# Mental Health & Wellness Resources at RMHS



# School Counselors Counselor Contact Info

- Individual Check-ins for stress,
   anxiety, issues with friends and family
- Academic support/time management
- Coping skills
- Conflict coaching/resolution
- Advocacy with teachers on behalf of students



# Pupil Personnel Worker <u>Tawana Harris</u>

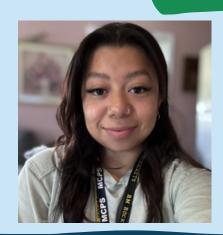
- Resource identification for housing, food, shelter, transportation, residency, community-provided mental health services, etc.
- Support for regular school attendance



### Social Worker Amanda Serino

- Promotes parent, school, and community collaboration through relationship building, facilitating student & staff workshops, community circles, community engagement, and conflict resolution
- Individual Check-ins for stress, anxiety, depression, etc.
- Small group counseling
- Individual Short-term therapeutic counseling
- Parent education and support
- Community resource connection
- Crisis Intervention
- Management of BTW partnership

# Bridge to Wellness



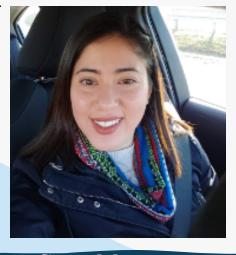
## Youth Development Specialist <u>Saira Hernandez Lopez</u>

- Mentoring
- Positive youth activities
- Psychoeducation groups
- Check-ins
- Sports activities
- Recreation activities
- Leadership development
- SSL opportunities
- Workforce development



#### Mental Health Therapist <u>Amanda Sipes</u>

- Longer-term Individual therapy
- Group therapy
- Family therapy
- Referrals for additional mental health services



### Care Manager Veronica Gonzalez

- Food/housing/rental location and application assistance
- Mental Health resource connection
- Insurance application assistance