conflict resolution. The district shall investigate and resolve any complaint of bullying, intimidation, harassment, or discrimination in accordance with law and district policy.

*(cf. 0410 - Nondiscrimination in District Programs and Activities)*

*(cf. 1312.3 - Uniform Complaint Procedures)*

*(cf. 5131.2 - Bullying)*

*(cf. 5137 - Positive School Climate)*

*(cf. 5145.3 - Nondiscrimination/Harassment)*

*(cf. 5145.7 - Sexual Harassment)*

The district shall provide instruction to students that promotes their healthy mental, emotional, and social development. Health education courses shall be aligned with the state content standards and curriculum framework and shall include, but not be limited to, instruction related to identifying signs of depression and self-destructive behaviors, developing coping skills, and identifying resources that may provide assistance.

*(cf. 6142.8 - Comprehensive Health Education)*

The Superintendent or designee shall provide school staff with information and training to recognize the early signs of an emerging mental health condition, identify risk factors and warning signs of suicidal intent, respond to students who have been impacted by traumatic stress, and link students with effective services and supports. Such information may also be provided to parents/guardians and families.

*(cf. 1312.1 - Complaints Concerning District Employees)*

*(cf. 4131 - Staff Development)*

*(cf. 4231 - Staff Development)*

*(cf. 4331 - Staff Development)*

*(cf. 5141.52 - Suicide Prevention)*

The Superintendent or designee shall develop a protocol for identifying and assessing students who may be suffering from an anxiety disorder, depression, eating disorder, or other severe or disabling mental illness. The Superintendent or designee may establish districtwide or school-site crisis intervention team(s) to respond to mental health concerns in the school setting.

A school counselor, school psychologist, or school social worker may provide mental health counseling to students in accordance with the specialization(s) authorized on the individual's credential. As needed, students and their parents/guardians may be provided referrals to mental health services in the community and/or to mental health services at or near district schools.

*(cf. 5141.6 - School Health Services)*  
*(cf. 6164.2 - Guidance/Counseling Services)*

If a student has an emotional or mental illness that limits a major life activity, has a record of such impairment, or is regarded as having such impairment, or may need special education and related services, the student shall be referred for an evaluation for purposes of determining whether any educational or related services are required in accordance with Section 504 of the Rehabilitation Act or the federal Individuals with Disabilities Education Act, as applicable. (Education Code 56301-56302; 29 USC 794; 28 CFR 35.108)

*(cf. 6164.4 - Identification and Evaluation of Individuals for Special Education)*  
*(cf. 6164.6 - Identification and Education Under Section 504)*

The Superintendent or designee shall explore potential funding sources for district programs and services that support student's mental health. In accordance with local plans and priorities, the district may apply to the county for grants for prevention and early intervention activities that are designed to prevent mental illness from becoming severe and disabling and to improve timely access for underserved populations.

*Legal Reference:*

EDUCATION CODE

215-216 *Student suicide prevention*

234.6 *Posting suicide prevention policy on web site*

32280-32289.5 *Comprehensive safety plan*

49060-49079 *Student records*

49600 *Responsibilities of school counselors*

49602 *Confidentiality of student information*

49604 *Suicide prevention training for school counselors*

56171 *Duty to identify and assess children in private schools who need special education services*

56300-56385 *Identification, referral, and assessment for special education*

WELFARE AND INSTITUTIONS CODE

5698 *Emotionally disturbed youth; legislative intent*

5840-5840.8 *Prevention and early intervention programs*

5850-5886 *Children's Mental Health Services Act*

UNITED STATES CODE, TITLE 20

1400-1482 *Individuals with Disabilities Education Act*

UNITED STATES CODE, TITLE 29

794 *Rehabilitation Act of 1973, Section 504*

*Legal Reference: (continued)*

CODE OF FEDERAL REGULATIONS, TITLE 28  
35.101-35.190 *Nondiscrimination on the basis of disability*  
CODE OF FEDERAL REGULATIONS, TITLE 34  
34 CFR 300.1-300.818 *Individuals with Disabilities Education Act*

*Management Resources:*

CALIFORNIA DEPARTMENT OF EDUCATION PUBLICATIONS  
Health Education Content Standards for California Public Schools, Kindergarten Through Grade Twelve, 2008  
Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2019  
CENTERS FOR DISEASE CONTROL AND PREVENTION PUBLICATIONS  
School Connectedness: Strategies for Increasing Protective Factors Among Youth, 2009  
NATIONAL CHILD TRAUMATIC STRESS NETWORK PUBLICATIONS  
Child Trauma Toolkit for Educators, 2008  
WEB SITES  
*American Association of Suicidology: <http://www.suicidology.org>*  
*American Foundation for Suicide Prevention: <https://afsp.org>*  
*American Psychological Association: <http://www.apa.org>*  
*American School Counselor Association: <https://www.schoolcounselor.org>*  
*California Department of Education, Mental Health: <http://www.cde.ca.gov/ls/cg/mh>*  
*California Department of Health Care Services, Mental Health Services: <http://www.dhcs.ca.gov/services/MH>*  
*Centers for Disease Control and Prevention, Mental Health: <http://www.cdc.gov/mentalhealth>*

*Management Resources: (continued)*

WEB SITES (continued)  
*National Association of School Psychologists: <https://www.nasponline.org>*  
*National Child Traumatic Stress Network: <https://www.nctsn.org>*  
*National Council for Behavioral Health, Mental Health First Aid: <https://www.mentalhealthfirstaid.org>*  
*National Institute for Mental Health: <http://www.nimh.nih.gov>*  
*Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org>*  
*Suicide Prevention Resource Center: <https://www.sprc.org/about-suicide>*  
*U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration: <http://www.samhsa.gov>*

PERRIS UNION HIGH SCHOOL DISTRICT  
Perris, California

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