

Welcome Parents and Caregivers



PARENT 
UNIVERSITY

LONG BEACH UNIFIED SCHOOL DISTRICT

SEL Wellbeing Support Resources

December 12, 2023

Interpretation available in
Spanish and Khmer

Interpretación disponible en
español y camboyano

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Who's in the Room?



Dr. Lucy Salazar
EEP Director



Mayra Marcelo
EEP Counselor
Parent Engagement



Carmen Hernandez
EEP Administrator
VIPS / Interpreters / Parent
Groups



Stephanie Heilig
EEP Administrator
Parent University / HS/MS
Choice



Javier de Santiago
Mobile Tech Help Desk

FEATURED GUESTS:

Office of Student
Support Services (OSSS)

We are Family

Find a **Family
Poster** that
Resonates
with you

The Fresh Prince of Bel-Air



Guiding Questions / Preguntas orientadoras

- What about this family resonates with you? / ¿Qué pasa con esta familia que te resuena?
- What are some accurate perceptions and misperceptions related to this family/family members? / ¿Cuáles son algunas percepciones precisas y erróneas relacionadas con esta familia/miembros de la familia?



FEATURED GUESTS:

Office of Student Support Services (OSSS)

Jenny R. Acosta, Program Administrator of Mental Health & Early Intervening Services OSSS

Dr. Karen Friedhoff , Lead Psychologist, OSSS

Susana A.Cortes , Assistant Director of Office of Student Support Services

Family Resource Centers (FRC)

We provide social, emotional and behavioral health - related supports to students enrolled within a cluster of schools in LBUSD. Support services may include short - term individual/group counseling, parent education workshops, and/or linking families to community resources/school - based services.

- Servicing 39 schools (32- Elementary Schools, 5- Middle Schools, 1- K- 8, 1K- 12)
- Parents & Staff may fill out the referral form
- District Webpage/Referrals: <http://www.lbschools.net/frc>
- FRC Resources: <https://linktr.ee/lbusdfrc>



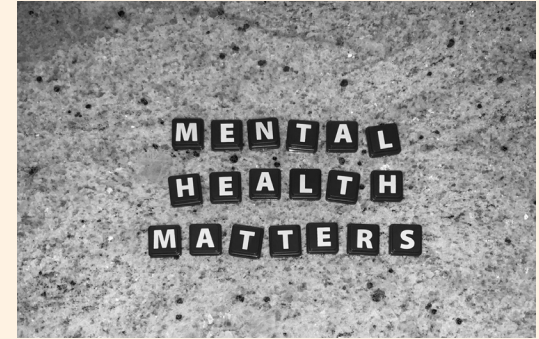
Referrals

- Parent / Student / Staff - Referral (English)
- Parent / Student - Referral (Spanish)
- Parent / Student - Referral (Khmer)



School Based Mental Health (SBMH)

- Collaboration between schools and partnering mental health agencies
- Brings services to the students!
- Over 20 yrs; Over 75 sites
- General Education or Special Education
- MediCal funded
- Referrals: via the school
- Services:
 - Individual counseling
 - Family counseling
 - Attend SSTs/IEPs
 - Link to other needed services



Wellness Centers



**21 Middle School Wellness Centers, 11 High School Wellness Centers
Staff: Full Time ASW/LCSW Social Workers, 1 School Psychologist**

| Student Centered | Parent/Caregiver Centered | Staff Centered |
|--|--|--|
| <ul style="list-style-type: none"> • Individual Counseling • Advocacy & Case Management Services • Group Counseling • SEL Activities • Classroom Presentations • Community Partner Workshops/Events • Before/After School Special Activities • Community Projects • Needs Closet/ Food Pantry/Special Assistance Fund | <ul style="list-style-type: none"> • Family Advocacy & Case Management • Home Visits • Caregiver Presentations/ Workshops/ Support Groups • Community Partner Workshops • Caregiver events • Needs Closet/ Food Pantry/Special Assistance Fund | <ul style="list-style-type: none"> • Professional Development • Staff Workshops • Community Partner Workshops/Events • Staff Engagement Activities/Events • Staff Consultations |



COMMUNICATION

THE HURDLE WE ENCOUNTER THE MOST



TIPS FOR ESTABLISHING HEALTHY
COMMUNICATION WITH YOUR CHILD

7 SKILLS to STRENGTHEN COMMUNICATION

1. Listen & validate feelings
2. Give praise
3. Do things together
4. Show trust
5. Be aware of your emotions
6. Clear expectations
7. Be observant



Self Reflection:

Use the skills listed below to complete the worksheet provided.

1. Listen & validate feelings
2. Give praise
3. Do things together
4. Show trust
5. Be aware of your emotions
6. Clear expectations
7. Be observant

COMMUNICATION REFLECTION

LEARNER: _____

"Do the best you can until you know better. Then when you know better, do better." -Maya Angelou

Which of the seven skills are you good at?

What is something that you feel you need to work on?

What is something that you need to start doing?

Group Reflection ...



Share out with your table group.

- **Question 1:** Which of the seven skills are you good at?
- **Question 2:** What is something that you feel you need to work on?
- **Question 3:** What is something that you need to start doing?



Self-Care

It's important to take care of yourself, in order to be there for others.

How do you take care of yourself?



Table Posters

- Choose a recorder from your table
- List 3- 5 specific ideas
- Hang posters around the room
- Walk around and read each poster

Examples to Strengthen Communication

Examples of Self Care

Thought Exchange



0

Participants



0

Thoughts



0

Ratings



0

Ratio

4:00 ⁺ ₋



tejoin.com

956-190-779

How has today's session helped you to support your child's academic success, and what could we enhance for next time? Be specific.

Next Workshops / Contact Info

Virtual: HS Choice
Part 2

Tuesday January 9
6pm - 7pm

In Person: Support
for EL Students

Tuesday February 20
5:30pm - 7:00pm

Browning HS

Location
Change

Parent University

(562) 997-8160



parentu@lbschools.net



@LBUSDengage
@LBUSDparentu

Thank you for attending!