



SFUSD Student Intervention Team (SIT)

April 2017 Newsletter

April Updates

2017-2018 Intern Recruitment Statistics

- Number of Informational Group Interview sessions held: **6**
- Number of candidates participating in informational interviews: **100**
- Number of SFUSD School Social Workers/Wellness Coordinators interested in supervising a SIT intern: **53**
- Number of interns from the 2016-2017 school year interested in returning next year: **11**

Appreciations

We would like to express our appreciation to:

- * Aaron Hagaman, LMFT, RAMS therapist, for presenting “*Managing Anxiety in Children and Teens*” last month.
- * Angie Romano, MSW, PPSC, Caminos Program Coordinator, for presenting “*Striving for Sanctuary: Supporting Immigrant Families*” at the Spring Institute.
- * Martha Merchant, PsyD, UCSF HEARTS Program for presenting the “*Gift of Compassion*” at the Spring Institute.
- * Richmond Area Multi-Services (RAMS) for opening up their trainings to our interns this year. We value our partnership with you!

Upcoming Trainings...

SFUSD Trainings:

- **Supporting Youth in the Age of Social Media.** Tuesday, April 11th, 2-4PM. Presenter: Digital TAT2.

****If you are interested in attending SFUSD trainings, please check your email for registration information.***

RAMS Trainings:

- **Termination in School Based Services.** Friday, April 7th, 9:00-10:45AM. Presenter: Michelle Fortunado-Kewin, LCSW.

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.

Mark your Calendar!

- * ***Last day of School....Friday, May 26, 2017!***



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SIT Mental Health Intern Corner and Resources

Terminations and Transitions



What you should know about Termination and Transitions

Termination is the final stage of the counseling process, but it is not something that should be broached during your last (or next to last) session with a client. Termination should be among the first topics that you and your client discuss. According to Kramer (1990), "The therapist must be clear from the first contact, unless there are mitigating circumstances, that the intent of treatment is to help the (client) function without the therapist."

As a counselor, you are ethically bound to communicate to your client how long you will be available to counsel them, to discuss openly the timeline of your relationship, and to make appropriate referrals or recommendations at the conclusion of your relationship. It is a stage of counseling that clients need to be prepared for and counselors need to address early on in the counseling process to avoid feelings of abandonment.

References:

http://soe.syr.edu/academic/counseling_and_human_services/modules/Termination/moving_toward_termination_of_theory.aspx

Tips for Successful Termination

- Identify all individuals with whom you will be terminating. (Students seen individually, in groups, for check-ins, etc.)
- Review all students with your site supervisors to discuss next steps.
- Identify with your site supervisor which students you will refer to the **SFUSD Transition Program** (see site supervisor for more information.)
- Discuss termination with your students early on in the counseling process.
- When creating a termination timeline, pay attention to the developmental needs of the students with whom you are working.
- Establish clear goals with your students so that progress toward these goals can be recognized and completion of goals is apparent.
- Help students review the success they have had in counseling.
- Allow students to discuss feelings of loss surrounding termination and process your own feelings surrounding the process, as well.

Adapted from: Terminations and Transitions Presentation, SFUSD, March 2017

Additional Readings on Termination

- Cohen, E. (2003). *Playing Hard at Life: A Relational Approach to Treating Multiply Traumatized Adolescents*. Hillsdale, NJ: The Analytic Press. Chapter 11 (Termination—traumatic for whom?) p. 193-209
- Griffin, M. (2011) *Parting Ways: Anticipating and Avoiding Problems Which Commonly Occur During Termination*, The Therapist.
- Meeks, J. (1986). *The Fragile Alliance*. Malabar, FL: Kreiger Publishing. Chapter 20 (Termination of psychotherapy with the adolescent), p. 265-286

Intern Spotlight: Sasha Rodriguez, MFTT, SF International HS



I was born and raised in the heart of the Mission District, attended Starr King Elementary, James Lick Middle, and Lowell High School. Throughout my experience as a student I received unconditional support from my parents, teachers and counselors. I never understood why their expectations for me were so high, all the confidence they had in me was unexplainable.

When I got out of high school, I realized I wanted to give back to the community and that is when my journey began supporting adolescents in the Mission and Bayview District, collaborating with non-profit organizations and tutoring students in after school programs.

Some years later, I found out about SIT, a program that has opened doors for me as well as given me the opportuni-

ty to provide social and emotional support in the capacity that I had wished for. I am in my third year interning with SF Unified School District, currently at S.F. International High School's Wellness Center, an experience that will have an impact on me for the rest of my life.

I am two months away from obtaining a degree in Marriage and Family therapy with an emphasis in school counseling at SF State University. I am about to enter a new stage in my life and one of my goals is to work for SFUSD and become part of the team that set a foundation for my academic success. I would also like to become a licensed marriage and family therapist in San Francisco to support low-income families providing a safe space to learn skills to build healthier relationships and ultimately desired lifestyles.



April is LGBTQ Pride & Advocacy month. See your site supervisor and www.healthiersf.org for information and resources.