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Dear Parent/Guardian & Students:

**California State Education Code,** [**Pupil Mental Health Services: School Notification**](https://www.jlpaa.org/mentalhealth)**, requires schools to share information to students and families on how to initiate access to available student mental health services on campus and/or in the community at least twice a year.**

Julia Lee Performing Arts Academy support student mental health and wellness through a positive school culture and safe, supportive learning environments. Through professional development and other trainings, teachers and staff are provided with the skills and tools needed to identify youth in crisis, intervene appropriately, and provide comprehensive support in partnership with families. Teachers and staff participate in **Youth Mental Health First Aid** (YMHFA) training.

Parent(s)/Guardian(s) may initiate access to available pupil mental health services at the school or via the school’s website, labeled [**Community Resources**](https://www.jlpaa.org/about-me-picture)or through the school’s community partners.

* **If a student is experiencing a behavioral health crisis, call 911 or the 988 Suicide & Crisis Lifeline.**

* **2-1-1**

211 is a 24/7-hour hotline that connects residents with referrals to mental health services in Riverside County, including referrals to mental health professionals who accept Medi-Cal and those who do not have health insurance.

* [**Youth Lifeline**](https://teenlifeline.org/): **The 988 Suicide & Crisis Lifeline** (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline consists of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

* **Federally Qualified Health Centers**

Many federally qualified health centers (also known as community health centers) provide no or low-cost behavioral health services. You may search [https://findahealthcenter.hrsa.gov](http://about:blank/) or call 211 to find a convenient location.

* **Care Solace:**

[https://caresolace.com/JLPAA](http://about:blank/)

888-515-0595

Care Solace lifts the heavy burden of mental health care coordination for school systems.  They provide an added layer of support for schools and families .  They provide information on how to access this resource was sent via Parent Square in English and Spanish and it is listed on the school’s website. Families may call the school for additional information if needed.

* **Community Partnerships and Mental Health Services**

Julia Lee Performing Arts Academy partners with community-based organizations to provide students and parents with mental health and wellness resources, services, and supports. The school provides families with a Mental Health & Wellness Resource List that is geographically organized by community for ease of access.

* **Primary Care Physician/Private Insurance**

Recent changes in the law require that most marketplace health insurance plans cover essential health benefits, which includes behavioral health treatment, such as psychotherapy and counseling. Check your eligibility of services by contacting the customer service or behavioral mental health number on the back of your insurance card.

School’s Website- <https://www.jlpaa.org/>

For more information or resources, please contact:

***Theresa Wells***

***Integrative Health & Wellness***

***Julia Lee Performing Arts Academy***

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<https://www.jlpaa.org/>