



## Palo Alto Unified School District

Educationally Related Mental Health services are provided by Masters level mental health professionals, licensed or pre-licensed by the state of California. These individuals include Marriage and Family therapists and Licensed Professional Clinical Counselors. Our team is comprised of 13 licensed therapists, and 2 intern therapists who are supervised by experienced licensed clinical supervisors.

## Mental Health Team

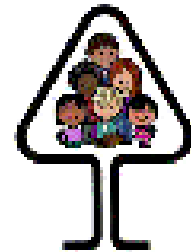
Wendy Goodridge, LMFT,  
Mental Health Manager  
Megan Brubaker, LMFT  
Lead Mental Health therapist  
Erin Mattson, Greene, LMFT  
Mirna Pacheco, Greene,  
AMFT  
Michelle Lee, Gunn, LPCC  
Maria Palmini, Gunn, LMFT  
Ashley Vo, Gunn, AMFT  
Kari Seaton, Fletcher, LMFT  
Sirina Warfel, JLS, LMFT  
Carolina Padilla, Paly, LMFT  
Melissa Garner, Paly, AMFT  
Jessica Thomas, Paly, LMFT  
Amanda Cabrera, Duvneck,  
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### Contact information:

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## PALO ALTO UNIFIED SCHOOL DISTRICT



Educationally  
Related Mental  
Health Services  
2018-2019



Director of Special  
Education: Alma Ellis

# Educationally Related Mental Health Services

## **Assessment:**

Evaluating the needs of the student through interview, records review, consultation and assessment tools

## **Ongoing counseling and therapy:**

Individual, group, and/or parent collateral sessions on-campus to enable the student to benefit from their education. The district also provides therapeutic classes which have therapeutic supports imbedded in the setting.

## **Crisis Intervention & Prevention:**

Drop in support for students in crisis. Support to students after a tragic event. Evaluation and referral to determine if there is a need for an emergency psychiatric intervention

## **Home and Community Based Intervention:**

Home based therapeutic supports for students who have difficulty attending school.

## **Therapeutic Elective Classes:**

TEC settings are designed to provide all students who have been identified for services with comprehensive mental health services, and specialized academic instruction. In small groups, students learn important coping strategies and skills to navigate their daily stressors occurring during the school day. All TEC classes are graded as an elective.

## **Therapeutic Support Classes:**

The TS setting supports students with mental health and academic challenges in a setting that can be self-contained for those students in need of a more restrictive environment. All students have access to the general education curriculum for some or all of their core classes. The TS settings are staffed with mental health therapists, embedded behavior support staff, education specialists, and a psychologist to oversee the program implementation. In small groups, students learn coping strategies and skills to navigate their daily stressors occurring during the school day.

## **Parent Education and Presentations:**

ERMHS Services are most effective when parents are involved and active participants. Parents to help support the student to gain access to available services. Therapists provide Loving Solutions parenting classes twice per school year. Loving Solutions is based upon the award winning and nationally recognized Parent Project curriculum. These classes offer small group parenting support to help parents learn skills to address challenges with their strong-willed children. The classes are available and offered/ to parents with students in general education as well as special education.