



# Student Intervention Team (SIT)

## December 2017 Newsletter

### December Updates

- **Save the Date! SFUSD Intern Spring Institute: March 7th and 15th 8:15AM-12:45PM** (interns are required to attend ONE day only). Register: [HERE](#)
- SIT is starting intern recruitment in January for the 2018-2019 school year. Please refer your friends/colleagues interested in a school-based mental health internship!
- If you are interested in continuing your internship with SIT/SFUSD next year, please send an email expressing your interest to [siteam@sfusd.edu](mailto:siteam@sfusd.edu).

### Appreciations

- Thank you to our interns, are logging their services on the Google Daily Log. We are excited to see the impact of your work! We appreciate all the work that you have done so far this year.
- Thank you to Angie Romano for providing the training on Working with Immigrant Youth to SFUSD mental health interns.
- Thank you to Gloria Moskowitz-Sweet with Digital TAT2 for her training on Supporting Youth in the Age of Social Media.
- Superintendent Matthews acknowledged the 40 plus School Social Workers, Wellness Counselors and Wellness Coordinators for supporting the Santa Rosa City Schools students in returning back to school after the fires.

### Upcoming Trainings

#### SFUSD December Trainings:

- **Self Harm and Suicide**, Michelle Fortunado-Kewin. Thursday, December 7, 2017, 2:00-4:00pm. 1515 Quintara Street, Room 8. Register: [HERE](#)



#### RAMS Trainings-FOR INTERNS ONLY. RSVP to Kristin Chun at [kristinchun@ramsin.org](mailto:kristinchun@ramsin.org): (Location: 3626 Balboa Street, SF):

- *There are no RAMS trainings for the month of December*

### Mark your calendar!

**Friday, December 22nd to Friday, January 5th is Winter Break!**  
**SCHOOLS CLOSED!**

*See you in the NEW YEAR!*

How to reach us



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# SIT Mental Health Intern Corner and Resources

## Stress Reduction Tips for Caregivers

*adapted from Steve Youn, former SIT Intern and current CHOW at Washington High School*

Steve Youn, a former SIT Intern, currently works at Washington High School as a CHOW (Community Health Outreach Worker) through School Health Programs.

As a former SIT intern, Steve worked in the Wellness Center at Washington High School providing support to students, parents and educators addressing health and mental health issues. He met with students individually and conducted several groups on a weekly basis.

As a CHOW, Steve coordinates violence prevention, leadership, substance abuse and harm reduction groups in partnership with Community Based Organizations (CBO's). He assists with bridging services between parents, CBO's, the school staff and the Wellness Center.

As we highlighted in our November Newsletter, the holidays can be a stressful time for children and families. Two years ago, Steve provided a workshop for parents on Stress Reduction at Washington High School's Family Resource Night. The following information is adapted from his workshop and may be useful for SIT interns to share with caregivers.

### **Stress Reduction Tips for Parents:**

1. **Teach your child resiliency.** Teach empathy. Encourage your child to be a friend in order to get friends. Teach your child to set reasonable goals and then to move toward them one step at a time.
2. **Commit to stable family rituals.** Rituals and consistency create a sense of security and predictability. Some family rituals you may consider are: eating dinner together on Friday night or going for a walk together on Sunday morning.
3. **Model and teach your child conflict resolution skills.** Teach problem-solving techniques, including how to compromise and engage in difficult discussions.
4. **Introduce a better family health plan.** Teach your child the importance of making time to eat properly, exercise and rest. Make sure your child has time to have fun.
5. **Minimize criticism and take time to support each other.** Encourage your child. Encouragement and support go a long way in fostering the development of positive self-esteem.

### **Food Bank Info**

\* The link below will take you to food banks and pantries in San Francisco:  
[www.freeprintshop.org](http://www.freeprintshop.org)

\* Please feel free to distribute to students and families during the holiday season

### **Resource Corner**

#### **24 HOUR HOTLINES**

#### **SF Suicide Prevention Text Line**

Text "MYLIFE" to 741741. Lines open 24/7

#### **24 Hour Crisis Line:**

**(415) 781-0500**

#### **Huckleberry Youth Programs**

Huckleberry House (Youth Shelter)

Children 11-17 years old

(415) 621-2929

#### **Larkin Street Youth Center**

(415) 673-0911

#### **Safe and Sound (formerly TALK LINE)**

24Hour Service

Free Telephone Counseling

(415) 441-KIDS (5437)



### **Intern Spotlight: Liana Huang, MSW Intern, AP Giannini MS and Moscone ES**

Liana is a second year UC Berkeley MSW intern at AP Giannini Middle School and Moscone Elementary School. This is her second year interning with the Student Intervention Team. When Liana began graduate school, she knew she wanted to work in SFUSD as she is a SF native and SFUSD graduate (West Portal ES, Hoover MS, and Lowell HS).

Liana became interested in pursuing her MSW after learning that her younger brother struggled with mental health issues and kept it a secret from his family for a long time out of fear of disappointing their parents. Liana is interested in addressing the stigma against mental illness in Asian cultures that contributes to this public health issue, as fear of bringing shame to one's family, or "losing face", serves as a major barrier to healthcare access. Liana is interning at SIT to prevent her "brother's experience from happening to others."

Liana will graduate in May and would like to become a School Social Worker with SFUSD. She would like to educate and empower children to voice their emotional needs and identify ways to cope during difficult times. Even though Liana is sure that being a School Social Worker will be an incredibly demanding role, she feels that interning with SIT has made her feel more ready to take on this challenge!



December is **Be An Ally & Stand Up for Peace!** See your site supervisor and [www.healthiersf.org](http://www.healthiersf.org) for information and resources.