



*Clinical CHAC Therapists*

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Executive Director*

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Director, Training*

***CHAC and KIDS***

***Our Students Today***

***CHAC Support for Kids, Families,  
Schools***

# *34 Schools- 20,000+ Students*

## **Los Altos SD**

Almond  
Covington  
Loyola  
Santa Rita  
Oak  
Gardner Bullis  
Springer  
Egan Jr. High  
Blach Jr. High  
Bullis Charter School

## **Mt View-Whisman**

Bubb  
Landels  
Huff  
Castro  
Mistral  
Monta Loma  
Stevenson  
Theuerkauf  
Crittenden Middle  
Graham Middle

## **Sunnyvale SD**

Bishop  
Cherry Chase  
Cumberland  
Ellis  
Fairwood  
Lakewood  
San Miguel  
Vargas  
Columbia Middle  
Sunnyvale Middle

## **MtView-LA HS**

Los Altos HS  
Mountain View HS  
Alta Vista  
Middle College

# *CHAC By the Stats*

- **In 2017-18**
  - 16% of student population received individual or group counseling
  - 3200 students in CHAC counseling
- **This year . . .**
  - 2047 students referred from teachers, parents, peers, administration and self

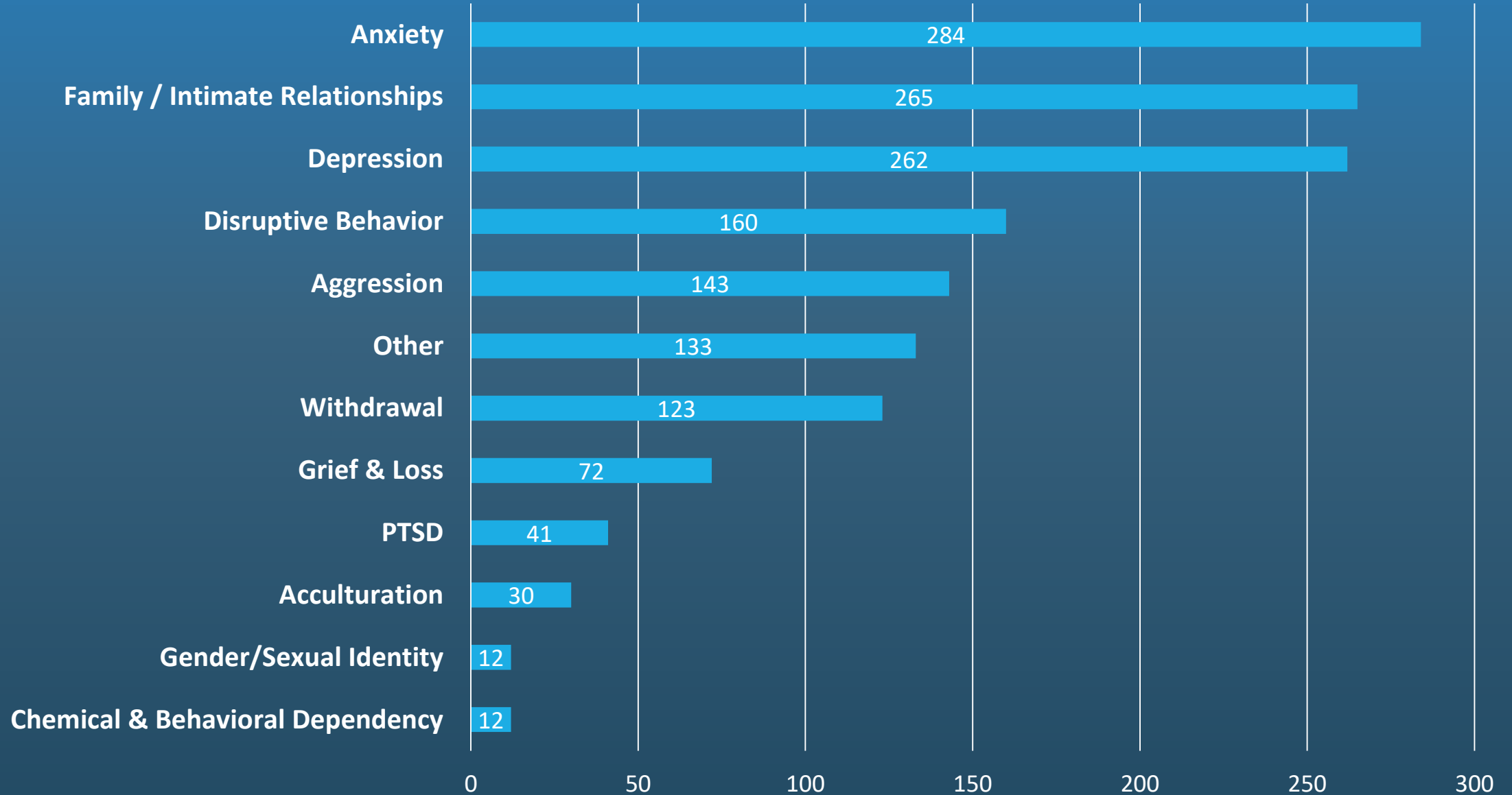
# ***CHAC Support System Children, Families, Community***

<b>Birth - 5 years</b>	<b>Students 5 – 18 years</b>	<b>All Ages</b>
<b>First 5 Family Resource Center</b>	<b>School –Based Services K-12</b>	<b>In-house Clinic Families Couples Young Adults</b>
<ul style="list-style-type: none"><li>• <b>Early Prevention &amp; Intervention</b></li><li>• <b>Community Building</b></li><li>• <b>Caregivers &amp; Providers Classes</b></li><li>• <b>Parent Coaching</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Counseling</b></li><li>• <b>Groups</b></li><li>• <b>Teacher Support</b></li><li>• <b>Social Emotional Groups</b></li><li>• <b>Village Program (Castro_)</b></li><li>• <b>Latinx Program</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Counseling</b></li><li>• <b>Latinx Program</b></li><li>• <b>Substance Use</b></li><li>• <b>Assessment Clinic</b></li><li>• <b>LGBTQQ/Trans Group</b></li></ul>

# ***CHAC & Multi-Tier System of Support***

<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<p data-bbox="224 415 810 458">Prevention for <u>all</u> students</p> <p data-bbox="231 539 802 654">Social-emotional learning programs</p> <p data-bbox="351 729 682 839">Just –for –Kids Tween Talk</p> <p data-bbox="206 921 825 1035">Customized Group/Classroom Programs</p>	<p data-bbox="952 415 1582 458">Intervention: Moderate Risk</p> <p data-bbox="1009 539 1526 654">School –Based Services K-12</p> <p data-bbox="912 729 1625 1096">1:1 Counseling Short-term &amp; Longer-term Parent Counseling and Coaching (on school-site) Family Counseling Village Program</p>	<p data-bbox="1717 415 2257 525">Potential for Higher Risk Higher Level of Care</p> <p data-bbox="1717 606 2257 901">CHAC Integrated Team Approach – 1:1 Counseling, Collateral with Physician, Hospital, School Admin</p> <p data-bbox="1702 986 2272 1225">CHAC Clinic Mountain View Family work, Parent coaching, open 55 hours per week</p>

# Client Focus Areas



# *Issues in Schools*

- Higher rate of suicidal ideation in high school
- Suicidal ideation starting at an earlier age (elementary & middle)
- Excessive trauma
- Non-suicidal self-harming at an earlier age starting at 5<sup>th</sup> grade
  - Cutting; scratching, copy cat behaviors, self-stabbing
- Tech Addiction, Overuse, Dependence
- Gender questioning at an earlier age
- Anxiety affecting all SES categories
- Environmental stressors affecting social climate



# How Is CHAC Meeting these Needs

- Each student's needs are individual and unique and CHAC is structured to respond at that level. A team behind every clinician - Clinical Professionals with current knowledge of best practices to support clinician on campus for each student with suicidal ideation
- Latinx Program – Spanish speaking supervision groups direct led by PhD to address in language and culture
- Self-Harming – respond with Self-Harm Toolkit for clinicians compiled by CHAC Clinical Team
- Suicide Tool-Kit for clinician
- Addictions – tech; Substance Use Program – addressing all addictions
- Large emphasis on on-going Intersectionality;
- Anxiety – systems approach from community, parents, self-inflicted

# The Heart of CHAC's Service Model

- 13 Licensed Clinical Professional Supervisors – MFT's and Clinical Psychologists in support
- 75- 80 CHAC Therapists every year – pre-licensed; graduate and post-graduate level;
  - 56 are Marriage & Family Therapists track; 24 in Doctoral Track (PhD/PsyD)
  - 39 years of age (average) ; 38 yrs old (median)
  - 10 years prior experience in another or related field (CS, JD, MD, MA)
  - 23% published in their field
- Life experience; high relational; all have prior experience
- Doctoral Program - APA Accredited Program; Exclusive affiliation with Stanford's PsyD/PhD PAU – PhD's Program; PsyD Program
- MFT Program – Draws from Santa Clara, Palo Alto University & others
- Largest provider to graduate highly-trained mental health professionals into the community



## *CASE PRESENTORS*

*Veronica Foster, LMFT,*

*Well-Within Program Dir*

*Kim Blears, PhD. Candidate*

*Vinisha Rana, PhD Candidate*

*Avigail Binyamin, AMFT*

*Alaa Sakallah, PhD Candidate*

*Samara Shanker, PhD Candidate*



CHANGING  
LIVES  
TOGETHER

45  
YEARS

CHAC