



SFUSD Student Intervention Team (SIT)

March 2017 Newsletter

March Updates

- * SIT is in the process of expanding out University partnerships. We look forward to increasingly our diverse pool of interns for the 2018-2019 school year!
- * SIT recruitment continues...future informational interview sessions will be held at School Health Programs (1515 Quintara St.) on:
 - ⇒ Thursday, April 12, 2018, 2:00-4:00pm
 - ⇒ Wednesday, April 18, 2018, 2:00-4:00pm
- * **Friendly reminder:** Current interns interested in continuing with SIT next year should email siteam@sfusd.edu.



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Appreciations

- * We truly appreciate all of our current interns who have promoted the SIT Internship Program and are referring their friends and colleagues to our recent and upcoming Information Sessions.
- * Thank you to all the School Social Workers and Wellness Coordinators that have applied to be Site/Clinical Supervisors for the 2018-19 school year.
- * An expression of gratitude to our University partners for sending their students our way.

Upcoming Trainings



RAMS Trainings:

- ⇒ **Using DBT Skills with Teens**, David Shepard, PsyD, Friday, March 2nd, 9:00am– 10:45am.
- ⇒ **Self Compassion in the New Therapist**, Shana Averbach, MFT, Friday, March 16th, 9am– 10:45am.
- ⇒ **Effect of Screens on Teens**, Gabriel Kram, Applied Mindfulness Institute, Thursday, March 30th, 9am-12pm.

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!



- * **March 26th-March 30th is Spring Break– Schools are Closed!**
- * **March 30th is Cesar Chavez Day Observance**



SIT Mental Health Intern Corner and Resources

Nutrition and Mental Health



Healthy eating is good for our bodies and for our minds. According to the National Alliance on Mental Illness (NAMI, 2014), carbohydrates, fats, proteins, vitamins and minerals are essential parts of any diet that provide specific benefits for the body. A lack of any of these nutritional components can lead to increased mental health problems and even change brain functioning. For people living with mental illness, eating well is especially important as it affects your daily life, mood and energy level.

Nutritional neuroscience is an emerging field of research explaining how nutritional factors are intertwined with human cognition, behavior, and emotions. Diets of patients suffering from mental disorders often show a severe deficiency in essential vitamins, minerals, and omega-3 fatty

acids. Studies have indicated that daily supplements of vital nutrients are often effective in reducing patient's symptoms. (Rao, et al., 2008). Research suggests they may even be appropriate for controlling and to some extent preventing depression, bipolar disorder, schizophrenia, eating and anxiety disorders, ADHD, autism, and addiction.

According to Low (2010), no matter what the underlying cause of a mood disorder, patients should be counseled about the relationship between food and mood. Plainly stated, "the way we eat affects the way we feel." Clinicians should consider recommending a low-glycemic, modified Mediterranean diet rich in fruits, vegetables, whole grains and seafood and low in processed, refined foods for optimizing mental health.

As educators and clinicians, we should encourage our students and families to learn more about healthy eating. The affects of healthy eating on physical and mental health can be instrumental in maintaining overall health and well-being.

References

<http://www.nami.org/>

<https://www.ncbi.nlm.nih.gov/pubmed/20232617>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2738337/>

According to The Educator's Newsletter Handbook created by Network for a Healthier California, "Health and Learning Success Go Hand-in-Hand".

- Increasing fruit and vegetable consumption tends to increase academic performance in undernourished children.
- Studies show a relationship between good nutrition and improved behavioral performance in the classroom.
- Children need at least 60 minutes of physical activity every day to stay fit both mentally and physically.
- Students' attention, attendance, and test scores improve when they eat breakfast.
- Educator's have a strong influence in shaping students' eating habits...**BE A ROLE MODEL!**



Intern Spotlight: Dondre Coleman, Registered MFTA at Willie Brown, Jr. Middle School



Dondre (Dre) Coleman is a Registered Associate Marriage and Family Therapist. He graduated from CIIS in the spring of 2017 with his Master's Degree in Counseling Psychology with a concentration in Drama Therapy.

Dre stumbled into the field of therapy while he was an undergraduate at UC Santa Cruz. There, he was actively engaged in leadership activities and theater. While getting his BA in Theatre Arts with a Minor in Education, Dre was active in student outreach and retention. During this time, Dre found art to be healing. He began

to seek out Master's programs to help him learn how theatre techniques could be used in therapy.

Dre found CIIS's Drama Therapy Program. While at CIIS, he also learned of the Student Intervention Team.

Dre wanted to work with students in low income communities and knew the best way to do so was by working in the schools. Last year, as a Marriage and Family Therapist Trainee with the Student Intervention Team, Dre was placed at Star King Elementary School. This year, he returned to SIT as a Project Prevent Intern at Willie Brown

Middle School.

According to Dre, the Student Intervention Team has provided him a valuable foundation in clinical work. He states, "It has been nice to continue learning and growing while with SIT".

In the future, Dre plans to continue working with adolescents from low income communities in school-based and community-based settings. He wants to continue his work focusing on trauma and social justice through a drama therapy lens, while pursuing his license in Marriage and Family Therapy.



March is Nutrition and Physical Activity Awareness Month. See your site supervisor and www.healthiersf.org for information and resources.