



The Stockton Unified School District Mental Health and Behavior Support Services (MHBSS) department is part of SUSD's effort to create learning environments that incorporate trauma-informed practices and positive behavioral interventions and supports (PBIS) into the school culture to strengthen all components of a welcoming, safe and healthy school environment that works for all students.

The supports, services, and programs offered through MHBSS help promote the healthy social-emotional development of all students and address behavioral and mental health-related barriers to learning.

MHBSS supports and services are embedded in SUSD's comprehensive Multi-Tiered Supports System (MTSS), and MHBSS staff are an active part of each school site's continuum of service.

Supports and Services include:

- Professional Development and Workshops for students, parents and families, as well as teachers, staff and community members
- Consultation to school professionals, special education and specialty programs and the SUSD Department of Public Safety
- School-based individual, group and family therapy
- Behavior Support Services

SUSD MENTAL HEALTH & BEHAVIOR SUPPORT SERVICES
Stockton Unified School District Since 1952

Located at Marshall Elementary School
1141 Lever Blvd.
Stockton, CA 95206
(209)933-7000

Mental Health and Behavior Support resources are available, **check out our webpage!**







www.stocktonusd.net/mhbss



IN CASE OF EMERGENCY
 If you or someone you know is in immediate danger of hurting themselves or others, contact 911

<ul style="list-style-type: none"> ▪ National SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) https://suicidepreventionlifeline.org/ ▪ Crisis Text Line Text HOME to 741741 https://www.crisistextline.org/ ▪ San Joaquin County Crisis Line (209) 468-8686 ▪ San Joaquin County Youth Warm Line (209) 468-3685 ▪ Trevor Project 1-866-488-7386 Text START to 678678 www.thetrevorproject.org 	<ul style="list-style-type: none"> ▪ SUSD School Counselors www.stocktonusd.net/counselors ▪ SUSD Mental Health & Behavior Support Services www.stocktonusd.net/mhbss ▪ Child Abuse Hotline 1-800-4-ACHILD (224453) ChildHelp.org ▪ National Domestic Violence Hotline 1-800-799-SAFE (72333) Text LOVE IS to 22522 https://www.thehotline.org/help/
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Parent & Caregiver Information





Instant
COFFEE TALK

BCBA Coffee Talks:

A recorded version of our behavior support live sessions for parents. AVAILABLE on our Instant Coffee Talks Padlet: <https://padlet.com/mhbss/6ecktpqn8nc8k6g>.

Current topics:

- Setting Limits and Delivering Effective Instructions
- Strategies for Managing Challenging Behaviors
- Reasonable Expectations and Schedules
- How to Motivate Learning
- Creating A Workspace



Mindful Mondays are a series of videos aimed at teachers, staff and parents on basic mental health information and mindfulness strategies. Topics include mindfulness 101, coping skills, self-care, mindful goal setting, and self-regulation. AVAILABLE during our scheduled live workshops and 24/7 on our Mindful Mondays webpage and Padlet: <https://padlet.com/mhbss/p5f6exllxcjmhiwk>



Empowering Parents to Influence their Children - EPIC is a 4 week course for SUSD parents with children looking for new and more effective parenting interventions. EPIC will help parents use praise effectively, use positive and negative consequences effectively, and build a support network. AVAILABLE during our scheduled live workshops and 24/7 on our YouTube channel: https://youtu.be/8gS1_XSG4_g



SUSD MHBSS offers **LGBTQ+ resources** for students, families and educators on our webpage.



Supporting our LGBTQ+ Kids training designed to help support our LGBTQ + kids at school, and in the classroom. There are many LGBTQ+ kids in all classrooms in our schools who are often uncomfortable being out and open about their sexuality or gender identity due to fears of being unsafe, unwelcomed or not included. It makes a huge difference to their mental health wellbeing when LGBTQ+ kids perceive their school and home as safe environments, knowing that there are parents, teachers, administrators, and other adults who they can trust. AVAILABLE during our scheduled live workshops and 24/7 on our YouTube channel: <https://youtu.be/8R7ePu9hZxc>



www.stocktonusd.net/virtualcalm

