



Mental health services for students at CalCreative

As part of the multi-tiered system of supports for our students at CalCreative, there are various mental health supports and services available for students. These supports are organized into three different tiers, with the lowest tier (Tier 1) available to all students in the general education curriculum, and the highest tier (Tier 3) available to only certain students, such as those who are eligible for special education services through their Individualized Education Plan (IEP). The following is a description of the supports available at each tier:

Tier 1 – Available to all students within the general education setting

- Classroom supports created by teacher, such as morning meetings, having a designated “chill zone” in the classroom, and self-care and mindfulness practices in the classroom.
- Social skills workshops / classroom presentations led by our counselors and counseling interns. These workshops are designed to help students to develop their understanding of their emotional needs and to build social-emotional skills. Workshop topics have included:
 - Personal space camp
 - Anger management
- As needed counseling and SEL support for all students, provided by counselors and counseling interns
- Counseling via teletherapy available on an as needed basis

Tier 2 – Available to general education students following a screening process

- **Student Success and Progress Team (SSPT)** – The SSPT process is the next step in providing more targeted support for students who might need additional help. The SSPT process typically follows a parent-teacher meeting and includes an administrator and other staff members with relevant expertise, such as a counselor or school psychologist. Through the SSPT process, a plan for support is created which may include participation in mental health services such as those listed below. To request a SSPT meeting, please contact your child’s teacher
- **Lunch bunch** – Social skills development group led by counselors / counseling interns
- **Mentorship** - Students referred for mentorship have regular check-ins with a counselor, counseling intern, or administrator as they work on projects to help them develop skills in certain areas of need



- **Counseling via 504 plans** – Section 504 plans are a support available to students with disabilities (or suspected disabilities), and who do not qualify for special education services but may still need accommodations to help them access their learning. For more information on 504 plans, please contact Nick Zanoria, the Director of Student Support Services, at nick@calcreative.org. You can also access an informational brochure about Section 504 plans via this [link](#).
- **Counseling via counseling interns** – CalCreative works with counselors from Partnerships to Uplift Communities (PUC), as well our own counseling interns to provide one to one and small group counseling for students. Depending on the needs of the student, this may also include a family counseling component. To inquire about these counseling services, please contact our on-staff mental health team:
 - Kim Stewart – School Counselor: kstewart@calcreative.org
 - Joshua Rogers – School Psychologist: jrogers@calcreative.org
 - Nick Zanoria - Director of Student Support Services: nick@calcreative.org

Tier 3 – These supports are reserved for students of highest need who require additional supports beyond those available to students in general education

- **Formal assessment for special education** – For information on special education, please refer to the special education page on our parent website via this [link](#). To inquire about formal assessment or to speak to someone about CalCreative’s special education services, please contact:
 - Karin Davalos - Special Education Coordinator: Karin@calcreative.org
 - Nick Zanoria – Director of Student Support Services: nick@calcreative.org
- **Designated Instruction and Services (DIS) counseling and Educationally Related Intensive Counseling Services (ERICS) for students with IEPs**

Both these services target specific counseling goals on a student’s IEP. However, as its name implies, ERICS services are more intensive and are provided with greater frequency compared to DIS counseling.