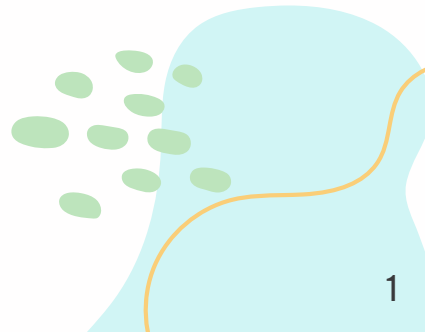


# **CVUSD Elementary Social Emotional Student Supports**

May 7, 2025



# Elementary Social Emotional Timeline

**2020-21**

## **Returning from COVID**

Success of Wellness  
Centers at MS and HS

**2021-22**

## **Trends in Elementary**

Additional Risk  
Assessments

Increased need for DIS  
Counseling

**2023-Present**

## **Increasing Access**

Students accessing  
mental health at school



# Elementary Social Emotional Staff

## » Elementary Counselors

Consistent counselors at every school site from 1-3 days per week

## » Intervention Counselors

2 Counselors assigned to Title I Schools to address barriers

## » Counseling Grant

Enables full time counselors at Conejo Academy and Glenwood

## » Clinical Supervisor

Meets with site teams and coordinates MHCs and MHAs

## » Mental Health Clinicians and Associates

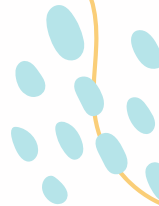
Provide Special Education DIS Counseling

Provide ERSES Counseling

Ongoing individual and small group mental health intervention



# Specific Supports for Title I Schools



## **Additional Counseling Days**

Minimum of 2 Days with  
Elementary Counselor On Site

## **Additional Mental Health Staff**

5 Days/Week at 5 Schools  
2.5 Days/Week at 2 Schools

## **Bilingual Intervention Counselors**

Serving all 7 Title I Schools  
Attendance  
Parent Family Engagement and  
Supports

## **Bilingual Outreach Assistants**

Connecting with families and  
helping them understand what is  
being offered for social  
emotional supports



# Acacia Social Emotional Team



**Carmen  
Ayala**

Bilingual Elementary  
Counselor

**Icela  
Sabory**

Title I Bilingual  
Intervention Counselor

**Mayra  
Cordova**

Bilingual Mental  
Health Associate

**Allison  
Carl**

Senior Mental  
Health Clinician and  
Clinical Supervisor



# Elementary Counselors



## ✕ Classroom/Grade Lessons

- Franchise Lessons
  - Academic
  - Social Emotional
  - College and Career
- Stand Proud

## ✓ Small Groups

- Academic and Attendance
- Self-Regulation
- Friendship

## ♥ Counseling Events

- School Counseling Week
- Unity Day
- Kindness Week

## ⚙ Individual Counseling

- Worries/Anxiety
- Social Skills
- Anger/Frustration

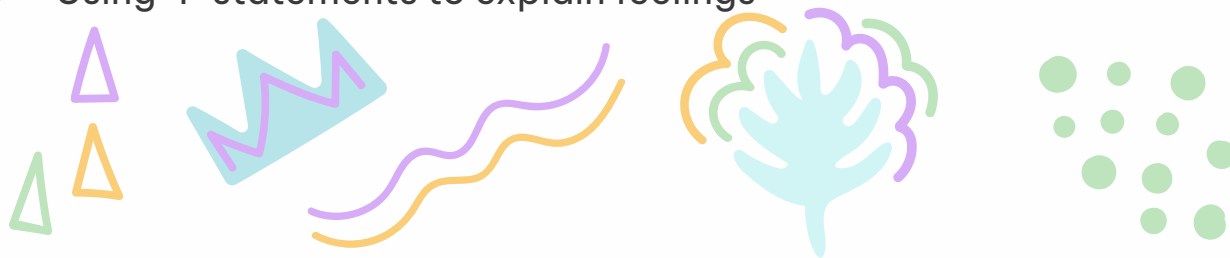


## Wellness Services

Mental Health Clinicians and Associates, under the direction of the Mental Health Supervisor, serve students on their caseload with social emotional goals on their IEPs, as well as students needing longer term mental health supports with parent/guardian consent. They also provide in the moment support as requested by school staff for students showing a need.

## Examples:

- Improve emotional regulation
- Use a coping skill when feeling frustrated
- Evaluating anxious thoughts
- Achieving a calm body through breathing exercises
- Asking for a break when having big feelings, instead of eloping
- Using “I” statements to explain feelings





# Wellness Centers

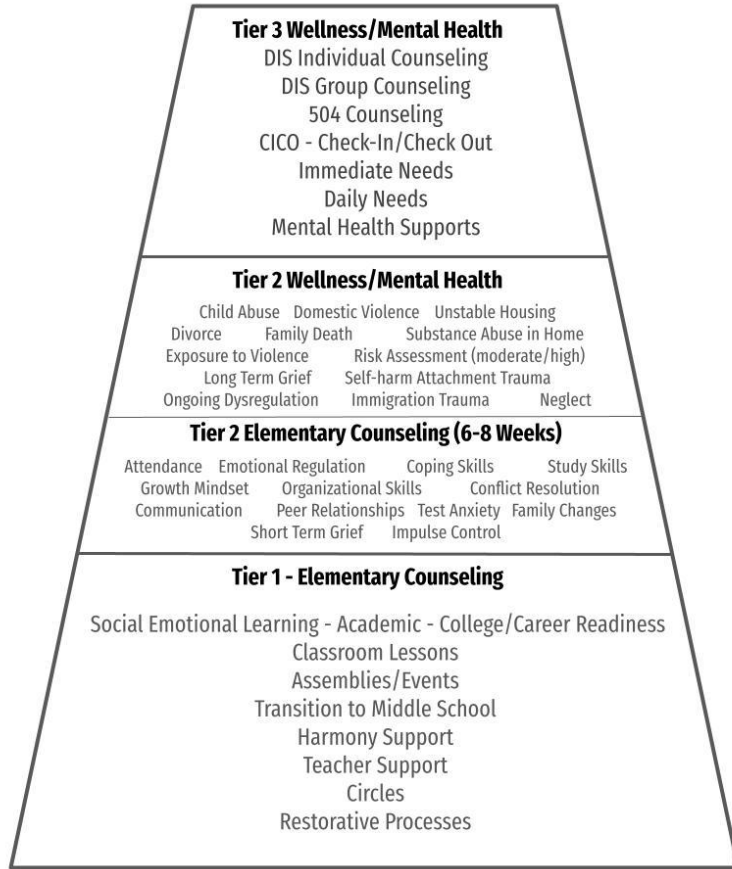
Wellness centers, available at some sites, are dedicated spaces on school campuses that provide mental health support to students. They help students learn to name and express their feelings and provide ongoing support when students experience trauma.

- Hosted lunch activities for “Question of the Week” aimed at teaching social emotional and interpersonal skills and reflections
- Ongoing individual mental health support
- Ongoing small group mental health support
- Conflict resolution and social skills building on targeted topics
- Can be open for students during recess to play games, color, do crafts, or make bracelets

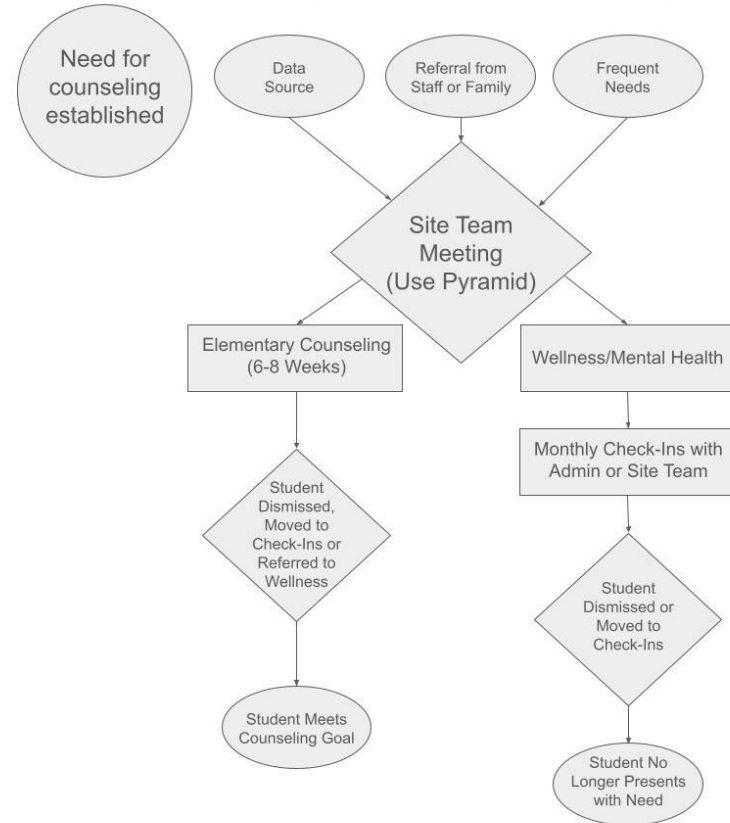




## CVUSD Elementary Wellness and Counseling



## CVUSD Elementary Wellness and Counseling



# Continuum of Elementary Social Emotional Services



## Tier 1

1,079 students participate  
in Stand Proud

1,940 students received  
Grade 1-2 Counseling  
Lessons

4,029 Wellness  
Lunch Activities



## Tier 2

32% of students  
participated in Tier 2  
Elementary Counseling  
Services

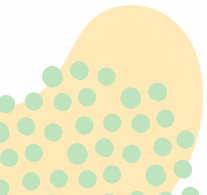
5.5% of students  
participated in General  
Education Tier 2  
Wellness Services



## Tier 3


177 students receiving  
DIS and ERSSES mental  
health services

42 students with  
Risk Assessments





# From Principals



“Our Wellness Clinician contributes to the healthier, safer and more supportive elementary school environment. Where students are better equipped to thrive academically, socially and emotionally.”

“Weekly meetings provide a regular time for staff to share observations, exchange ideas, and discuss strategies to support students. These meetings have strengthened our ability to collectively assess student needs and determine the most effective supports and interventions.”

“I am especially pleased to see the way our School Counselor and Wellness Clinician collaborate and share responsibility for the care and support of all students.”

“Our counselor embodies true compassion and care. They take the time to truly know each student - their struggles, their dreams, and their strengths - and are always ready to lend a hand. They are the definition of a difference maker.”



**Thank you!**  
**Questions?**