

January 13, 2022

Dear Parents/Guardians & Students of The Charter School of San Diego:

California State Education Code 49428, Pupil Mental Health Services: School Notification, requires schools to share information with students and parents on how to initiate access for available student mental health services on campus and/or in the community at least twice during the school year. We are committed to ensuring access to these services for our students as we recognize that mental health has an impact on academic success.

Altus schools support student mental health and wellness through a positive school culture with safe, and supportive learning environments. Annually, an average of 99 % of parents and 99% of students report feeling safe and supported at an Altus school. Through professional development and trainings, teachers and staff are provided with the skills and tools needed to identify youth in crisis, intervene appropriately, and provide comprehensive support in partnership with families. Teachers and staff participate in **Youth Mental Health First Aid (YMHFA), Trauma Informed Practices (TIPS), and Altus Signs of Suicide (SOS) trainings.** Altus schools provide direct mental health services to students that support social-emotional development and stability. Parent(s)/Guardian(s) may initiate access to available pupil mental health services at the school's Resource Center or through the school's community partners.

Altus schools' partner with community-based organizations to provide students and parents with mental health and wellness resources, services, and supports. The school provides families with a Mental Health & Wellness Resource Guide that is geographically organized by community for ease of access.

School Resource Centers:

Each Resource Center serves as an information hub for available school based mental health supports. You may contact your student's teacher or assigned counselor and inquire about those supports available. There are also supports available via the school's website in the Mental Health & Wellness Resource Guides or they are located with the resource centers.

2-1-1:

<https://www.211.org/>

211 is a 24/7-hour hotline that connects residents with resources including mental health resources within San Diego County. Some of the referrals include mental health professionals who accept Medi-Cal and those professionals that accept patients who do not have health insurance.

It's Up to Us: San Diego County Access & Crisis Line

888-724-7240

It's Up to Us is about helping San Diegans talk openly about mental health, recognize signs of challenges, find local resources, and seek help. By raising awareness and highlighting local resources we aim to inspire wellness, reduce stigma, and prevent suicide. If a student is experiencing a behavioral health crisis, dial 911. For other issues or questions, please call the number above.

<https://up2sd.org/>

Teen Line

800-852-8336

Teen Line provides support, resources, and hope to youth through a hotline of professionally trained teen counselors. Call, text, or email to access personal peer-to-peer support from highly trained teens supervised by adult mental health professionals.

<https://www.teenline.org/>

Federally Qualified Health Centers:

Many Community Health Centers provide no or low-cost behavioral health services.

<https://findahealthcenter.hrsa.gov/> to find a convenient location.

Private Insurance/Primary Care Physician:

Recent changes in the law requires that most marketplace health insurance plans cover behavioral and mental health, psychotherapy, and counseling services. You may inquire about those services through your health insurance plans.

WEBSITE: <https://altusgo.com/school/the-charter-school-of-san-diego-2/healthandwellness/>

For more information or resources, please contact:

Rachel A. Thomas

Equity & Inclusion Officer, Altus Schools

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Phone: (858) 678-4818

If you or someone you care about is experiencing a suicidal or mental health crisis, please call the Access and Crisis Line at (888) 724-7240. Trained and experienced counselors are available 7 days a week, 24 hours a day to provide support, referrals, and crisis intervention. You can also call the Access and Crisis Line if you are concerned about someone, just need to talk, have questions about how to offer support, or if you are looking for information about community resources, mental health referrals, and alcohol and drug support services. If emergency medical care is needed, call 9-1-1 or go to the emergency room of the nearest hospital.

Address: 10170 Huennekens Street, San Diego, CA 92121

Website: www.charterschool-sandiego.net

Phone: (858) 678-2020 Fax: (858) 552-6660