

K-12 TELEBRIEFING



May 5, 2026

Welcome!

SUBJECT MATTER EXPERTS



Dr. Beatty
Assistant Medical Director
County of San Diego



Dr. Motadel
Chief Pediatric Officer
County of San Diego



**Jackie Stiles, MSN,
RN**
Coordinator, School
Nursing SDCOE



Dr. Taras
Physician Consultant
SDCOE

SPECIAL GUESTS



Gabrielle Farella, MPH

Community Health Promotion Specialist II
Epidemiology and Immunization Services
Branch, County of San Diego



Kevin Mendoza, BSN, RN, PHN

Senior Public Health Nurse
Epidemiology and Immunization Services
Branch, County of San Diego



Afrah Abdulkader

Community Health Worker
Department of Strategy & Community
Engagement, County of San Diego

EDUCATION SECTOR TEAM



Nicole Cardoza



Allison Hirahara



Grace Huynh

AGENDA



Agenda Item	Speaker/Presenter
Welcome & Announcements	Nicole Cardoza
2026 Public Health Advocate Camp	Gabrielle Farella
Mental Health Resources	Nicole Cardoza & Afrah Abdulkader
Public Health Updates	Dr. Motadel
Measles Updates and Planning for Schools	Kevin Mendoza
Q&A Session	All Panelists



Announcements

Engage and Build Bridges in the Summer



Attendance Works is hosting a free webinar on supporting summer engagement to help schools strengthen connections, build belonging, and boost attendance while preparing students for a successful return to school. Tune in to learn practical tools and meaningful strategies!

Wednesday, May 13 at 12:00 PM

[Register to Join!](#)

Phones in Schools: Real-World Insights from Students and Staff



Join us for our free in-person *Advancing Through the Year* event on smartphone policies, social media, and youth well-being. Learn about requirements and trends in smartphone policies, hear from a diverse panel on best practices, and learn practical strategies to support healthy technology habits among youth.

Tuesday, May 19, 8:30 AM to 11:00 AM

[Register to Participate by May 8!](#)

Stay tuned for another *Advancing Through the Year* event in June, hosted in collaboration with VEBA, to learn about burnout, strengthening creativity, and building connection!

Join Students in Conversations about Mental Health



Wellness Together School Mental Health presents the sixth annual Mind Out Loud virtual event for students. Middle and high school students from across the world will have the opportunity to connect about mental health and wellness.

Wednesday, May 20 at 10:00 AM

[Register to Join!](#)

Celebrating School & District Employees in May



School Principals Day: May 1

School Lunch Hero Day: May 1

National Teacher Appreciation Week: May 4 – 8

National Teacher Appreciation Day: May 5

National School Nurse Day: May 6

Classified School Employees Week: May 17 – 23

Trusted, Valued, Essential: A Celebration of School Nurses



In celebration of National School Nurses Day, the National Association of School Nurses and the National Institute for Education and Leadership Development are hosting a webinar to celebrate the vital role school nurses play in advancing student wellness.

Wednesday, May 6 at 10:00 AM

[Register to Join!](#)



2026 Public Health Advocate Camp



Mental Health Resources

SDCOE Mental Health Supports





[SCHOOLS](#) [EDUCATORS](#) [SPECIAL POPULATIONS](#) [SUPPORTING STUDENTS](#)

Promoting mental well-being for all students and staff

HOME > SUPPORTING STUDENTS > HEALTH AND WELL-BEING > MENTAL HEALTH SUPPORTS

MENTAL HEALTH SUPPORTS

Prioritizing mental health is important for students to be able to learn effectively; it's also a key component that helps staff teach and support learners every day. The San Diego County Office of Education (SDCOE) has compiled resources and information for students, families, and schools that keep mental health supports top of mind.

SDCOE Mental Health Supports

SDCOE Mental Health Supports offers a collection of mental health resources, tools, and educational tips to support student mental health and overall well-being. There are resources for students, families, and educators.



Teen GUIDE

to Mental Health and Wellness

✓ **Blackline**
1-800-634-6346 (24/7)
Open to anyone, but geared toward the Black, Black LGBTQIA, Brown, Native, and Muslim community "Hot" for crisis support

✓ **California Warmline**
1-800-945-7855 (24/7)
A non-emergency resource for anyone seeking emotional support

✓ **Child Abuse Hotline**
1-800-544-6888 (24/7)
If you are a sexually active teen or neglected

✓ **Crisis Text Line**
Text 726 to 72672 to text with a trained counselor for free

✓ **National Domestic Violence Hotline**
1-800-799-7233 / Text 571-571 to 57122
Resources for teen dating violence

✓ **Suicide and Crisis Line**
988 (24/7)
If you or someone you know needs support now, call or text 988 or chat at 988lifeline.org to connect with a trained crisis counselor who can help

✓ **Teen Line**
Call 800-852-4358 (9 a.m. to 10 p.m. PST)
Text 726 to 72672 (9 a.m. to 9 p.m. PST)
A confidential hotline for teenagers, staffed by trained teens

✓ **The Trevor Project**
Call 1-877-455-6878
Text 988 to 98873 or 1-800-354-2705
Chat [trevorproject.org](#)

✓ **Trans Lifeline**
1-877-563-8889 (8 a.m. to 2 a.m. everyday)
Staffed by transgender people for transgender people "Hot" for crisis support

You don't have to be alone.
Help is available.



www.sdcoc.net/MENTALHEALTH

ACCESSING MOBILE CRISIS RESPONSE TEAM (MCRT) IN SCHOOLS

MCRT Services



- ✓ Crisis triage, screening, and assessment
- ✓ Crisis intervention and stabilization
- ✓ Safety Planning
- ✓ Conduct 5150s/5585s
- ✓ On-site support in vehicles equipped with a host of resources & safety features for 5150s/5585s

Behavioral Health Resource Directory





San Diego County Behavioral Health Resource Directory for K-12 Schools

Resource Count: **590**

[Video Demonstration](#)

RESOURCE ^	TYPE	TIER	POPULATION SERVED	MODEL	COST	NOTES
1. #chatsafe	Resource	Tier 1	Secondary	Virtual	No cost	A young person's guide to communicating safely online about self-harm and suicide
2. 10 Questions on a Tuesday	Resource	Tier 1	Families	Virtual	No cost	10 questions parents/caregivers can ask their children to best support their mental health
3. 10 Reasons Teens Avoid Telling Parents about Suicidal Thoughts	Resource	Tier 1	Secondary & Families	Virtual	No cost	Top ten reasons teens do not want to speak to their parents about suicide
4. 10 Signs of Healthy vs. Unhealthy Relationships	Resource	Tier 1	Secondary	Virtual	No cost	2-pg handout of healthy vs. unhealthy relationship signs
5. 10 Tech Tips for Families	Resource	Tier 1	Families	Virtual	No cost	1-pgr of tech tips for families in English & Spanish
6. 3 Principles of a Trauma-Informed Approach	Presentation	Tier 1	Staff	Virtual	No cost	1.5 minute video outlines key strategies and phrases to use to ensure a trauma-informed approach is being used
7. 5 Cs of Media Use Resource Hub	Resource	Tier 1	Families	Virtual	No cost	Posters and videos for all ages to help families improve their relationships with digital media
8. 911	Direct Services	Crisis	All	Community-based	\$	24/7 emergency support
9. 988 Partner Toolkit	Resource	Tier 1	Staff	Virtual	No cost	Diverse 988 promotional materials for social media & publication
10. 988 Support on Social Media	Resource	Tiers 1, 2 & 3	All	Virtual	No cost	Guidance on how to contact safety teams on different social media platforms if you are concerned about someone on social media
11. 988	Direct Services	Crisis	All	Virtual	No cost	24/7 crisis line
12. A Call to Men Live Respect Curriculum	Curriculum	Tier 1	Secondary	School-based	No cost	Curriculum to support gender equity and violence prevention for middle and high school boys
13. A Call to Men Workshops	Presentation	Tier 1	Secondary	School-based, Virtual	\$	60-minute, interactive, customizable presentations to promote healthy masculinity, healthy relationships and prevent gender-based violence

Behavioral Health Resource Directory for K-12 Schools

Behavioral Health Resource Directory Premiere – Informational Sessions



**Behavioral Health
Resource Directory for
K-12 Schools
PREMIERE**

Join SDCOE's Student Wellness and School Culture Department for the launch of our new Behavioral Health Resource Directory for K-12 Schools! Attend an informational session to learn how to navigate this new platform and discover mental health and substance use resources that will elevate your ability to support students and families.

May 7th 9-9:30 am <u>REGISTER</u>	May 11th 2-2:30 pm <u>REGISTER</u>	May 22nd 10-10:30 am <u>REGISTER</u>	May 28th 2:30-3 pm <u>REGISTER</u>
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The SDCOE Student Wellness and School Culture Department is hosting four informational sessions for the launch of the Behavioral Health Resource Directory for K-12 Schools. Join to learn how to navigate this new platform and discover resources!

[Register for the Informational Sessions](#)

Behavioral Health Services: Manage Your Mental Health



30-DAY MENTAL WELLNESS PRACTICE

Prioritize your mental health and well-being!



CHOOSE FROM PRACTICES THAT BENEFIT YOUR BODY, MIND, MOOD & RELATIONSHIPS

Make these practices a part of your daily routine and use them to maintain your mental health over the long-term.

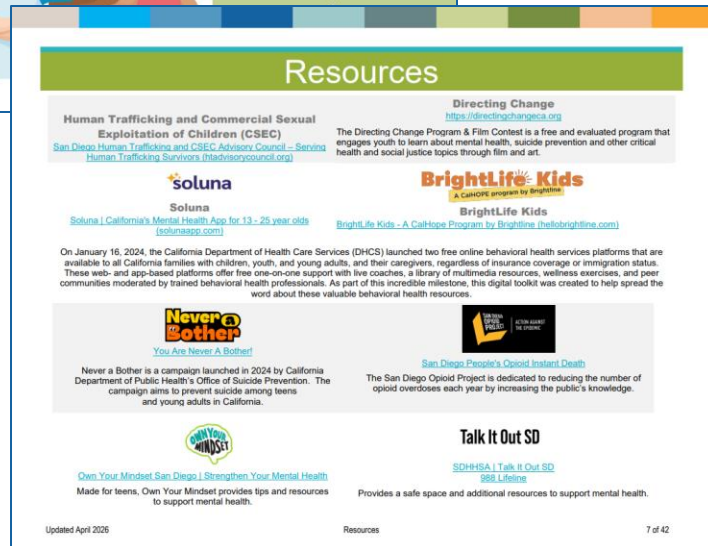
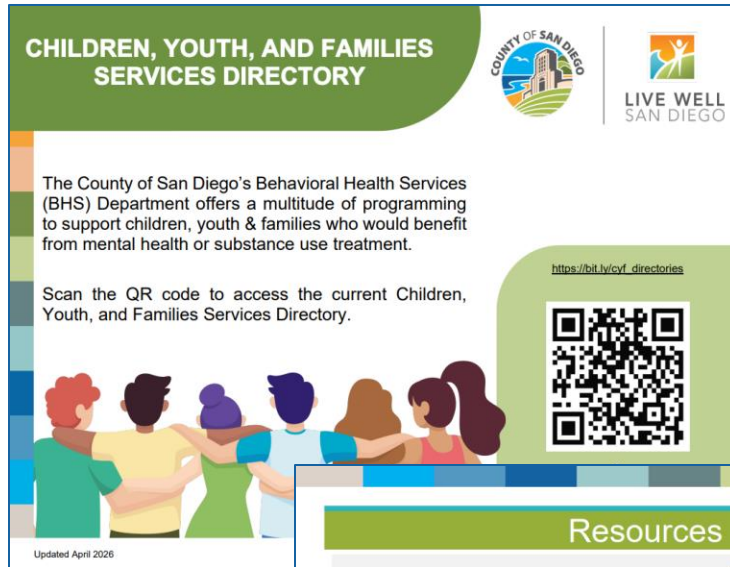


Visit bit.ly/BHS_MWC to view the practice materials and get more information

Behavioral Health Services offers a collection of mental health resources, including support options for individuals, families, and diverse communities. This includes a 30-day mental wellness practice and a youth mental wellness practice!

[Behavioral Health Services: Manage Your Mental Health](#)

Behavioral Health Services for Children, Youth, and Families



Behavioral Health Services provides a directory of local mental health resources for children, youth, and families. It includes programs, counseling, and other specialized support options.

Behavioral Health Services for Children, Youth, and Families

You can also explore school-based services by district, school, or region, by visiting:

School-Based Services



Public Health Updates

Dr. Motadel

988 Hotline Linked to Fewer Youth Suicide Deaths



Suicide deaths among 15 – 23-year-olds decreased since the launch of the 988 Suicide and Crisis Lifeline in 2022.

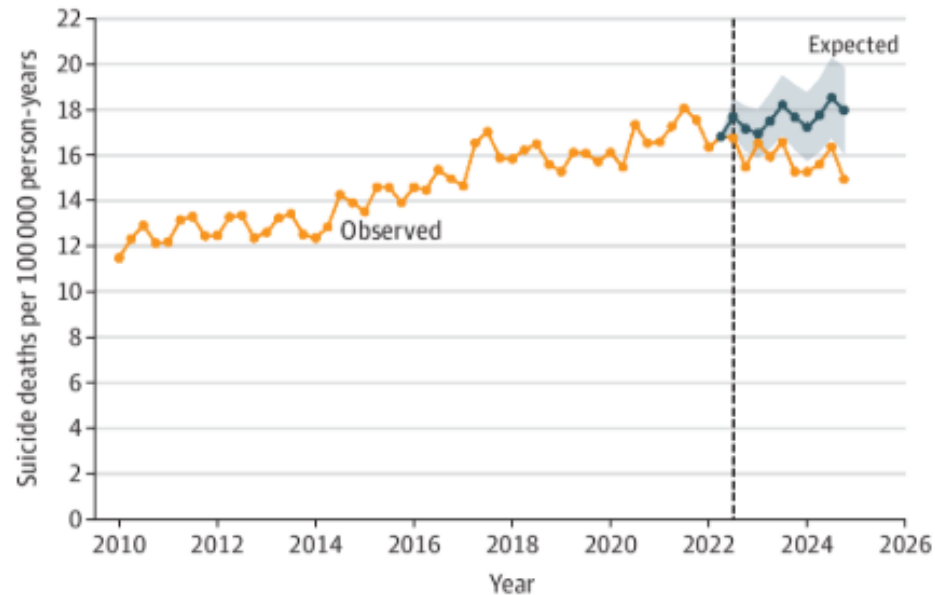
- Calls to the hotline doubled with the switch to the three-digit number.
- Suicide rate among young people in US dropped 11%.
- States with largest volume of 988 calls saw 18.2% reduction in suicides.
- States with lowest uptake saw 10.6% reduction.



988 Hotline Linked to Fewer Youth Suicide Deaths



Figure 1. Graph of Suicide Deaths After Launch of the 988 Lifeline Among Adolescents and Young Adults



Quarterly suicide mortality rate for individuals 15 to 34 years of age in the US is shown as suicide deaths per 100 000 person-years. The vertical dashed line indicates the national launch of the 988 Suicide and Crisis Lifeline in July 2022. Expected deaths were estimated using seasonal autoregressive integrated moving average models fit to data from January 1999 through June 2022. Shaded areas indicate 95% CIs around expected values.

- Results estimated 4,371 fewer suicides of adolescents and young adults ages 15 to 34 years old, than what had been projected.
- Reductions were greater in younger people than those over 65 years old.
- There were no reductions in mortality from other conditions, nor were similar reductions in suicide seen in England.

BrightLife Kids & Soluna



- The Department of Health Care Services (DHCS) encourages families and youth ages 0–25 to access free behavioral health support through [BrightLife Kids](#) and [Soluna](#).
- BrightLife Kids and Soluna offer free coaching, peer communities, personalized goal-setting tools, and care navigation.
- Services are available online, in mobile app stores, in English and Spanish, and through telephone-based coaching available in 17 languages.



BrightLife Kids & Soluna Impact Report



- California's free behavioral health platforms have reached more than 500,000 users across California.
- More than 112,000 coaching sessions have been delivered, with 98% reporting satisfaction.
- 1/2 of Soluna and 3/4 of BrightLife Kids users report this is their first time receiving professional behavioral health support.
- Over 5,000 Californians have been referred to community-based providers for additional services.

2025 BrightLife Kids and Soluna Impact Report



BrightLife Kids & Soluna Impact Report



- Early evaluation data show users experienced significant reductions in distress after one month, with benefits sustained at three months.
- 93% of parents and caregivers reported improvements in their child's behavioral health, and their ability to manage their child's needs.
- 92% showed improvement in personalized behavioral health goals.
- 95% of Soluna users said they'd recommend it to a friend.

2025 BrightLife Kids and Soluna Impact Report



Tuberculosis Exposure Reported at Sunset Elementary School



- County health officials are working with the San Ysidro Elementary School District to notify families and staff about a potential tuberculosis (TB) exposure at Sunset Elementary School between July 5, 2025, and Oct. 21, 2025.
- Free TB screening will be offered to students and staff who may have had increased risk of infection.
- TB is an airborne disease spread when a person with active TB coughs, speaks, sings, or breathes.
- TB cases in San Diego County have been increasing in recent years. Reported cases rose from 193 in 2020 to 265 in 2025.





Thank You!



Measles Updates and Planning for Schools



Mental Health Resources

Afrah Abdulkader

Community Engagement Efforts



Access & Crisis Line (ACL)



Are you struggling with mental health or substance use?

Help is available.

Call (888) 724 - 7240



CRISIS LINE

7 Days a Week, 24 Hours a Day



LIVE CHAT

Available Mon-Fri (4pm-10pm) on the ACL website

Help is available in over 200 languages

Call the **San Diego Access and Crisis Line (ACL)** if you or a loved one needs to talk to someone or access services. The ACL is a free and confidential way to connect with someone who can help you find the support you need.

The ACL can connect you to resources and referrals for:

- Suicide prevention and crisis intervention
- Mobile crisis response services
- Alcohol and substance use referrals
- Mental health referrals
- Community resources
- Other supportive services

The ACL is a local 988 Network Partner.

988 is the national dialing code used to connect with the **Suicide & Crisis Lifeline** network of crisis call centers. Calls made to this code from a San Diego area code will be rerouted to the ACL. Scan the QR code to learn more about the ACL.



- The San Diego [Access and Crisis Line \(ACL\)](#) serves as the local crisis call center and is operated 24 hours a day, 7 days a week
 - Available via helpline or live chat
 - The ACL is a 988 partner – Calls made to this code from a San Diego area code will be rerouted to the ACL
- **San Diego Helpline Summary**

ACL	988	911	211
Provides support for people experiencing a mental health or substance use issue, including suicidal thoughts or feelings. 988 allows for easier access to the National Suicide Prevention Lifeline network.	Utilized for emergencies with a focus on dispatching Emergency Medical Services, fire, and police as needed.	Provides non-emergency health and social service assistance information and referrals.	

CSU Overview

PURPOSE

Crisis Stabilization Units provides immediate urgent mental health treatment services to individuals with serious behavioral health needs.

OVERVIEW OF SERVICES

Services provided on a short-term basis (up to 24 hours):

- Crisis intervention
- Mental health assessment
- Medication assistance
- Therapy and peer support
- Resources and connections to ongoing behavioral health services



LIVE WELL
SAN DIEGO

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY • BEHAVIORAL HEALTH SERVICES

San Diego County Crisis Stabilization Units (CSU)

Crisis Stabilization Units (CSUs) provide immediate mental health support and treatment services in a calming setting to individuals with serious behavioral health needs. CSUs can help to de-escalate a person's level of distress, prevent or treat a behavioral health crisis, and reduce acute symptoms of a mental health condition. Individuals may be admitted voluntarily or may be brought in on a Welfare & Institutions Code (WIC) 5150 hold. The goal of CSUs is to connect individuals to ongoing care and avoid the need for higher levels of care.



North Coastal CSU (Oceanside)

Who Can Access a CSU?

The County of San Diego (County) offers crisis stabilization services to children and adults at various locations countywide, see below for more details. County CSUs generally serve individuals who are Medi-Cal eligible or enrolled, uninsured, or very low income however anyone in need of services can access services at the CSU.



Scan for More
Information on CSUs

If you have any questions, contact your primary insurer, reach out directly to any of the CSU locations listed below, or call the San Diego Access and Crisis Line at (888) 724-7240.

Locations

The County currently has six CSUs – five for adults and one for children and adolescents. All CSU locations accept walk-ins. Services are tailored to each person and are provided on a short-term basis, up to 24 hours.

Region & Neighborhood	CSU	Address & Phone
Adults (ages 18+)		
North Coastal, Vista	North Coastal Community-Based CSU	524 West Vista Way, Vista, CA 92083 (760) 305-4900
North Coastal, Oceanside	North Coastal Live Well Health Center Community-Based CSU	1701 Mission Avenue, Oceanside, CA 92058 (760) 712-3535
North Inland, Escondido	Palomar CSU	2185 Citracado Parkway, Escondido, CA 92029 (760) 739-3012
North Central, Midway District	San Diego Psychiatric Hospital Emergency Psychiatric Unit	3853 Rosecrans Street, San Diego, CA 92110 (619) 692-8222
South, Castle Park	Paradise Valley Bayview CSU	330 Moss Street, Chula Vista, CA 91911 (619) 585-4221
Children & Adolescents (up to age 18)		
Central, Hillcrest	Children's Emergency Screening Unit	4309 Third Ave., San Diego, CA 92103 (619) 676-4502

Updated 4/16/24

Connect to Resources

Call 888-724-7240 to connect to the San Diego Access and Crisis Line for free and confidential support and help navigating services, available 24/7 in over 200 languages.

Call 988 to connect to the national Suicide & Crisis Lifeline network of crisis call centers.

Mobile Crisis Response Team (MCRT)



COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY • BEHAVIORAL HEALTH SERVICES

Mobile Crisis Response Team (MCRT)

Get Help for Alcohol, Drug, or Mental Health Crises



The Mobile Crisis Response Team (MCRT) program offers 24/7 mobile support to people experiencing a mental health or substance use-related crisis where they need it.

Available countywide and to people of all ages, MCRT is an alternative to law enforcement response with teams comprised of behavioral health experts are trained to respond in the community de-escalate crises related to alcohol, drug, or mental health conditions.

How can MCRT help?

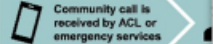
MCRT can respond to behavioral health medical emergencies, weapons, or known help:

- Stabilize the crisis through intervention
- Provide transportation to other services as needed
- Connect to community resources
- Coordinate initial treatment services

How can I access MCRT?

MCRT is deployed through calls made to (888-724-7240) or emergency services, safety through a series of questions and response service should be sent out.

If MCRT is deployed, a team will come to you and determine how to best assist you.



If you are not sure what to do or what you need, call MCRT for more information on MCRT including Frequently Asked Questions.

Connect to Resources

Call 888-724-7240 to connect to the San Diego Access and Crisis Line for free and confidential support and help navigating services, available 24/7 in over 200 languages.

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY • BEHAVIORAL HEALTH SERVICES

Mobile Crisis Response Team (MCRT) Behavioral Health Crisis Response in Schools



Launched by the County of San Diego in January 2021, the Mobile Crisis Response Team (MCRT) Program is a countywide service that offers an alternative response option for people of any age experiencing a mental health or substance use-related crisis. Non-law enforcement MCRTs respond, assess, and de-escalate behavioral health crises in the community.

Beginning November 2024, MCRTs may be deployed to charter schools, adult schools, and public school districts in San Diego County (grades K-12) to respond to behavioral health crisis calls. MCRT cannot respond to private schools.

How can schools access MCRT?

During school hours:

- For schools in Carlsbad, Oceanside, Pendleton, San Diego, and Vista: School personnel should call the direct phone number for Exodus MCRT provided to them.
- For schools in all other areas of San Diego County: School personnel should call the direct phone number for Telecare MCRT provided to them.

During after-school hours or for community response or emergency services:

- Call the San Diego Access & Crisis Line (ACL) at 888-724-7240 or 988.



School call is received by MCRT dispatch center



Triage by MCRT dispatch center



Appropriate response team is dispatched

How can MCRT help schools?

MCRTs can respond to behavioral health crisis calls in schools if there is no known threat of violence or medical emergency. Depending on the situation, MCRT can:

- Provide assessments
- Utilize crisis intervention and de-escalation techniques
- Initiate and transport a 5585* (5150) hold when there is a not a safety concern
- Make connections to appropriate behavioral health services and resources, provide initial coordination for treatment services as needed, and follow-up for up to 30 days after initial service

*A 72-hour psychiatric hold in a hospital when a minor is evaluated to be dangerous to themselves, others, or gravely disabled.

If you are not sure what to do or what you need, call MCRT to consult a trained expert.



Scan for more information or visit sandiegocounty.gov/mcrt

Connect to Resources

Call 888-724-7240 to connect to the San Diego Access and Crisis Line for free and confidential support and help navigating services, available 24/7 in over 200 languages.

Call 988 to connect to the national Suicide & Crisis Lifeline network of crisis call centers.

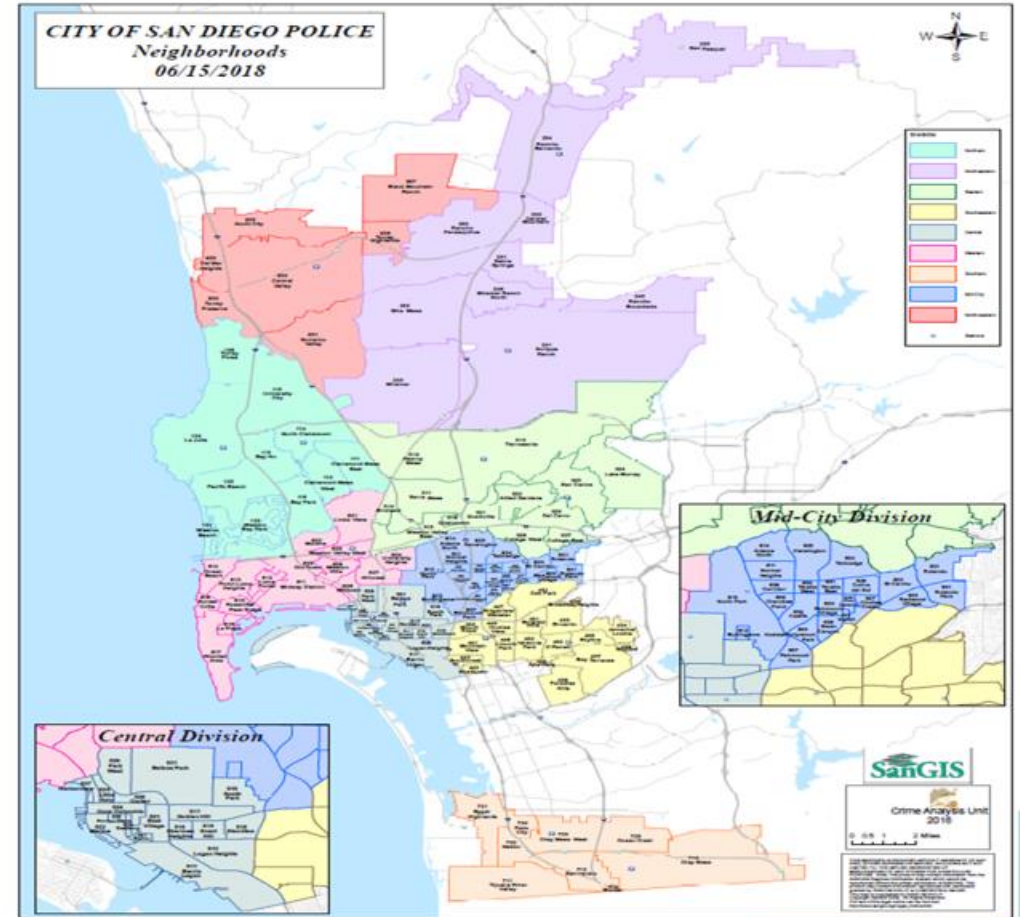
- Mobile Crisis Response Teams (MCRT) offer support to people experiencing a behavioral health crisis
 - *Cannot* respond to calls involving threats of violence or medical emergencies
- MCRT is an alternative to law enforcement response and can help:
 - Stabilize people in the community
 - Connect people to community resources and treatment services
 - Avoid a trip to the hospital or jail
- Comprised of licensed mental health clinicians, case managers, and peer support specialists

Available **countywide** for individuals of all ages through the ACL

Mobile Crisis
Response
Teams (MCRT)
Flyers
General & In
Schools

Psychiatric Emergency Response Team

- PERT teams consist of a licensed mental health professional paired with a specially trained law enforcement officer.
- PERT has 70 teams partnered with 11 municipal law enforcement departments throughout the County of San Diego.



Youth Services



LIVE WELL
SAN DIEGO

Specialized Services for:



- Foster Youth
- Homeless Youth
- Early Childhood (0-5)
- Justice Involved Youth
- Transition Age Youth (16-21)
- Underserved Cultural Groups
- Pregnant and Parenting Families
- Youth with Co-Occurring Disorders
- Developmental Delays
- Commercially Sexually Exploited Children (CSEC)
- Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ)



SchoolLink Services Directory



Scan the QR Code below to access:

- Children, Youth, and Families Services Directory
- Five Regional School Directories

A screenshot of the SchoolLink website interface. The page has a dark header with a home icon, "I WANT TO FIND" dropdown, and "ADULT SERVICES" dropdown. A red box labeled "1" highlights the "Behavioral Health Services" header. Below the header is a large banner with the word "School" and "to BEHAVIORAL HEALTH SERVICES | access". A dropdown menu is open on the right, showing "CHILDREN'S SERVICES" (labeled "2"), "MENTAL HEALTH" (labeled "3"), and a list of services including "Services Directory" (labeled "4"), "Treatment & Evaluation Resource Management (TERM)", "TERM Providers", "Therapeutic Behavioral Services (TBS)", "SUBSTANCE USE DISORDER", and "OTHER COUNTY SERVICES". The main content area says "Welcome to SchoolLink" and features a "BHS SchoolLink Welcome Video" player. A footer note states: "SchoolLink is a partnership between the County of San Diego and local school districts to".

Behavioral Health Services 1

CHILDREN'S SERVICES 2

MENTAL HEALTH 3

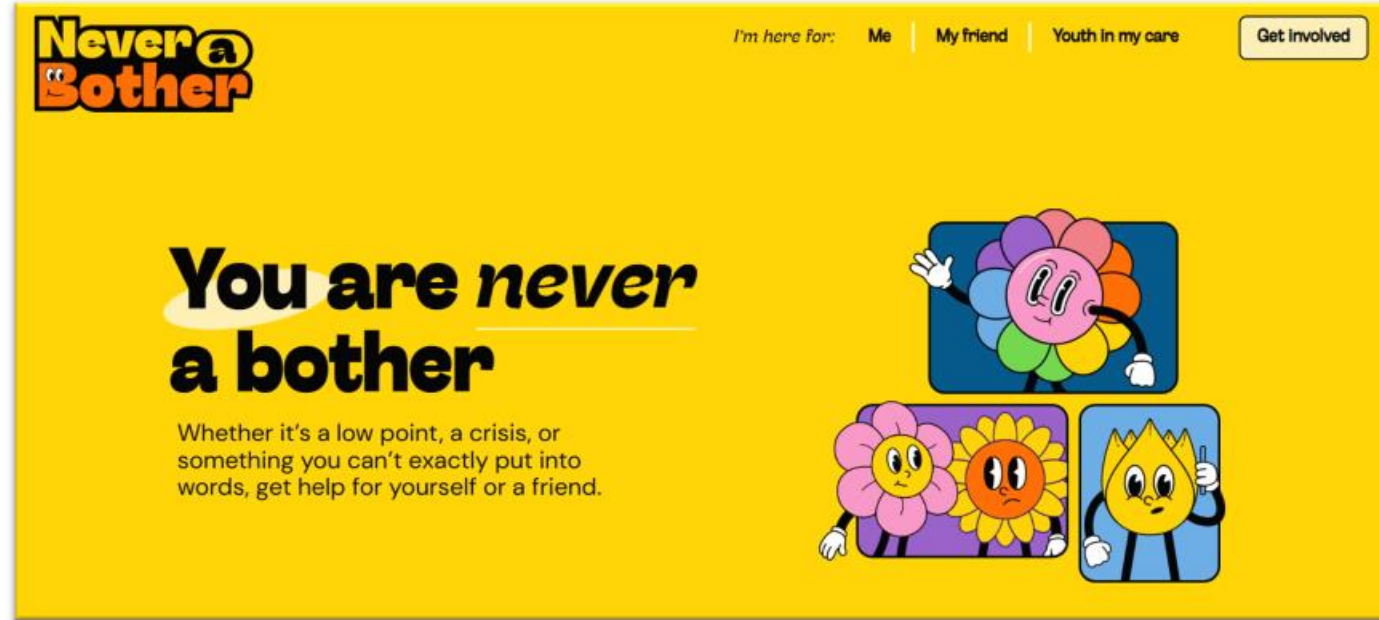
Services Directory 4

Welcome to SchoolLink

BHS SchoolLink Welcome Video

SchoolLink is a partnership between the County of San Diego and local school districts to

Other Community Resources





Q&A



THANK YOU FOR ATTENDING!

For more information, please visit our website: LiveWellSD.org/Education

You can also email us at: LiveWellEducation@sdcounty.ca.gov

Next Telebriefing: Tuesday, June 2, 10:00 AM