



**GLENDALE UNIFIED SCHOOL DISTRICT  
STUDENT WELLNESS SERVICES  
DEPARTMENT**

**Dr. Ilin Magran  
Director**



# MENTAL HEALTH AWARENESS MONTH

- **May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma and barriers so many experience. Nearly one in five Americans lives with a mental health condition, according to the National Institute of Mental Health. This includes any mental, behavioral, or emotional disorder such as: Depression, Anxiety, Mood disorders, including bipolar disorder, Personality disorders, Psychotic disorders, including Trauma, Eating disorders, and Substance-use disorders**
- **A recent statement by President Joe Biden on Mental Health Awareness Month mentions isolation, sickness, grief, and job loss as contributing factors on declining mental health**
- **It is important to remember that “You are not alone and please seek help when needed”**



# MENTAL HEALTH SERVICES AVAILABLE AT GUSD

- **Individual counseling provided by mental health clinicians, MFT trainees, school counseling and social work interns.**
- **Group Counseling (grief, social skills)**
- **Referrals to community Mental Health agencies**
- **Parent engagement, coffee with principal, and partnerships with the City of Glendale and GPD**
- **Mental Health Intern Academy**
- **Suicide Prevention, QPR, and Youth Mental Health First Aid trainings**



# 2021-22 MENTAL HEALTH SUPPORTS PROVIDED

- **Over 1000 counseling referrals received by the department**
- **Counseling provided by the department therapists: 286 students**
- **Counseling provided by MFT trainees and mental health interns: 220 students**
- **Group counseling provided to 105 students**
- **Counseling provided by Pacific Clinics & Didi Hirsch: 129 students**
- **Two hundred and sixty parents declined services**
- **Youth Mental Health First Aid training: 9 sessions total of 97 participants**
- **QPR Training: 9 sessions total of 37 participants**



# SOCIAL EMOTIONAL LEARNING (SEL) & MINDFULNESS (MIND UP) CURRICULUM

- **In 9 schools a research based SEL curriculum has been used totaling 66 presentations**
- **In 4 schools a comprehensive, classroom-tested, evidence based curriculum called Mind up has been used to conduct 39 presentations**
- **Coffee with the Principal: 16 mental health presentations**
- **Staff professional development: 6 mental health related presentations to GUSD Staff**



# STUDENT SUPPORT GROUPS

- **Topics Include: Social Skills , Stress Management, Coping Skills, Conflict Resolution, and Motivation.**
- **Thirty four groups were held in the Elementary Schools**
- **Five Groups in the Middle Schools**
- **One group at one of our High Schools**



# THANK YOU

- **Now is a great time to honor ALL mental health professionals at GUSD. Psychological services providers, school counselors, social workers, school psychologists, mental health interns and other mental health workers that provide invaluable services to our students and families at all times.**
- **I would like to thank them for their dedication and service to our students, families and the GUSD community. Your support and services are valuable and your efforts to keep our students safe is appreciated specially during these difficult times. Thank you for all you do and please practice selfcare.**