

Accessing Community Mental Health Resources

- For students/families with private health insurance or an Employee Assistance Program, refer them to the Member Services number on their insurance card or to their employer's Human Resources department.
- For students/families with Kaiser coverage, have them call 503.249.3434 for an intake appointment.
- For students/families with the Oregon Health Plan, refer them to one of the agencies below or to the list of school-based health centers on the back panel of this brochure:
 - Albertina Kerr 503.255.4205
 - Cascadia 503.674.7777
 - Conexiones 503.235.8057
 - DePaul..... 503.535.1181
 - Kinship House 503.460.2796
 - Lifeworks Northwest 503.645.9010
 - Lutheran Comm. Services . 503.231.7480
 - Morrison Child & Family 503.542.3025
 - NARA 503.224.1044
 - Options 503.335.5975
 - Trillium Family Services 503.234.9591
- For students who do not have insurance, contact the school nurse, MESD at 503.257.1732 or 877-314-5678 to see if they qualify for free insurance.



School systems are not responsible for meeting every need of their students. But when the need directly affects learning, the school must meet the challenge.

Carnegie Council Task Force (1989)

Multnomah County School-Based Mental Health Consultants are available at the following locations to meet with students who are uninsured or covered by the Oregon Health Plan:

César Chávez	503.988.3815
Cleveland HS	503.988.3350
David Douglas	503.988.3554
Eastside	503.988.3488
Franklin HS	503.988.3370
George MS	503.988.3829
Grant HS	503.988.3372
Harrison Park	503.988.4577
Jefferson HS	503.988.3360
Lane MS	503.988.5640
Madison HS	503.988.3382
Parkrose	503.988.3392
Roosevelt HS	503.988.3909

Student Services
Phone: 503.916.5460

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Mental Health Services

A Guide for School Staff 2011-2012

- ❖ When should I be concerned about a student's behavior?
- ❖ What do I do if I suspect the student or family needs mental health services?
- ❖ What resources are available and how do I access them?



Portland Public Schools is an equal opportunity educator and employer.

Mental Health Service Request Procedures

❖ When to be Concerned:

- A student shows behavior that can be identified as low- to medium- or high-risk (refer to list of warning signs).
- A student's behavior interferes with his/her ability to learn.

Low- to Medium-Risk Behaviors (Early Warning Signs)

A student showing one or several of the following behaviors may need a referral for mental health services:

- Excessive feelings of isolation
- Excessive feelings of rejection
- Feelings of being picked on and persecuted
- Uncontrolled anger
- Persistent sadness/depression/mood swings
- Anxiety/Nervousness
- Obsessive or compulsive thoughts
- Poor academic performance/Low school interest
- Sudden changes in school attendance
- Lack of interest in things he/she used to enjoy
- Easily distracted
- Hyperactive
- Stealing from others
- Running away from home
- History of discipline problems
- Expression of violence in writing and drawings

(continued)

- Preoccupation with death
- Animal abuse
- Access to, possession of and use of weapons away from school
- No friends/Difficulty making & keeping friends
- Patterns of impulsive and chronic hitting, intimidating and bullying behaviors
- History of violent and aggressive behavior
- Affiliation with gangs
- Sexual inappropriateness/Sexual acting out
- Frequent complaints about physical aches and pains
- Unaccounted weight loss/gain
- Sleep disturbances/nightmares
- Lack of attention to hygiene, grooming, etc.
- Dull, watery, dilated, or bloodshot eyes
- Drug use and/or alcohol use
- Victim of abuse or neglect
- Experience of a recent loss

❖ What to Do:

1. Notify school administrator, counselor, or psychologist about concerns so he/she may determine if the student needs immediate attention and/or ongoing mental health services.
2. Follow the school's Building Screening Committee or referral process.
3. Consult Community Resources in this brochure to determine how to proceed in making a referral to services (if needed).
4. Contact Student Services at 503.916.5460 if you need help selecting or accessing mental health services.

High-Risk Behaviors (Imminent Warning Signs)



A student showing any *one* of the high-risk behaviors below requires immediate response:

- Serious physical fighting
- Severe destruction of property
- Severe rage for seemingly minor reasons
- Detailed threats of lethal violence
- Possession and/or use of firearms and other weapons
- Sexual aggressiveness (perpetrator or at risk for potential perpetration)
- Fire setting
- *Serious self-injurious behaviors or threats of suicide
- *Student admits to having a plan and/or method to hurt self or others

**Mental health interventions may be more appropriate than referral to law enforcement.*

❖ What to Do:

1. Inform building administrator/designee immediately.
2. Contact student's parent/guardian.
3. Call the Crisis Line (503.988.4888) or Student Services (503.916.5460) for consultation or assistance if needed.
4. Notify Regional Administrator, Special Education, ELL, law enforcement or PPS Security Services (if appropriate).