

Student Intervention Team

December 2014 Newsletter



December Updates

- Save the Date! SFUSD Intern Spring Institute
⇒ March 4th and 5th 8:15AM-12:45PM (interns are required to attend one day only)...stay tuned for registration information.
- SIT is starting recruitment next month for 2015-2016 internships. Please refer your friends/colleagues interested in a school-based mental health internship!
- If you are interested in continuing your internship with SIT/SFUSD, please send an email expressing your interest to siteam@sfusd.edu.

Appreciations

- Thank you to Nelson Cabrera, Child Welfare Attendance Liaison (CWAL) and Ling Busche, Head Counselor for delivering an Attendance training to district interns.
- A special thanks to Dr. Joyce Dorado and School Health Programs for opening up Trauma Basics Training to mental health interns.
- Thank you for completing our upcoming Fall Intern Surveys (coming out this month). We look forward to hearing from you about your supervision experience.

Upcoming Trainings

SFUSD Trainings:

- December 10, 2014, 2:00-4:00pm *Family Work*, School Health Programs, 1515 Quintara Street, Room 8. Register with Joanne Lake, lakej@sfusd.edu.
- Thursday, December 18, 2014, 2:00-4:00pm **Trauma Basics**, School Health Programs, 1515 Quintara Street, Room 4. Register with Joanne Lake, lakej@sfusd.edu.

RAMS Trainings:

- Friday, December 12, 2014, 9:00-10:45am *Working with Runaway Youth*.
- Friday, December 19, 2014, 10:00am-12pm *Strength Based Family Work & Engagement*.

If interested in attending a RAMS training, please register by email: Kristin Chun, Director, Behavioral Health Services/RAMS Wellness Program kristinchun@ramsinc.org or calling (415) 309-4434.

How to reach us...



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Location:

School Health Programs

**Student, Family, Community Support
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SFUSD

SAN FRANCISCO
PUBLIC SCHOOLS

SIT Mental Health Intern Corner and Resources

Stress Reduction Tips for Caregivers

adapted from Steve Youn, former SIT Intern

Steve Youn, a former SIT Intern, currently works at Washington High School as a CHOW (Community Health Outreach Worker) through School Health Programs.

As an MFT Intern at Washington High School, Steve worked in the Wellness Center providing support to students, parents and educators addressing health and mental health issues. He met with students individually and conducted several groups on a weekly basis.

As a CHOW, Steve coordinates violence prevention, leadership, substance abuse and harm reduction groups in partnership with Community Based Organizations (CBO's). He assists with bridging services between parents, CBO's, the school staff and the Wellness Center.

As we highlighted in our November Newsletter, the holidays can be a stressful time for children and families. Steve provided a workshop for parents on Stress Reduction at Washington High School's Family Resource Night last year. The following information is adapted from his workshop and may be useful for SIT interns to share with caregivers.

Stress Reduction Tips for Parents:

1. **Teach your child resiliency.** Help your child bounce back by emphasizing being a friend; setting new goals and plans to reach them and believing in themselves.
2. **Commit to stable family rituals.** Rituals and consistency create a sense of security and predictability. Examples: eating dinner together on Friday nights or going for a walk together on Sunday morning.
3. **Model and teach your child conflict resolution.** Skills like compromise, calm discussion, and focus on problem-solving.
4. **Introduce a better family health plan.** Nutrition, exercise, adequate sleep each night. Self care for the whole family.
5. **Minimize criticism and take time to support each.** Encouragement and support go a long way in fostering the development of positive self-esteem.

Food Bank Info

* The link below will take you to food banks and pantries in San Francisco:

www.freeprintshop.org

* Please feel free to distribute to students and families during the holiday season and throughout the year.

Resource Corner

24 HOUR HOTLINES

24 Hour Crisis Line:

(415) 781-0500

Huckleberry Youth Programs

Huckleberry House

Children 11-17 years old

(415) 621-2929

Larkin Street Youth Center

(415) 673-0911

T.A.L.K. LINE

Telephone Aid in Living with Kids

24Hour Service

Free Telephone Counseling

(415) 441-5437



Intern Spotlight: Stacie Dubin, Wallenburg HS

Stacie Dubin's clinical training began in 2010 at the Center for Somatic Psychotherapy, a low fee clinic affiliated with the California Institute of Integral Studies. There, she utilized body based practices, depth psychotherapy, and trauma treatment to work with individuals who experience the long term impact of oppression on their daily lives. Alongside Stacie's work with individuals, she has also developed and lead body based Stress Management Groups to help people learn concrete tools to calm their nervous systems. Since graduating with her MA in May of 2011, she has continued to work with individuals in a Private Practice Internship, and has pursued additional training in Somatic Experiencing.

Beginning in the Fall of 2013, through Stacie's work with SIT, she became excited to broaden her work to include teenagers. She loves the process of guiding teenagers to understand who they have already become and to influence themselves in who they are becoming. Her work with teens is currently expanding, and she has opened her private practice to welcome them. Stacie will complete her clinical hours in January 2015 and will start studying for the licensure tests.



December is *HIV/AIDS Prevention Month!* See your site supervisor and www.healthiersf.org for information and resources.