



Santa Maria Joint Union
HIGH SCHOOL DISTRICT

Delta High School

SCHOOL-BASED MENTAL HEALTH OUTCOMES FOR SCHOOL YEAR 22-23

PROVIDED BY CASA PACIFICA

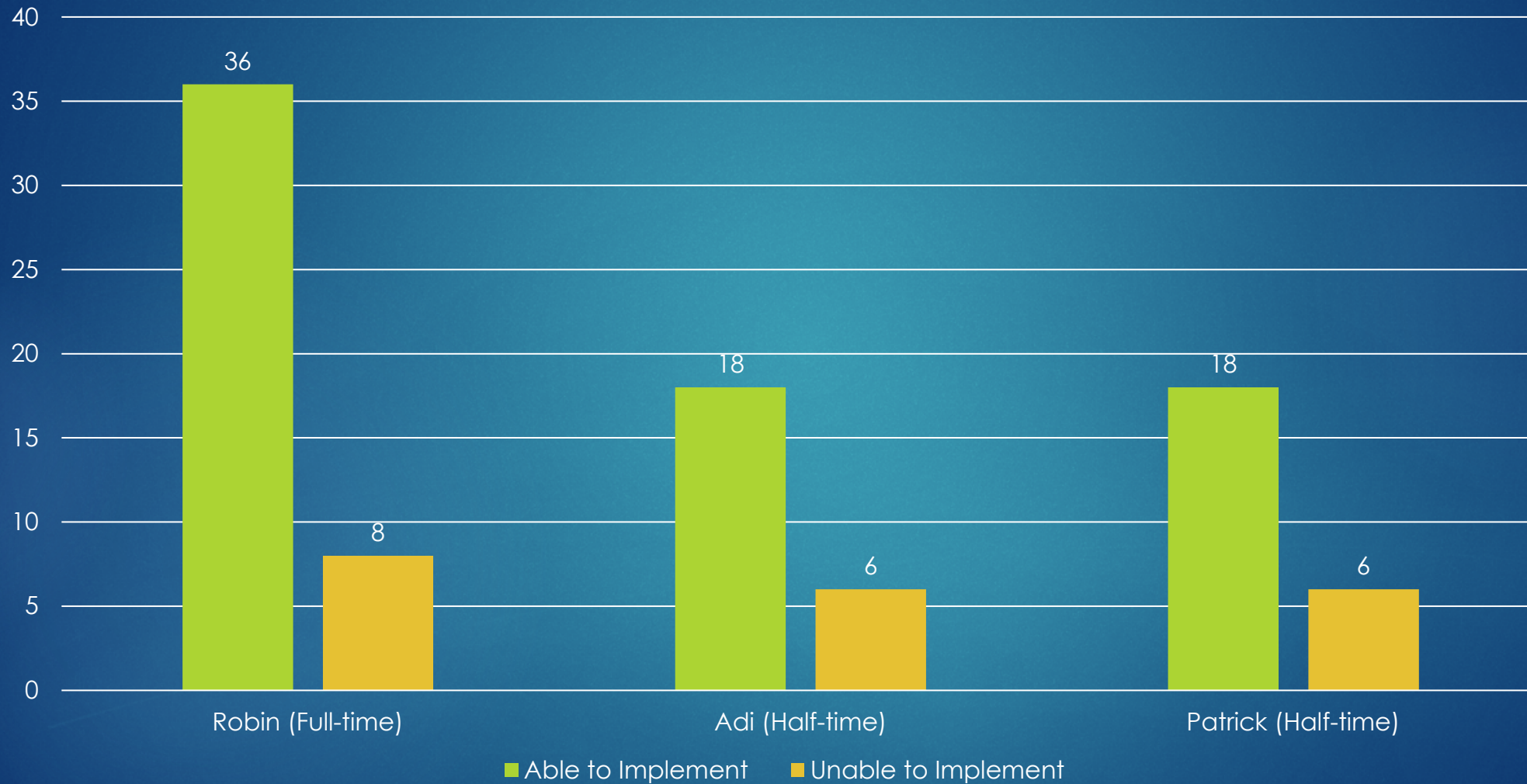
Casa Pacifica Staff

- ▶ Regional Director, Santa Barbara County:
 - ▶ Dr. Kimberly Valenzuela, Psy.D
- ▶ Clinical Manager:
 - ▶ Lisa Cruz, LMFT
- ▶ School Based Therapists:
 - ▶ Robin Cofield, LMFT
 - ▶ Patrick Lim, AMFT
 - ▶ Adeline Cisneros-Juarez, APCC

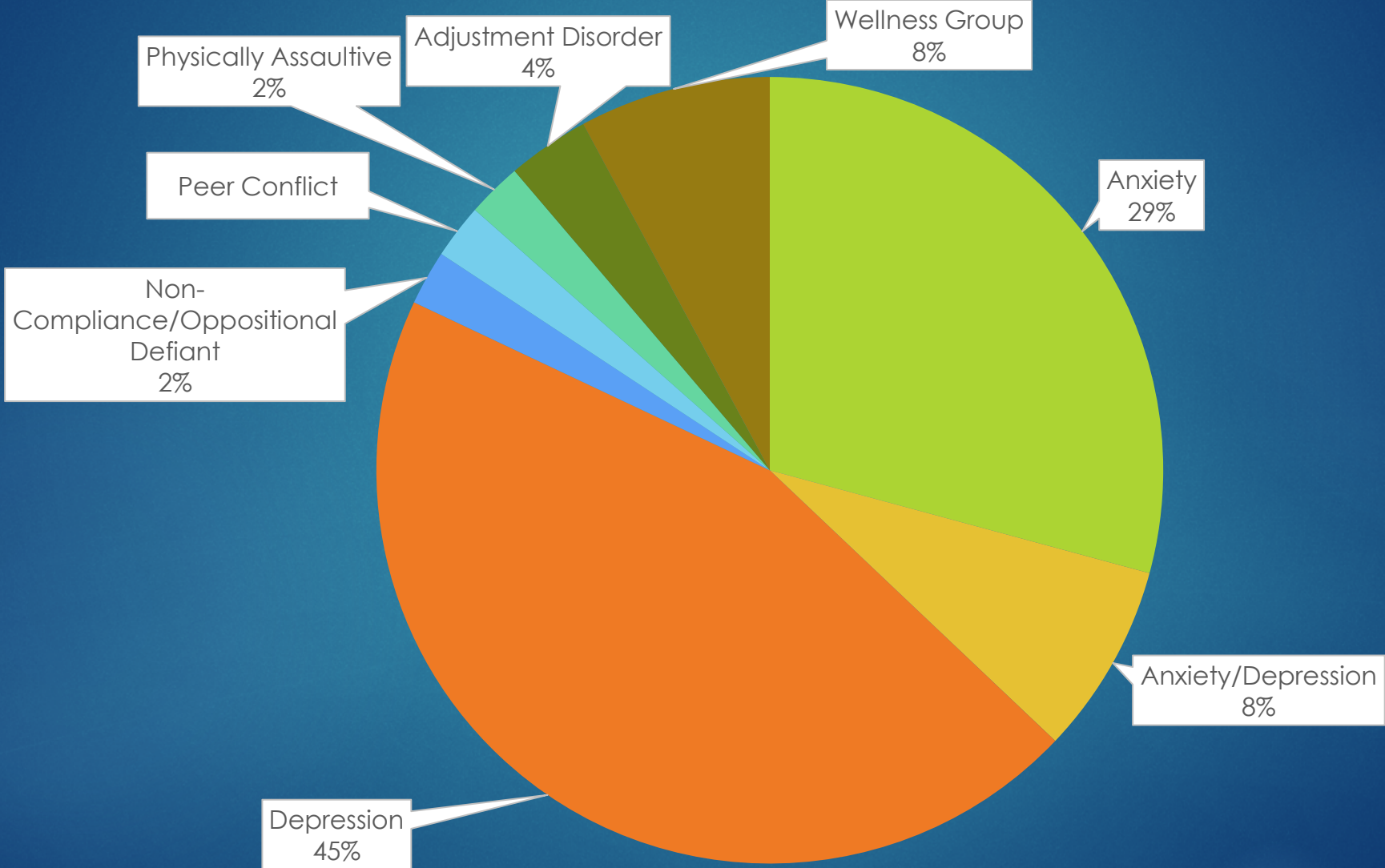
Services Provided

- A total of 92 students were referred to our programs.
- A total of 72 completed services.
 - ▶ Individual Therapy
 - ▶ Parent Collaboration and Support
 - ▶ Groups:
 - ▶ Stress Management
 - ▶ Wellness Group
 - ▶ Any group identified as needed by school personnel
 - ▶ Crisis Response and Assessment
 - ▶ On going crisis stabilization
 - ▶ Case Management and linkage to services
 - ▶ Collaborate with school personnel weekly
 - ▶ Weekly outreach events on campus

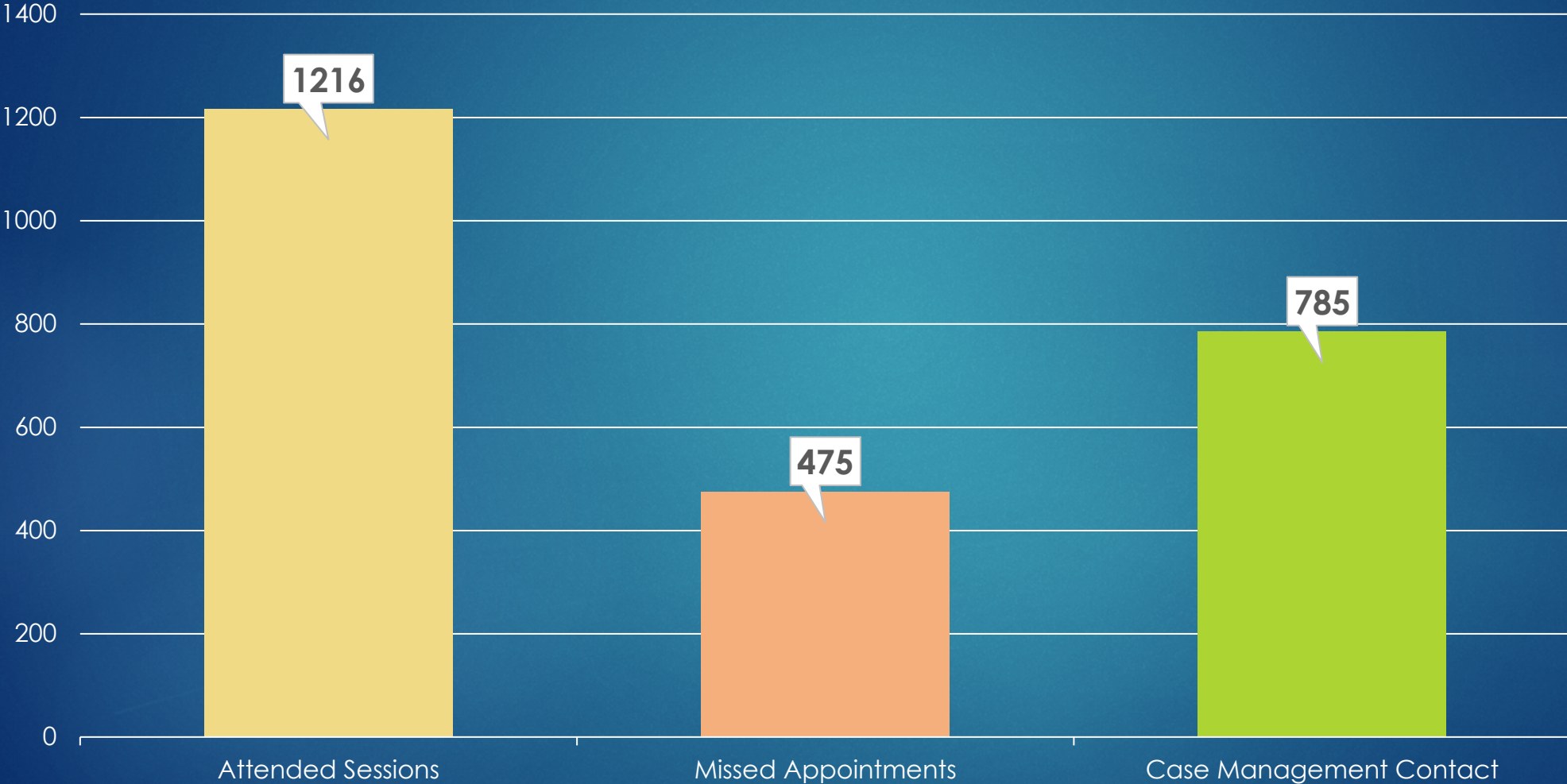
Clients Served by Therapist



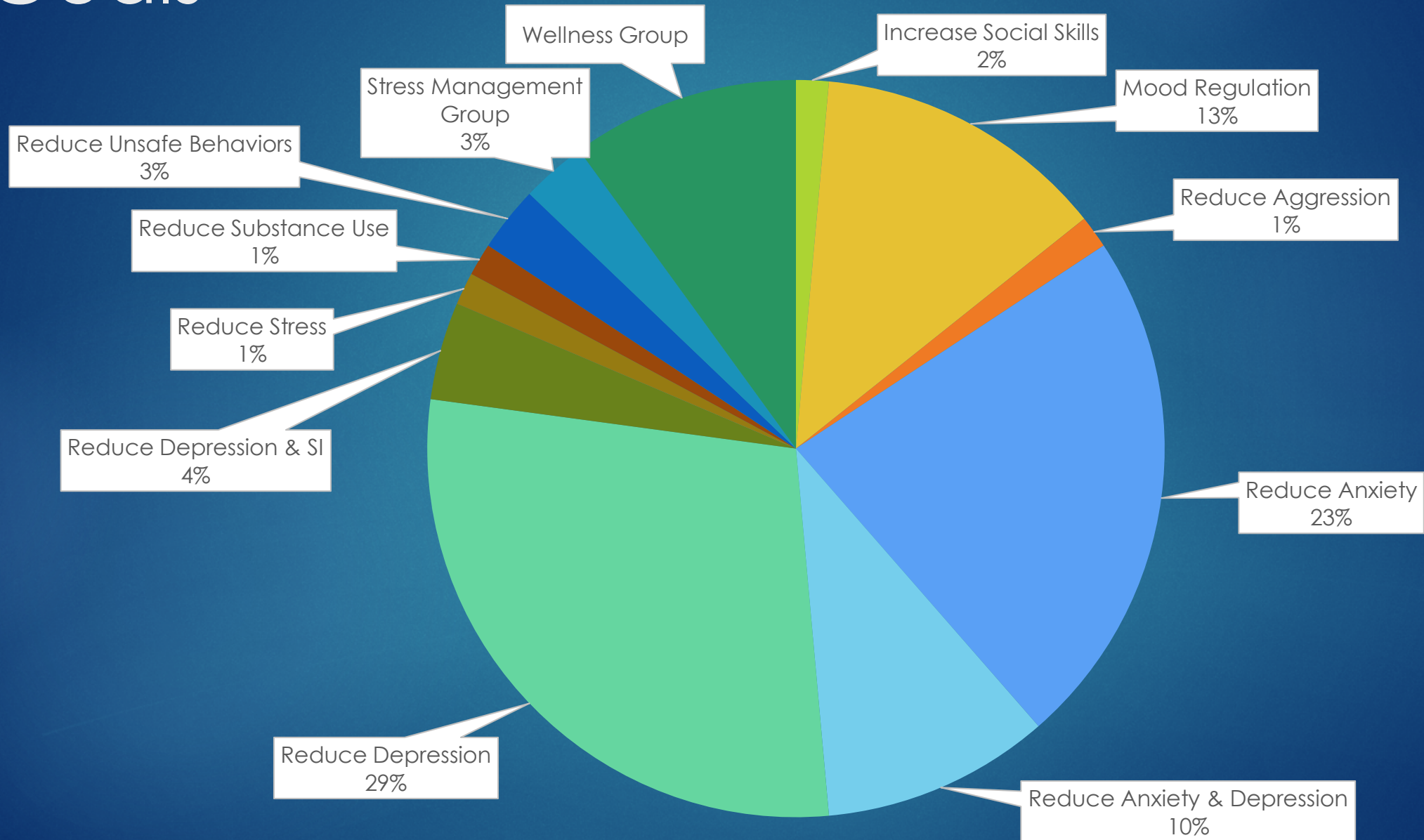
Reasons for Referral



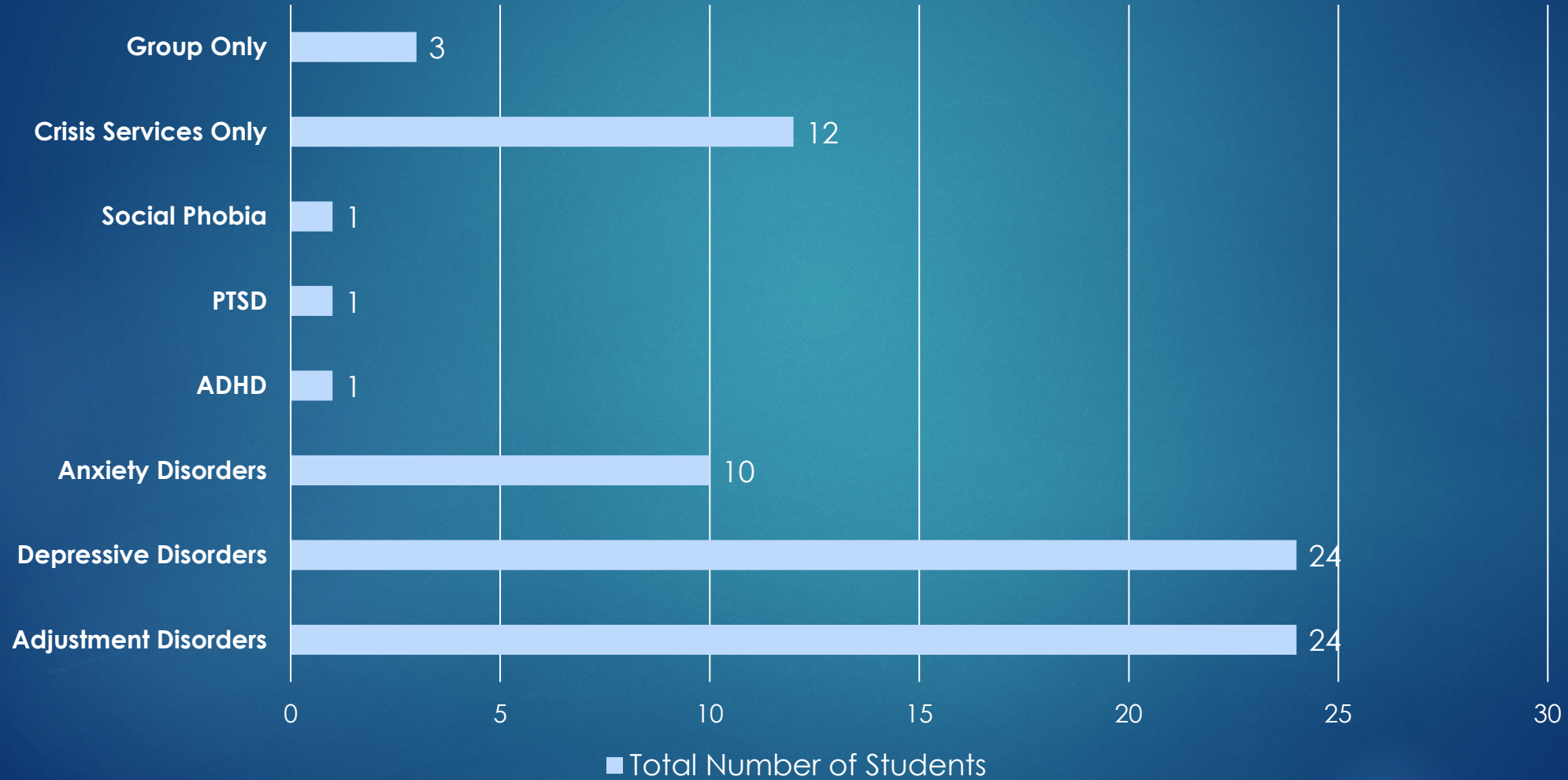
Total Sessions versus Missed Appointments



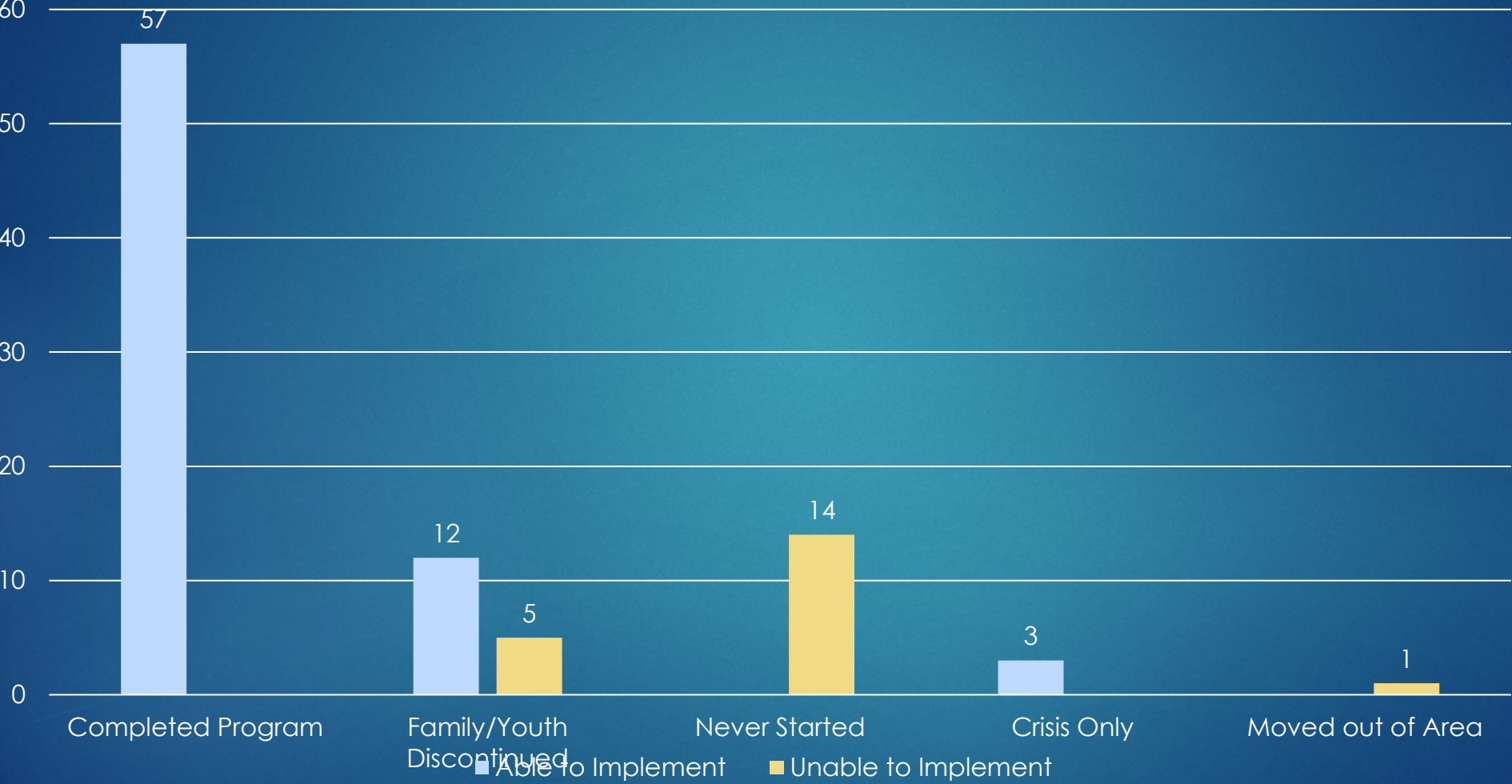
Goals



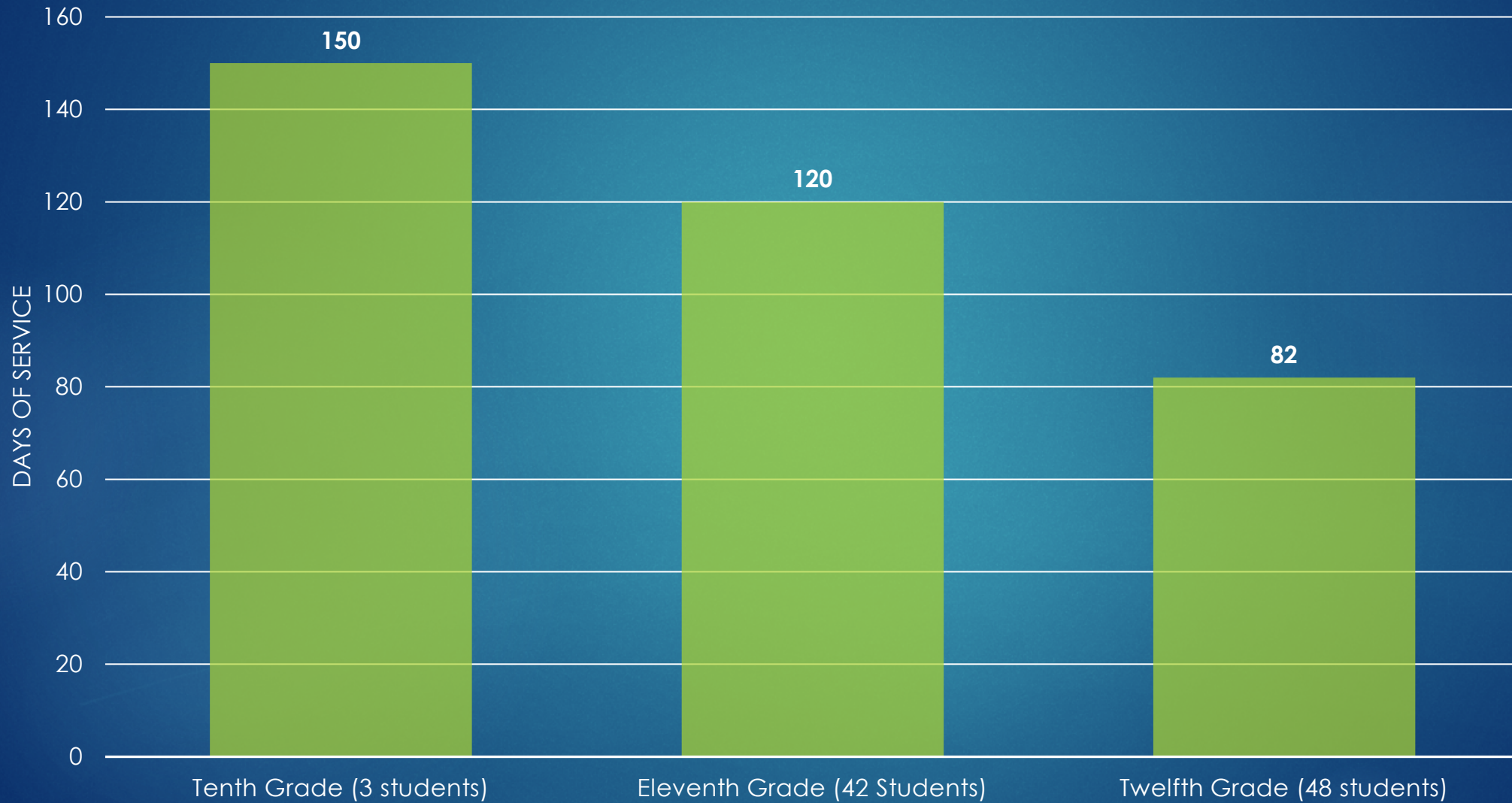
Types of Diagnosis



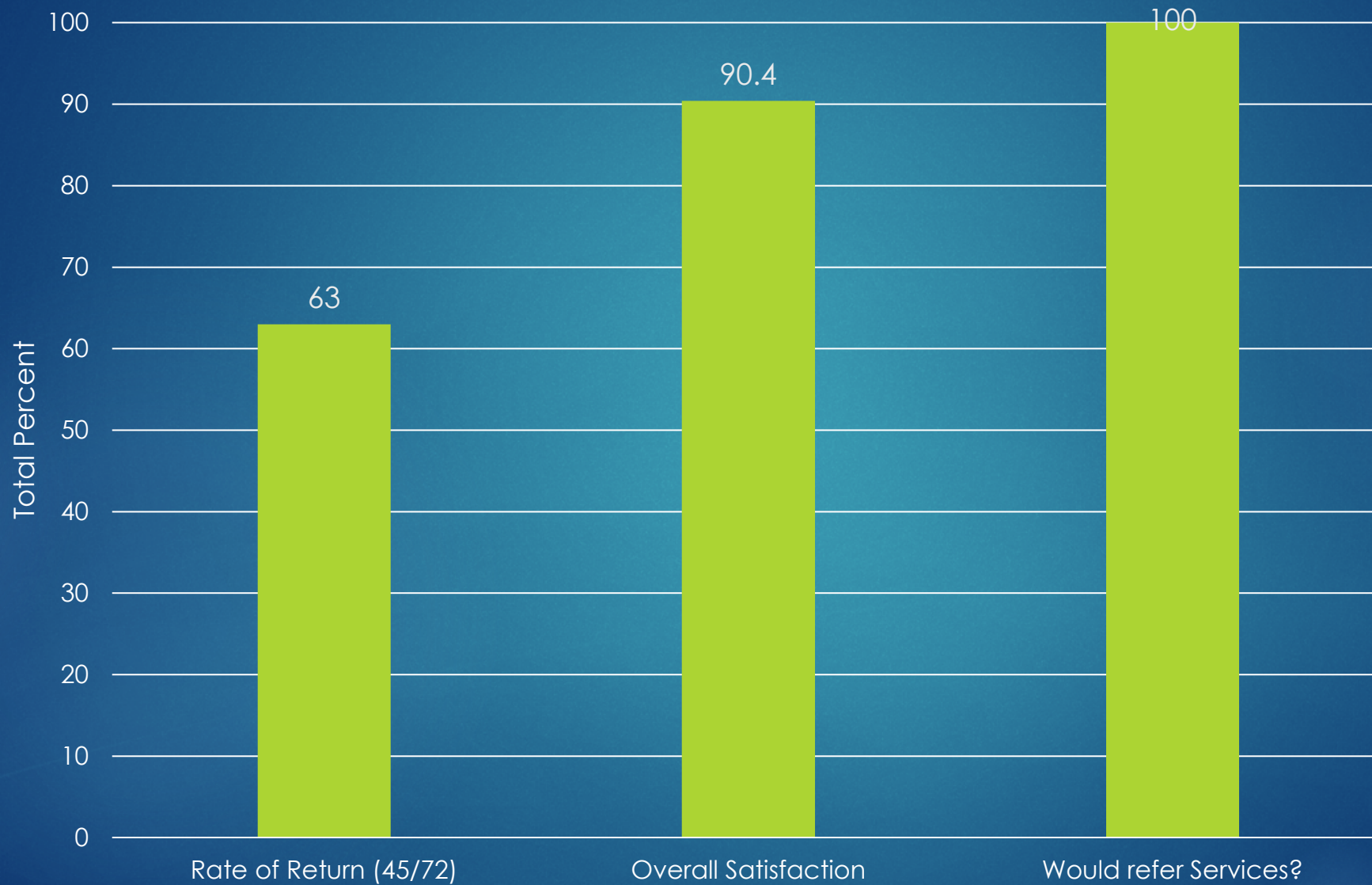
Reasons for Discharge



Average Length of Service



Youth Satisfaction Surveys



Youth Satisfaction Surveys: Student Quotes

“What has been the most helpful thing about the services you received over the last 6 months?”

Having somewhere to go when I need a moment to recollect myself.
The most helpful was listening.

I was able to speak freely.

A lot of helpful advice and better understanding on certain subjects.

Being able to talk about things.

I was able to be vulnerable and express myself while feeling safe and respected. I liked that I didn't feel judged.

Having someone to talk to.

Convenient times, always checking up on me, patient and understanding.

The techniques to help cope with anxiety.

Getting advice about how to deal with problems.

Expressing my feelings.

The people who helped.

Everything.

I was able to speak about my problems to which made me feel so much better after.

Learning different methods to help with my ADHD and emotions.

That she made me feel comfortable enough to be able to talk to her about things I normally wouldn't to other people.

Learning about ADHD.

Experiencing having someone to talk to, it's helped me be more open with people.

The most helpful thing about the services I received would be coping skills and knowing how to ask for help.