SCHOOL LINKED SERVICES (SLS) INITIATIVE and YOUTH SUBSTANCE USE TREATMENT SERVICES (Y-SOC)

CATHERINE ASPIRAS, LMFT
ISAAC GUTIERREZ, LCSW
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AGENDA

Welcome and Introductions
Children, Youth, and Family Division
School Linked Services Initiative
SLS Initiative School Districts
Impact of COVID-19 on SLS
SUTS
Access/Resources
Q&A
SLS ORGANIZATION

SLS INITIATIVE

School-based coordinated services to address the needs and wellbeing gaps of families through a community participatory approach.

Family Engagement
- Referral, Linkage, and Triage
- Tier 1 services: Universal Access
- Family Engagement One-Time Events
- 15 SLS School Districts
- 29 SLS Coordinators
- Serves 10,000+ students and families annually

Prevention and Early Intervention (PEI)
- Tier 1 & 2 services: Least intensive
- Group and specific population supports and services
- Skills streaming
- Therapeutic Groups
- Parenting Groups: Positive Parenting Program (Triple P) and Strengthening Families
- 11 school districts
- 8 Community Based Providers
- Serves 2000 students annually

SLS Behavioral Health
- Tier 3 services: Intensive service
- Outpatient services at school setting
- Individual Therapy
- Case Management & Linkage
- Medication Support
- 13 school districts
- 7 Community Based Providers
- Serves 750 students annually
# SLS Initiative

### SLS School Districts

- MVWSD*^ (Family Engagement, PEI, SLS)
- ESUHSD*^ (Family Engagement, PEI, SLS)
- MPESD *^ (Family Engagement, PEI, SLS)
- MVLA *^ (Family Engagement, PEI, SLS)
- Evergreen* (Family Engagement, PEI, SLS)
- OGSD *^ (Family Engagement, PEI, SLS)
- MVLA *^ (Family Engagement, PEI, SLS)
- ARUSD *^ (Family Engagement, PEI, SLS)
- ESUHSD* (Family Engagement, PEI, SLS)
- MPESD *^ (Family Engagement, PEI, SLS)
- FUHUSD* (Family Engagement, PEI, SLS)
- CUHSD ^ (Family Engagement, PEI, SLS)
- GUSD *^ (Family Engagement, PEI, SLS)
- CUSD *^ (Family Engagement, PEI, SLS)
- SJUSD *^ (Family Engagement, PEI, SLS)
- MUSD, MHSD *^ (Family Engagement, PEI, SLS)
- MHSD *^ (Family Engagement, PEI, SLS)
- OSD* (Family Engagement, PEI, SLS)
- LSUSD *^ (Family Engagement, PEI, SLS)

### SLS Affiliated Programs and Projects

#### Programs/Projects

**MHSSA Project**
- Grant award: 11/1/20-10/30/24
- Priorities include: Create Wellness Centers; Increase mental health professionals at school sites; Implement and adapt professional learning

**School-Based Behavioral Health Resource for Youth Project**
- Feasibility report and planning to provide behavioral health services for youth at all schools in SCC
- Project to end in November with report to BOS

**allcove**
- Integrated youth center
- In partnership with Stanford University and Alum Rock Counseling Center
- Serves youth 12-25
- Services include: Behavioral Health, Supported Education and Employment Services, Peer Support, Primary Care

**Clinical High Risk for Psychosis (CHR-P) Project/ Raising Early Awareness and Creating Hope (REACH) Program**
- Raise awareness of early warning signs of psychosis and better identify and quickly connect at-risk youth and young adults
- Serving youth and young adults, ages 10-25
- Team based approach includes: therapy, case management, education and employment services, psychiatry, Multi-Family Generational groups

**ARUSD Expansion Program**
- Supporting the academic needs of students utilizing Educational Counseling Interns

**Unconditional Education Program**
- SEAS Program
  - Students are provided with the opportunity to learn in an environment that addresses their educational needs, supports cultural awareness, emphasizes their abilities, and provides them with a path to success.
COVID-19 IMPACT ON SLS

ACCESS
• SLS Coordinators and School-Based Behavioral Health providers are providing in-person and virtual services
• SLS Coordinators had existing relationships with parents and students which made it easier to check-in with families
• SLS School Districts transition to online referral system
• Drop-in services
• Support for parents and teachers

NEEDS
• Basic needs (food, shelter)
• Implementing distance learning
• Digital devices
• Increase in crisis calls prior to school resuming
• Increase in referrals to behavioral health following the start of school
• Parent and teacher support needed
• Creating a routine and an environment at home for distance learning
• Non-screen time activities
• Training on the use of digital devices and virtual platforms

CHALLENGES
• Virtual fatigue
• Scheduling therapy sessions
• Isolation
• Connecting with parents remotely
• Behavioral/Emotional responses to trauma vary by age – Preschool/Young School age, School-Age, Adolescents

BEHAVIORAL AND EMOTIONAL RESPONSES TO TRAUMA/COVID-19 BY AGE

PRESCHOOL & YOUNG SCHOOL AGE
• Emotional: Helplessness, uncertainty, general fear
• Behavioral: Difficulty separating from their parents, loss of speech and toileting skills, sleep disturbances, repetitive or less imaginative form of play

SCHOOL-AGE CHILDREN
• Emotional: Overwhelmed by feelings of fear or sadness; Anxiousness, Persistent concern over their own safety and safety of others
• Behavioral: Sleep disturbances, difficulty concentrating and learning at school, may complain of headaches and stomach aches; Unusually reckless and aggressive behaviors; Retelling the story

adolescents
• Emotional: Feelings of fear, vulnerability, and concern about being “different”, withdrawn; Self-conscious about their emotional response to the event
• Behavioral: Self-destructive behaviors or accent-prone behaviors
Understanding Addiction

Addiction is a chronic relapsing brain disease. Brain imaging shows that addiction severely alters brain areas critical to decision-making, learning and memory, and behavior control, which may help to explain the compulsive and destructive behaviors of addiction.

DRUGS CHANGE THE BRAIN!

After repeated use,

“deciding” to use drugs

is no longer voluntary
WHY YOUTH ARE USING

- To fit in
- To be/feel “cool”
- To feel better: anxiety, depression, to loosen up
- To have something to do
- Use is normalized – friends/family are doing it
Commonly Used Drugs in the County of Santa Clara

TODAY’S VAPING: PUFFS BARS VS JUULS
WHAT’S REALLY GOING ON IN THE:

High school bathrooms

1 Pack of Cigarettes ≈ 20 mg of nicotine

1 JUUL pod ≈ 41.3 mg of nicotine

1 PHIX pod ≈ 75 mg of nicotine

1 Suorin pod ≈ 90 mg of nicotine

ALL PODS CONTAIN HIGH LEVELS OF NICOTINE
NICOTINE WITHDRAWAL

- Having cravings for vaping/smoking
- Feeling down or sad
- Having trouble sleeping
- Feeling irritable, angry, on edge, or grouchy
- Having trouble thinking clearly and concentrating
- Feeling restless and jumpy
- Having a slower heart rate
XANAX

• Xanax bars come in all shapes and colors but most commonly used in Santa Clara are the ones listed below
  • Green (Hulk) Strongest (usually 3 mg)
  • Yellow (School Bus) Medium (2 mg)
  • Blue Medium (new on streets, don’t trust)
  • White: (1 or 2 mg)
  • Often Dissolved in Gatorade/Sprite (most common)

FAKE XANAX BARS

REAL

FAKE

Source: SF Public Health
PEROCET

- “Perkies”
- Blue M30s
- Last two years
- Mixed with Fentanyl

FENTANYL “FETY”

- 2 mg Lethal dosage
- Overdose usually involved fentanyl
- 20 Fentanyl
  Overdose deaths ages ranging from ages 14 to 25
- New on streets in Bay Area. Cheaper drug, less with more of a high
THC

- Blunts/joints: old school
- Smell
- Average THC level (35% to 40%)
- Wax (trending)
- THC levels high 90%+ Stronger withdrawal
  Headaches, insomnia, loss of appetite, irritability

T.H.C POTENCY THROUGHOUT YEARS

- 1978 Level 1.37%
- 1988 Level 3.59%
- 1998 Level 4.43%
- 2008 Level 8.49%
- 2014 Level 30%
- 2020 Level 99%

CANNABIS WITHDRAWAL

- Insomnia
- Hyperactivity/Restlessness
- Decreased appetite
- Increased appetite
- Irritability
- Sweating
- Nausea
- Diarrhea

MARIJUANA & SCHIZOPHRENIA

How does marijuana use impact schizophrenia?

- In a study of 18,000 patients hospitalized for substance-induced psychosis over 8 years
  - 46% of marijuana users developed schizophrenia
  - 30% of amphetamine users developed schizophrenia
  - 5% of alcohol-induced psychoses developed schizophrenia

- The impact is greater for
  - Earlier age of use
  - Greater quantities - dose dependent
  - Over a longer time period
STIMULANT (COCAINE, AMPHETAMINE) OVERDOSE

- Heart attack/chest pain
- Coma
- Difficulty/irregular breathing
- Seizures
- Stroke
- Tremors
- Vomiting

STAGES OF CHANGE

The Stages of Behavior Change:

- Preparation (intends to take action)
- Action (practices the desired behavior)
- Contemplation (aware of the problem or consequence of the desired behavior change)
- Precontemplation (unaware of the problem)
- Maintenance (works to sustain the behavior change)

Sources: Glinosky (1999) and Prochaska (1992)
OUTPATIENT TREATMENT MODALITIES

OUTPATIENT TREATMENT - Up to 6 hours per week
INTENSIVE OUTPATIENT - 6 to 19 hours per week

OUTPATIENT MODALITIES
- Individual, family and collateral counseling
- Group Therapy
  - Seven Challenges
  - Seeking Safety
  - Cognitive Behavioral Therapy
- Crisis intervention
- Case Management

Psychiatric Services &
Tele-Health Services Available

Co-Occurring Disorders - all SUDs and Low to Moderate Mental Health Disorders

TREATMENT PHILOSOPHY

- Foundation of Honesty
- Meet Clients Where They Are At
- Therapist As A Catalyst For Change
- Interventions Tailored to Stage of Change
- Abstinence and Harm Reduction
TREATMENT SERVICES

- 23 Outpatient Treatment Settings
  - Clinic settings
  - High schools
  - Continuation schools
  - James Ranch

- Services provided by licensed or licensed-waivered clinicians

- Residential Services

OUTPATIENT TREATMENT SERVICES AT SCC SCHOOLS

Provider: Advent Group Ministries and Advent Friendly Inn Clinic
- Fremont High School
- Homestead High School
- Los Altos High School
- Cupertino High School
- Alta Vista High School

Provider: AARS/Healthright 360
- Yerba Buena High School
- Andrew Hill High School
- Independence High School
- Overfelt High School
- Evergreen High School
- James Lick High School

County Substance Use Treatment Services/CFCS Sunnyvale Health Center Clinic
- Gilroy High School
- Apollo High School
- San Jose Conservation Corp
- Mt. Madonna High School
- Broadway High School
- Lincoln High School
- Sunol Community School
- Esquela Popular
- Foothill Community School
- Gateway School
GENERAL BEHAVIORAL HEALTH ACCESS POINTS

Behavioral Health Programs

Behavioral Health Services Call Center
1 (800) 704-0900

Substance Use Specific Youth Programs

Referral Coordinator
408-272-6594

BEHAVIORAL HEALTH ACCESS POINTS – SYSTEM SPECIFIC

Juvenile Justice Specific Programs
Probation refers directly to BH*

Child Welfare Specific Programs
Social Workers or BH Clinicians refer to BH services*

School Linked Services Specific Programs
School Linked Services Coordinators

*Behavioral Health Resource Center (BHRC) or direct to Provider Agency

*Direct to Provider Agency, Call Center, or Interagency Placement Committee (IPC)
# RESOURCES

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<tr>
<th>Crisis Support Services</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>BHSD Suicide and Crisis Line</td>
<td>855-278-4204</td>
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<tr>
<td>Crisis Support via Text</td>
<td>Text RENEW to 741741</td>
</tr>
<tr>
<td>Mobile Crisis Response Teams (MCRT)</td>
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<tr>
<td><em>MCRT Adults BHSD</em></td>
<td>800-704-0900</td>
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<tr>
<td><em>MCRT Children and Youth @ Uplift Family Services</em></td>
<td>408-379-9085</td>
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To Access Behavioral Health Services, Call:

| BHSD Call Center                                | 800-704-0900           |
| BHSD Gateway Call Center for Substance Use Treatment Services | 800-488-9919           |
| Youth Substance Use Treatment Services (Mon-Fri 9AM – 6PM) | 408-272-6518           |
| Youth Substance Use Treatment Services (Afterhours)           | 800-488-9919           |

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<tr>
<th>Other Resources</th>
<th>Website</th>
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<tbody>
<tr>
<td>Behavioral Health Department Children, Youth, and Families</td>
<td><a href="http://www.sccbhsd.org/CYF">www.sccbhsd.org/CYF</a></td>
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<tr>
<td>County of Santa Clara Facebook Live</td>
<td><a href="https://www.facebook.com/sccpublichealth">https://www.facebook.com/sccpublichealth</a></td>
</tr>
<tr>
<td>The National Child Traumatic Stress Network</td>
<td><a href="https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/pandemic-resources">https://www.nctsn.org/what-is-child-trauma/trauma-types/disasters/pandemic-resources</a></td>
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## Comments & Questions
FOR MORE INFORMATION

• BEHAVIORAL HEALTH SERVICES DEPARTMENT
  725 E. Santa Clara St., Suite 301, San Jose, CA 95112
  https://www.sccgov.org/sites/bhd/info/CYF/SLS/Pages/cyf-sls-initiative.aspx
  Catherine Aspiras, SLS Program Manager III
  408-679-7876
catherine.aspiras@hhs.sccgov.org

• YOUTH SUBSTANCE USE TREATMENT SERVICES
  https://www.sccgov.org/sites/bhd/info/CYF/Pages/youth-suts.aspx
  Isaac Gutierrez, Psychiatric Social Worker II
  Isaac.gutierrez@hhs.sccgov.org