



SFUSD Student Intervention Team (SIT)

November 2017 Newsletter

November Updates for Interns!

Daily Logs

- Interns are asked to start logging on the Google Daily Log that was emailed on October 30.
- Please review the Daily Log User Guide and check in with your Site, Individual and/or Group Supervisor with any questions.
- Please back log your activities from October 1, 2017.

District Emails

- Effective immediately, SIT will only be using Interns district email accounts and **NOT** their personal accounts for district mail.
- Interns, please check your district email once a day when you are at your school site to ensure you are receiving important information and updates.

How to reach us...



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Appreciations



- * A special thanks to our very own, Keith Lawrence-Wong, LMFT, PPSC, for training interns on Play Therapy.
- * A special thanks to Robert Ayasse, UC Berkeley School of Social Welfare, Field Consultant/Lecturer who provided a training to our School Social Workers and Wellness Coordinators on Assessment and Evaluation of Mental Health Interns.

Upcoming Trainings



SFUSD November Trainings:

- **Wellness Consent and Confidentiality**. Monday, November 6, 2017, 8:30-11:00am. 1515 Quintara Street, Room 4. No registration necessary.
- **Supporting Immigrant Youth** by Angie Romano, MSW, PPSC. Thursday, November 9, 2017, 2-4pm. 1515 Quintara Street, Room 4. Register: [HERE](#)
- **Supporting Youth in the Age of Social Media** by Gloria Moskowitz-Sweet, LCSW, PPSC from Digital TAT2. Tuesday, November 14, 2017, 2-4pm. 1515 Quintara Street, Room 8. Register: [HERE](#)

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

- **Countertransference in School Based Services** by Talia Korenbrot, MFT. Friday, November 17, 2017, 9-10:45am.

Mark your calendar!



*Sunday, November 5th Daylight Savings Time ENDS!

Schools are closed:

*Friday, November 10th for Veterans Day

*Monday, November 20th-Friday, November 24th for Thanksgiving Recess

SIT Mental Health Intern Corner and Resources

COPING WITH HOLIDAY STRESS

For many children the holidays are happy, fun and exciting times. There may be lots of fun activities and events going on, both at home and at school. And while that can be a good thing, the reality is that all the hustle and bustle means schedules are often out of whack, bedtimes get pushed back, and routines are disrupted. As a result, it's inevitable that kids may feel some degree of holiday stress.

In general, the holidays can create over-stimulation for children and their families.

Family plans and celebrations may be complicated by divorce, separation or remarriage. The holidays can also be a difficult time for children who have lost a parent, sibling, or close relative. Many children have also been separated from parents due to ongoing military service or incarceration.

Parents and teachers can experience holiday stress for some of the same reasons. Children being over-stimulated about the holidays can create stress in the classroom and at home. However, adults can also have their own issues to deal with around the holidays. They may also be experiencing intense emotions over recent or past losses, financial limits, too much/ too little to do, or unrealistic expectations. In addition, social media makes it challenging for families given the expectations of how holidays are portrayed, especially families who are lower SES or

who are stressed financially.

Children and adolescents often exhibit defiant and acting-out behavior when experiencing feelings of depression. Parents, teachers, and school staff should pay close attention to the behavior of children as the holidays and school break approach. Signs of holiday anxiety may include:

- Tears for seemingly minor reasons
- Irritability, low frustration tolerance, agitation
- Nervous behaviors such as nail biting and hair twirling
- Physical complaints such as headaches and stomach aches
- Regression to younger behaviors
- Withdrawal, apathy

So what can you do?

As an intern, it is important to create an open space to allow the students you are working with the opportunity to express feelings about the holidays. Don't assume the holidays or break is something that the student is looking forward to. For example: don't say "So, are you excited for the holidays (break)?" Instead, you might want to say "What do the holidays mean for you?" or "How are you feeling about the upcoming break?" "What do you typically do?" For younger students, you could have them draw a picture with the above prompts.

Due to many changes in schedules around the holidays, it is important to keep your appointment with the students as regular as possible. If there is a change, notify the student in advance. Also, assure the student that you will return after the break and let them know the first date of your session after the holidays. A calendar may be helpful to demonstrate this. Consistency goes a

long way during stressful times.

-Adapted from Mark Evans, Ph.D., Staff Psychologist, University of Oregon Counseling Center

It is also important to remember to practice self care during the holiday season!



Did you know?

According to the *National Holiday Teen Mood Survey* directed by the NYC Child Study Center, 9 out of 10 adolescents who participated in the study reported the experiences of feeling depressed or sad. Another survey, conducted by the New York University Child Study center, found that 54% of depressed girls were feeling more depressed and sad during the holiday season and 19% of depressed boys experienced the negative effect of 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
Safe house for 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) 441-5437



November is Violence Prevention Month! See your site supervisor and www.healthiersf.org for information and resources.