



SFUSD Student Intervention Team (SIT)

February 2018 Newsletter

February Updates

- * SIT is full speed ahead with intern recruitment for the 2018-2019 school year! Current interns interested in continuing with SIT next year should email siteam@sfusd.edu by **March 16, 2018**.
- * Future informational interview sessions will be held at School Health Programs (1515 Quintara St.) on:
 - ⇒ Tuesday, February 27, 2018, 9:00-11:00 am
 - ⇒ Thursday, March 1, 2018, 2:00-4:00 pm
 - ⇒ Tuesday, March 13, 2018, 9:00-11:00am
 - ⇒ Thursday, April 12, 2018, 2:00-4:00pm
- * Please help us get the word out...SIT provides a wonderful school-based mental health internship opportunity for those interested in working with youth and families.

Appreciations

- * Thank you to Ira Sachnoff, Alcohol and Drug Prevention Consultant, for delivering the "Brief Intervention Training for Substance Using Adolescents" on Thursday, January 25th.
- * Thank you to Linda Garrett, JD, for delivering the "Wellness Consent and Confidentiality" Training on Thursday, February 1st.
- * Thank you to Laura Savage, Special Education Ombudsman, for delivering the training on "Navigating Special Education Services & Connecting with Families" on Thursday, Feb. 1st.

Upcoming Trainings...



SFUSD Trainings:

- **Trauma Day 3- Teacher and Staff Consultation**, Joyce Dorado, PhD, UCSF HEARTS. Tuesday, February 6th or Thursday, February 15th, 9:00AM-4:00PM, 1515 Quintara St. (**Project Prevent Interns are required to attend one of these days.**) To Register: [CLICK HERE](#).
- **Coming in March...SFUSD Intern Spring Institute**, Wednesday, March 7th or Thursday, March 15th, 8:15AM-12:45PM, 1515 Quintara St. (**All Interns are required to attend one of these days.**) To register: [CLICK HERE](#).

RAMS Trainings*:

- **Using Somatic Therapy Skills with Teens**. Aaron Hagaman, MFT. Friday, February 9th, 9:00-10:45AM.

*For interns only. RSVP to Kristin Chun at kristinchun@ramsin.org: (Location: 3626 Balboa Street, SF)

Mark your Calendar!

- * **February is Celebrating Black History Month!**
- Schools are closed on the following dates in February:**
- * **Friday, February 16th, Lunar New Year Observance**
- * **Monday, February 19th, President's Day**



How to reach us...



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SIT Mental Health Intern Corner and Resources

Exercise and Mental Health



Current research has shown that exercise has many benefits and may even be considered vital for mental health (Anxiety and Depression Association of America, 2014). Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem (Otto and Smits, 2011). Further research has found that exercise alleviates symptoms such as low self-esteem and social withdrawal (Sharma et al., 2006). According to the ADAA (2014), even just five minutes of aerobic exercise can begin to stimulate anti-anxiety effects.

According to the National Alliance on Mental Illness (NAMI), people with mental illness often have a higher risk for medical illnesses and vice versa. Therefore, they suggest that by

improving one's general physical health, an individual is less at risk of developing mental illness (NAMI, 2014).

The positive effects of aerobic exercise on mood are proposed to be caused by exercise-induced increase in blood circulation to the brain by an influence on the hypothalamic-pituitary-adrenal (HPA), which is directly related to the stress we experience physiologically. Other hypotheses explaining the benefits of exercise are related to the fact that exercise is a distraction, involves social interaction and self-efficacy (Sharman et al., 2006).

Studies show that exercise is also very effective at reducing fatigue, improving alertness, and at enhancing overall cognitive function (ADAA, 2014). Finally, studies suggest that exercise helps to improve energy, concentration and sleep (NAMI, 2014).

All of this research has tremendous implications to not only our mental health community, but the general student population

with whom we work in the schools.

By having a deeper understanding of the positive effects of exercise on mood, energy, and cognition we can begin to educate our students and parents about the importance of integrating exercise into daily routines.

References

<http://www.adaa.org>

<http://www.nami.org>

Otto, M. and Smits, J. *Exercise for Mood and Anxiety, Proven Strategies for Overcoming Depression and Enhancing Well-Being*. Oxford University Press, 2011.

Sharman et al. (2006) *Exercise for Mental Health*. J Clinical Psychiatry, Vol 8(2)

Weir, K. (2011) *The Exercise Effect*. APA, Vol. 42 (11)



Intern Spotlight: Alison Newvine, AMFT at S.F. Community K-8 School

Alison is a second year SIT Intern pursuing her license as a Marriage and Family Therapist. She earned her Master's Degree in Somatic Counseling Psychology from California Institute for Integral Studies in 2015. She is currently in private practice as an Associate MFT with the Center for Mindful Psychotherapy.

Her earlier professional life involved supporting families, children and individuals with developmental disabilities and working with the elderly and end-of-life issues. Her training as a Kundalini Yoga instructor and Reiki practitioner geared her toward the study of somatic (body-based) psychology and informed her holistic, mind-body-spirit approach to counseling.

Alison sought to broaden her clinical skills through school-based work with children. Her work with K-8 students at San Francisco Community School incor-

porates art-based approaches, sand tray and play therapy techniques alongside traditional "talk" and cognitive behavior therapy.

As a relationally-oriented therapist, Alison chose to intern for a second year at SF Community School in order to maintain and deepen relationships with students, teachers and the community.

Alison's private practice focuses on supporting individual adolescents and adults navigating life transitions, queer identity issues, recovery from childhood abuse and those working in caregiving professions, including teachers and school support staff.

Alison's work within the school system has engendered a deep appreciation of the emotional skills and heart-centered dedication displayed by school staff. She looks forward to supporting teachers in their self-care and self-discovery in her private practice in years to come.

Resource Corner

To learn more about the relationship between physical and mental health, visit these websites:

- www.health.gov
- www.cdc.gov/healthyouth/physicalactivity/facts.htm
- www.medicalnewstoday.com/articles/7180.php
- www.fitness.gov/
- www.healthfinder.gov
- www.nih.gov
- <https://www.ncbi.nlm.nih.gov/>



February is ***Growing Bodies and Active Consent month***. See your site supervisor and www.healthiersf.org for information and resources.