








## PARENT ACTION PLAN

The purpose of this document is to help you recognize symptoms of distress and identify appropriate referrals to campus and community resources. Local schools have enacted the GREEN FOLDER Initiative, which is comprised of a list of symptoms of distress, resources, and protocols for school teachers and staff to follow. District staffs are being trained to “See Something, Say Something, Do Something”.

Also, school employees are mandated reporters and are required by law to report known or suspected child maltreatment, child abuse or neglect to the county child welfare department or local law enforcement agency.

<b>SEE SOMETHING</b>	<b>SAY SOMETHING</b>	<b>DO SOMETHING</b>
<p>For parents, educating yourself and learning the symptoms of distress will allow you to recognize them when they surface with your child. Your child may feel alone, isolated, and even hopeless when faced with life challenges. A child exhibiting troubling behaviors may likely having difficulties coping with life stressors.</p> <p>Don't ignore the symptoms if you <b>SEE SOMETHING</b>.</p> <p> <b>Be Proactive:</b> Educate yourself and pay attention to signs of distress.</p>	<p>Trust your instincts and <b>SAY SOMETHING</b> if your child leaves you feeling worried, alarmed, or threatened! Your expression of concern may be a critical factor in saving a child's life.</p> <p> <b>Show Concern:</b> Show compassion and concern. Listen sensitively and carefully: Use a non-confrontational approach and a calm voice.</p> <p> <b>Ask Questions:</b> Don't be afraid to ask direct questions. Asking a child if they are feeling suicidal or depressed will NOT put the thought into their heads!</p>	<p>As parents, you know your child best. If you suspect that your child needs help or is in distress, <b>DO SOMETHING!</b></p> <p> <b>Reach Out for Support:</b> Contact your primary care physician, one of the community resources listed in this folder, an identified on-campus resource, or speak to a guidance counselor if you don't know where to start. These experts will guide you on what to do.</p> <p> <b>Safety First:</b> The welfare of the campus community is the top priority when a student displays threatening or potentially violent behavior. Do not hesitate to call for your local police for help.</p>



**REMINDER FOR PARENTS:**

On-campus mental health counseling services offered to students are confidential. If you notice signs of distress and would like your child to be seen by a mental health professional at school, please contact your child’s counselor to discuss your concerns.

**SEE SOMETHING**

**SAY SOMETHING**

**DO SOMETHING**

**INDICATORS OF DISTRESS**

Be aware of the following indicators of distress. Look for **groupings, changes in behavior, frequency, duration** and **severity, and decrease in overall functioning**— not just isolated symptoms.

<b>ACADEMIC INDICATORS</b>	<b>PSYCHOLOGICAL INDICATORS</b>	<b>PHYSICAL INDICATORS</b>	<b>SAFETY RISK INDICATORS</b>
<ul style="list-style-type: none"> <li>➔ Sudden decline in quality of work and grades</li> <li>➔ Repeated absences/tardiness</li> <li>➔ Disturbing content in writing or presentations (e.g., violence, death)</li> <li>➔ A student needs more personal counseling rather than academic counseling</li> <li>➔ Continuous classroom disruptions</li> </ul>	<ul style="list-style-type: none"> <li>➔ Self-disclosure of personal distress that could include family problems, financial difficulties, depression, grief, or thoughts of suicide</li> <li>➔ Excessive tearfulness, panic reactions, irritability or unusual apathy</li> <li>➔ Verbal abuse (e.g., taunting, badgering, intimidation)</li> <li>➔ Expressions of concern about the student by peers</li> </ul>	<ul style="list-style-type: none"> <li>➔ Marked changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain</li> <li>➔ Excessive fatigue/sleep disturbance</li> <li>➔ Intoxication, hangovers, or smelling of alcohol/marijuana</li> <li>➔ Disoriented or “out of it”</li> <li>➔ Cuts, bruises, or other injuries</li> </ul>	<ul style="list-style-type: none"> <li>➔ Unprovoked anger or hostility</li> <li>➔ Making implied or direct threats to harm self or others</li> <li>➔ Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations, or violent behaviors</li> </ul>



## COMMUNITY RESOURCES FOR PARENTS

The following community organizations provide **critical services** to youth and families. Parents are welcome to call, and many of these agencies have Spanish-speaking staff. For a complete list of community organizations and their array of services, please visit the San Mateo County website, [sanmateo.networkofcare.org](http://sanmateo.networkofcare.org).

COUNTY AGENCIES	24-HR HOTLINES	COMMUNITY AGENCIES	TARGETED SUPPORTS
<p><b>COMMUNITY CLINICS</b>  <b>Sequoia Teen Wellness Center</b>  <b>(650) 366-2927</b>  <a href="http://www.co.sanmateo.ca.us/SequoiaTWC">www.co.sanmateo.ca.us/SequoiaTWC</a>                      Health services, case management, and school outreach clinic. Located next to SUHSD's district office.</p> <p><b>Ravenswood Family Health Center</b>  <b>(650) 330-7400</b>  <a href="http://www.ravenswoodfhc.org">http://www.ravenswoodfhc.org</a>                      Clinic providing full health services for the Ravenswood community.</p> <p><b>Fair Oaks Health Clinic</b>  <b>(650) 578-7141</b>  <a href="http://sanmateomedicalcenter.org/content/FOHC.htm">http://sanmateomedicalcenter.org/content/FOHC.htm</a>                      Clinic providing full health services for the Fair Oaks community.</p>	<p><b>National Suicide Prevention</b>  <b>1-800-273-8255</b>                      24-hours/day, 7 days a week                      A network of 166 crisis centers in 49 states that connects individuals to crisis services in their local areas.</p> <p><b>Crisis Text Line</b>  <a href="http://www.crisistextline.org">http://www.crisistextline.org</a>                      Crisis Text Line provides free, 24/7, confidential support for people in crisis (suicidal ideation, depression, eating disorders, bullying, worried about a friend) all by text message.</p> <p>Text HOME to 741741 and you'll be matched with a trained Crisis Counselor who will help you move from a hot moment to a cool calm moment through validation, strength identification, collaborative problem solving and providing referrals.</p>	<p><b>healthRight360</b>  <b>(800) 200-7181</b>  <a href="http://www.healthright360.org">www.healthright360.org</a>                      Offers therapy to youth and adults struggling with mental health issues, substance use.</p> <p><b>ACS (Adolescent Counseling Services)</b>  <b>(650) 424-0852</b>  <a href="http://acs-teens.org">http://acs-teens.org</a>                      Provides community counseling services, adolescent substance abuse treatment, and on-campus counseling at Woodside High and La Entrada Middle School.</p> <p><b>El Centro de Libertad</b>  <b>(650) 599-9955</b>  <a href="http://www.elcentrodelibertad.org">www.elcentrodelibertad.org</a>                      Offers therapy to youth and adults struggling with substance use.</p>	<p><b>ACS Outlet</b>  <b>(650) 424-0852, ext 107</b>  <a href="http://acs-teens.org/what-we-do/outlet">http://acs-teens.org/what-we-do/outlet</a>                      Offers free confidential drop-in English-speaking and Spanish-speaking groups for LGBTQQ youth, ages 10-25, in Redwood City, Mountain View, and San Mateo.</p> <p><b>KARA</b>  <b>(650) 321-5272</b>  <a href="http://www.kara-grief.org">www.kara-grief.org</a>                      Provides grief support services for individuals, families and organizations.</p> <p><b>Star Vista</b>  <b>(650) 591-9623</b>  <a href="http://star-vista.org">http://star-vista.org</a>                      In addition to counseling, crisis prevention, and early childhood programs, offers the following programs:  <i>Daybreak</i>                      Provides transitional housing and independent living skills training for homeless youths ages 16-21.  <i>Your House South</i>                      Provides a "time-out" for both the youth and the family, and an opportunity to work on the family's situation.  <i>Insights</i>                      Offers a structured 22-week drug and alcohol recovery outpatient program for youth.</p>
<p><b>County of San Mateo Behavioral Health and Recovery Services (BHRS) ACCESS Team</b>  <b>(800) 686-0101</b>  <a href="http://smchealth.org/mh">http://smchealth.org/mh</a>                      Offers a broad spectrum of mental health and substance use services.</p>	<p><b>Rape Trauma Services</b>  <b>(650) 692-7273</b>  <a href="http://www.rapetraumaservices.org">www.rapetraumaservices.org</a>                      Provides a free, 24-hour, confidential hotline for anyone who has been hurt by sexual violence. Provides support for survivors through hospital medical legal exams, law enforcement, and the judicial system.</p>	<p><b>One Life Counseling Center</b>  <b>(650) 394-5155</b>  <b>Free Covid-19 hotline, 9am-5pm:</b>  <b>(650) 394-5224</b>  <a href="http://www.onelifecounselingcenter.com">www.onelifecounselingcenter.com</a>                      Skilled, personal, accessible counseling with flexible fees.</p>	<p><b>Planned Parenthood</b>  <b>1-(800)230-PLAN (7526)</b>  <a href="http://plannedparenthood.org">http://plannedparenthood.org</a>                      Offers preventive, reproductive as well as primary care, and delivers comprehensive sex education.</p>
<p><b>Child Protective Services (CPS)</b>  <b>(650) 595-7922</b>  <a href="http://hsa.smcgov.org/child-protective-services">http://hsa.smcgov.org/child-protective-services</a>                      CPS is a 24-hour service provided on the behalf of children who are alleged victims of child abuse/neglect.</p>	<p><b>Al-Anon/Alateen</b>  <b>(650) 592-7935</b>  <a href="http://alanonmidpeninsula.org">http://alanonmidpeninsula.org</a>                      Info line for anyone affected by someone else's drinking.</p>	<p><b>PHP (Parents Helping Parents)</b>  <b>(855) 727-5775 Toll Free</b>  <b>(408) 727-5775</b>  <a href="http://php.com">http://php.com</a>                      PHP helps families who have children of any age with special needs.</p>	

PARENT EDUCATION	HOTLINES	COMMUNITY AGENCIES	TARGETED SUPPORTS
<p><b>The Parent Venture</b> (650) 868-0590 <a href="https://www.parentventure.org/">https://www.parentventure.org/</a> Provides high-quality parent and community education (presentations, workshops, films) to parents, students, educators, clinicians, and community members.</p> <p><b>Parent Education Series</b> <b>Video Library (YouTube Channel)</b> Contains videos from past parent education presentations. <a href="https://www.youtube.com/channel/UCt-loSXVF_U2_R0zDaefG3Q/videos">https://www.youtube.com/channel/UCt-loSXVF_U2_R0zDaefG3Q/videos</a></p>	<p><b>StarVista</b> <b>Crisis Intervention and Suicide Prevention Center</b> (650) 579-0350 (800) 273-8255 <a href="http://www.star-vista.org">www.star-vista.org</a> 24 hours/day, 7 days per week For anyone who feels sad, hopeless, or suicidal, needs mental health referrals, or needs support through a personal crisis. Also for family and friends who are concerned about a loved one.</p>	<p><b>CHC/PEN</b> (650) 688-3625 <a href="http://www.chconline.org">www.chconline.org</a> Education and mental health services for children and teens.</p> <p><b>Parent's Place</b> (650) 688-3040 <a href="https://parentsplace.jfcs.org">https://parentsplace.jfcs.org</a> Parent consultations, parent coaching, workshops, child and family counseling, parent/child activity groups, parent support groups.</p>	<p><b>Healthy Teen Project</b> (650) 941-2300 <a href="http://www.healthyteenproject.com">http://www.healthyteenproject.com</a> Focused on individual teens and their families, the Healthy Teen Project brings understanding on adolescent eating disorders. They provide Intensive Outpatient and Partial Hospitalization treatment programs for teenagers who struggle with eating disorders in the SF Bay Area.</p>
<p><b>HEALTHCARE PROVIDERS</b></p> <p>As a first step, contact your child's primary care doctor (pediatrician or family medicine physician).</p> 	<p><b>NAMI San Mateo</b> <b>Warm Line (650) 638-0800</b> <a href="http://www.namisanmateo.org">www.namisanmateo.org</a> <i>Note: This is NOT a crisis line.</i> Provides a support system for people with mental illness and family members.</p>	<p><b>Child Mind Institute</b> (650) 931-6565 <a href="http://www.childmind.org">www.childmind.org</a> Evidence-based mental health and learning disorders for children, teens and families in Bay Area</p> <p>COVID-19 resources <a href="https://childmind.org/coping-during-covid-19-resources-for-parents/">https://childmind.org/coping-during-covid-19-resources-for-parents/</a></p> <p>Telehealth services <a href="https://childmind.org/our-care/telehealth/">https://childmind.org/our-care/telehealth/</a></p>	<p><b>SafeSpace</b> (650)714-4417 <a href="https://safespace.org">https://safespace.org</a> Offers peer to peer support groups, educational services, community outreach, and therapeutic services through BACA (Bay Area Clinical Associates).</p>

## STUDENTS IN DISTRESS

Distressed students often exhibit one or more of the following behaviors:

- Anxiety
- Attention seeking behavior
- Bizarre or erratic behavior
- Suicidal thoughts
- Sadness
- Lack of motivation and/or concentration
- Isolation/Withdrawal
- Confusion
- Irritability
- Deterioration in physical appearance



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