



SFUSD Student Intervention Team (SIT)

January 2015 Newsletter

January Updates

SIT is Gearing Up for Intern Recruitment

Spread the word! We are gearing up to start recruiting interns for the 2015-2016 school year. Each year we screen 120+ potential interns for placements throughout the district at elementary, middle and high schools. The interns we interview and place are of varying educational degrees, including MSWs (Master's in Social Work), MFTTs (Marriage and Family Therapist Trainees), MFTIs (Marriage and Family Therapist Interns), and PCCIs

(Professional Clinical Counselor Interns). They also come from a variety of schools such as San Francisco State University, California State University, East Bay, UC Berkeley, University of San Francisco, CIIS (California Institute of Integral Studies), JFK University, Wright Institute, and Smith College.

Current Statistics...

The Student Intervention Team currently supervises **50** interns in the district, providing a variety of mental health services (see left) to over **500** students district wide.



What do SIT interns do?

- Individual and group counseling
- Parent outreach
- Teacher consultation
- Provide a variety of socio-emotional supports
- Participate in Student Assistance Program (SAP) Meetings, SST meetings and IEP meetings
- Participate in trainings offered by SIT and other departments in the district

Appreciations

- * Special thanks to Diane Goldman, *School District Nurse* for all her many years of service to students and families of SFUSD. We wish you all the best as you begin your journey into retirement!

January Trainings...

SFUSD Trainings:

- Wednesday, January 21, 2015 8:30AM-3PM
Brief Intervention Training
Register with Joanne Lake, lakej@sfusd.edu.

RAMS Trainings:

- Friday, January 9, 2015 2-3:30PM *Group Therapy with Youth*
- Friday, January 16, 2015 9-10:45AM *Working with African American Youth*

If interested in attending a RAMS training, please register by emailing: Kristin Chun, Director, Behavioral Health Services/RAMS Wellness Program kristinchun@ramsinc.org or calling (415) 309-4434.



How to reach us...



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Location

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SIT Mental Health Intern Corner and Resources

Building Healthy Relationships adapted from Search Institute

For more than 50 years, Search Institute® has been a leader and partner for organizations around the world in discovering what kids need to succeed.

Through their research, they have found that focusing on the following three critical areas, improves the lives of young people:

- (1). **Developmental Assets®**: framework of strengths and supports, which has become the most widely recognized and most frequently cited approach to positive youth development in the world.
- (2). **Developmental Relationships**: relationships that help young people attain the psychological and social skills needed for success in education and in life.
- (3). **Developmental Communities**: creating contexts and settings that attend to young people's developmental needs and are aligned for collective impact.

The Search Institute breaks down the **Developmental Assets** into two components that are described as the “building blocks” of healthy relationships and assist young children to grow up healthy, caring and responsible as (1) **External Assets** and (2) **Internal Assets**.

External Assets include:

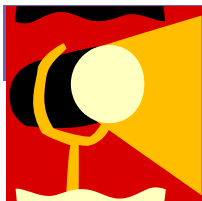
- **Support** (i.e. family, parent/guardian involvement, other caring adult relationships)
- **Empowerment** (i.e. service to others, seen as a resource),
- **Boundaries and Expectations** (i.e. family and community, positive peer relationships, adult role models)
- **Constructive Use of Time** (i.e. play time, time at home and religious).

The **Internal Assets** include:

- **Commitment to Learning** (i.e. motivation, engagement, early literacy)
- **Positive Values** (i.e. caring, honesty, equality and social justice)
- **Social Competencies** (i.e. planning and decision making, interpersonal skills, conflict resolution)
- **Positive Energy** (i.e. self-esteem, sense of purpose and positive view of future)

For more information about the Search Institute and to obtain complete list of the Search Institute's Developmental Assets in multiple languages, please visit the following website:

<http://www.search-institute.org/>



Intern Spotlight

Faaauuga Moliga-Puleasi, SIT Intern at Burton High School identifies as a father and a Samoan male who

grew up in the projects of Bayview/Hunters Point. Having experienced a tremendous amount of trauma and abuse in his life, has led him to almost five years of therapy and recovery. He witnessed the same trauma and abuse in his community, especially among the Samoan people. As he grew stronger in his recovery, he noticed his community continued to be plagued by violence and danger. After spending 2010 - 2012 living back in Hunters Point, he saw life in his community as abandoned and oppressed. This led him to pursue a graduate degree in Social Work to better understand how

to serve his community.

Faaauuga learned about SIT through working at Burton High School with the Bayview YMCA.

As he looks to the future, Faaauuga would like to spend more time with his kids and on self care. Professionally he has a strong interest in social work policy and is eager to teach at a college level. He is not sure what he will be doing after graduate school, but he would like to work on issues such as internalized oppression among people of color, closing the achievement gap, student-athlete development, and building programs that are culturally competent with a wellness focus.

Resource Corner

CPS Hotline

(415) 558-2650 or (800)856-5553

Child Abuse Report Form

http://ag.ca.gov/childabuse/pdf/ss_8572.pdf

Adolescent Health Working Group

<http://www.ahwg.net/>

Intern questions regarding BBS paperwork and/or licensing:

California Board of Behavioral Sciences
<http://www.bbs.ca.gov/>



January is *Build Friendships and Healthy Relationships* month. See your site supervisor and www.healthiersf.org for information