

SCHOOL MENTAL HEALTH

Mission

Our mission is to boldly promote the mental health, wellbeing and academic achievement of LA Unified students in a compassionate and culturally responsive way.

Purpose

Social emotional interventions and mental health supports have been proven to turn the tide against the cumulative impact of the daily stressors that our students and families face. Research indicates that by reducing the stress hormones in our bodies and brains, we can create buffers against the environmental stressors that deplete our health and well-being, and remove barriers that impede access to student learning.

School Mental Health professionals accomplish this by utilizing evidence-based, student-centered, culturally responsive, and community-defined best practices to foster student and community resiliency - the ability to bounce back from challenges, crises, or traumatic experiences with a stronger sense of self-confidence and coping capacity.

Services

SMH offers a range of school social work and mental health services that provide supports and interventions to help children, youth and families become better equipped to thrive. Our Psychiatric Social Workers engage students and families at our schools, clinics, Wellness Centers, Regions and homes. But we realize that it takes a village and we cannot do it alone. We leverage support of community partners through our extended network of care so that we are able to address the broad spectrum of social emotional needs.

Universal Services

Practices and approaches that safeguard all students by promoting positive school culture and enhance protective factors that improve access to learning:

School-wide Interventions

- Liaison between school, family and community.
- School-wide mental health campaigns, promotion and awareness
- Development of toolkits, media, and materials
- Community Events and Resource Fairs
- Clubs and Affinity Groups
- Peer 2 Peer Campaigns and Curricula
- Graduate Student Intern Support
- Parent and Caregiver Workshops
- Policy development and collaboration
- Social justice, activism and advocacy

Trainings for parents, caregivers, students and staff, including but not limited to:

- Psychological First Aid
- Stress and Coping/Self-care and Wellness
- Crisis/Suicide Prevention, Intervention, and Postvention
- Threat Assessment and Management/Workplace Violence
- Substance Use and Fentanyl Prevention and Awareness
- Racial Trauma and Psychological First Aid
- Trauma Informed Schools
- Supporting Newcomers & Asylum Seekers

Targeted Services

These services promote early mental health intervention in schools to foster resiliency and overall wellness for students with mild social emotional needs impeding their access to learning:

- School-wide Crisis Response and Recovery
- Evidence-based group interventions
 - Classroom Trainings and interventions aligned with Positive Behavioral Interventions Supports/ Restorative Practices
- Assessment guided groups for parents, caregivers and students
- Special Education / IEP Support
- Risk and threat assessment management

Intensive

Interventions, practices and clinical care for students and families whose mental health and well-being is most impacted by an event or daily stressors:

- Educationally Related Intensive Counseling
- Individual and Group Therapy (Clinic and Schools)
- Neurofeedback (Clinic)
- Mental Health Evaluation and Intensive Case Management (MHET & CMT)
- Safety and Re-Entry Planning
- Mental Health Consultation and Crisis Response and Recovery

Locations

We have School-Based Psychiatric Social Workers at hundreds of schools throughout LA Unified. Also, LAUSD SMH clinic services are available at no cost to families. SMH is Los Angeles County Department of Mental Health certified to provide mental health services. Clinics are staffed by licensed child psychiatrists, psychiatric social workers, medical assistants, navigators and office technicians.

Region East:

Belmont Wellness Center

180 Union Pl.
Los Angeles, CA 90026
T: (213) 241-4451
F: (213) 241-4465
E: smh.belmont@lausd.net

Elizabeth Wellness Center

4811 Elizabeth St.
Cudahy, CA 90201
T: (323) 271-3650
F: (323) 271-3657
E: smh.elc@lausd.net

Gage Wellness Center

2975 Zoe Ave.
Huntington Park, CA 90255
T: (323) 826-1520
F: (323) 826-1524
E: smh.gage@lausd.net

Ramona Clinic

231 S. Alma Ave.
Los Angeles, CA 90063
T: (323) 266-7615
F: (323) 266-7695
E: smh.ramona@lausd.net

Region North:

Balboa Student and Family Wellness Center

6655 Balboa Blvd., Van Nuys, CA 91406
T: (818) 758-2300 | F: (818) 996-9850
E: smh.valley@lausd.net

Maclay Student & Family Wellness Center

12451 W. Gain St., Pacoima, CA 91331
T: (818) 794-5280 | F: (818) 272-2456
E: smh.valley@lausd.net

Region South:

Carson Wellness Center

270 East 223rd St.
Carson, CA 90745
T: (310) 847-7216 | F: (310) 837-7214
E: smh.carson@lausd.net

Crenshaw Wellness Center

3206 W. 50th St.
Los Angeles, CA 90043
T: (323) 290-7737 | F: (323) 290-7713
E: smh.crenshaw@lausd.net

Drew Student & Family Wellness Center

1409 Firestone Blvd., Los Angeles, CA 90001
T: (213) 460-6766 | F: (323) 587-3135
E: smh.drew@lausd.net

Locke Wellness Center

316 E. 11th St.
Los Angeles, CA 90061
T: (323) 418-1055 | F: (323) 418-3964
E: smh.locke@lausd.net

San Pedro Clinic

704 W. 8th St.
San Pedro, CA 90731
T: (310) 832-7545 | F: (310) 833-8580
E: smh.sanpedro@lausd.net

Washington Wellness Center

1555 W. 110th St.
Los Angeles, CA 90047
T: (323) 241-1909 | F: (323) 241-1918
E: smh.washington@lausd.net

YES Academy Student & Family Wellness Center

6505 8th Ave., Los Angeles, CA 90043
T: (213) 684-6500 | F: (323) 778-7804
E: smh.yes@lausd.net

97th St. Clinic

439 W. 97th St., Los Angeles, CA 90003
T: (323) 754-2856 | F: (323) 754-1843
E: smh.97@lausd.net