



Local District Central

Friday's Operation's Brief

BELIEVE • BEHAVE • BECOME

VOLUME 4, ISSUE 13

OCTOBER 21, 2016

IMPORTANT DATES TO REMEMBER

Asst. Principals' Meeting	10/26
After the Bell Training	10/27
SAA Meeting	10/27
District Crisis Team Meeting	11/4
Daylight Savings Time Ends	11/6
Veteran's Day Holiday	11/11
Principals' Meeting	11/16
Local District Crisis Team Meeting	11/30
Safe Passages	12/8
After the Bell	12/8
Principals' Meeting	12/14

WHAT'S DUE

Meal Applications Due	10/24
October's Water Flushing Logs	11/1
October's Metal Detection Certification	11/1
Administrator Certification	11/4

Social Emotional Learning

During our Principals' Professional Learning meeting, school leaders were introduced to Panorama Education, an online data resource that provides information about student perceptions on their school experience.

Decades of research have shown that student perceptions strongly correlate with learning outcomes and can be an important improvement tool for school systems. School leaders receive feedback in the following areas :

- Climate of Support for Academic Learning: Students and teachers feel that there is a climate conducive to learning.
- Knowledge and Fairness of Discipline, Rules and Norms: Clearly communicated rules and expectations about student and adult behavior.
- Safety: Students and adults report feeling safe at school and around school.

Social and Emotional Learning



- Sense of Belonging (School Connectedness): A positive sense of being accepted, valued, and included, by others.
- Growth Mindset: The belief that you can grow your talents with effort.
- Self-Efficacy: The belief that you can succeed in achieving an outcome or reaching a goal.
- Self-Management: The ability to effectively manage your emotions, thoughts, and behaviors in different situations.
- Social Awareness: The ability to take the perspective of and empathize with others from diverse backgrounds and cultures.

We look forward to using this data to **Believe, Behave, Become.**

More than a Meal Campaign

Monday, October 24th is the last day to submit meal applications and household income forms!

At this time, over 6,000 applications/forms have yet to be submitted. School leaders are strongly encouraged to contact families to submit applications/forms on Monday. More Than a Meal Campaign has provided the following drop off services:

Time:

8 AM to 3PM
2PM to 7PM

Any Local District Office

Beaudry Bldg.

-curbside in front of the building near Beaudry and 4th St.
Staff will be waiting outside for drop-off convenience

**MTAM
DROP-OFF
SERVICE**





Spotlight on: Julian Nava Learning Academies

School of Arts and Culture ❖ School of Business and Technology

Targeting Attendance at All Levels

Principals Anita Maxon and Maria Ozaeta along with Diana Iniguez, PSA Counselor, are promoting attendance and creating a positive behavior school culture at the Nava schools. Tardies are being addressed with weekly raffles for students who enter school on time. What's the PRIZE? VIP front of the line passes to the student store worth \$1.00!

Students with **Good and Perfect Attendance** are recognized monthly with a certificate at school wide assemblies.

Creating a **Positive School Climate** at Nava Schools is a priority! Students are "Captured Being Kind" by staff and earn a ticket for a raffle. Winners are given a "Swag Bag" on a weekly basis. Monthly raffle winners receive a Principal Prize package.



45 days into the School Year School!!



Is Your School Gold?

ATTENDANCE SUBMITTAL

Level	Submittal %	Number of LDC Schools through 10/07/16	Number of LDC Schools through 10/14/16
Gold	100%	73	68
Silver	98% - 99.99%	94	99
Bronze	96% - 97%	6	6
	< 96%	1	1

School Promotion Materials

Two new features have been added to the [School Promotion Materials website](#).

- **Banner templates** have been added! These templates have been created on Adobe Photoshop. We wanted to design them on Microsoft Word, as with the other templates, however, Microsoft Word cannot support the large font sizes and images of banners. Realizing that schools may not have Adobe Photoshop, the District's Reprographics Unit is available to help schools with design and printing needs at 562.654.9052.
- **School Advertising Guidelines** have been added! As a result of local district and school inquiries, the offices of the General Counsel, Chief Financial Officer, Procurement and Communications have provided guidance regarding school advertising. For more information, click [here](#).

October is Mental Illness Awareness Month

Fifty percent of adults in the U.S. will experience a mental health challenge in our lifetime (Source Centers For Disease Control: U.S. Adult Mental Illness Surveillance Report). Sometimes these challenges can become more serious and require more attention. Such conditions may affect someone's ability to relate to others and function each day. Recovery, including meaningful roles in social life, school and work, is possible, especially when treatment is early.

In honor of Mental Illness Awareness month, educators can raise awareness about mental illness in our schools and community by doing the following:

Foster resiliency among youth and staff by promoting positive coping skills and help-seeking behavior.

Make your classroom or office a safe space where all students are welcome and can seek help.

Work with students and staff to discuss how you can raise awareness and decrease stigma about mental health at your school/office.

Please see the attachment on Mental Illness Awareness Month with this week's Operations Brief for additional ideas (Attachment I).

Local District Central School Mental Health can provide consultation and conduct presentations on Mental Health Awareness for school site staff. Please contact Maria Chua, Local District Central School Mental Health Coordinator at (213) 241-2612 if you have questions or would like to request a presentation for your school.

Circle Culture



When we sit in a circle, we experience a stronger sense of community. Every person in the circle shares responsibility for its functioning. Circle culture is more "yes-and" than "either-or." Yes, there is a leader, *and* each person takes the lead in turn, each time it is their turn to speak. Yes, some guidelines are given *and* the group makes its own agreements. Decisions are made, but by consensus of the whole group. Sometimes this means decisions come slowly or take unexpected forms.

Thus, one of the main purposes of circle dialogue is building community.

Another purpose is supporting the kinds of honest, authentic dialogue that is necessary to effectively respond to challenging behavior and circumstances. These two intentions for circles take shape as two different types of circle: *community building* and *responsive*.

Reminders

Random Metal Detector Search Log

This is a reminder that Random Metal Detector Searches are to be conducted daily at all secondary schools. Certification of the Random Weapons Searches is required monthly. A review process to ensure consistency with the implementation occurs once every semester during the months of October and March. All secondary schools in Local District Central, including co-located charters, participate in this review process.

Beginning Monday, October 17, 2016 through Monday, November 7, 2016, all secondary schools are to submit the daily Metal Detection Search Log, Attachment A (Attachment 2), on a weekly basis to their respective Local District Operations Coordinator. Logs are to be submitted according to the schedule alongside.

Random Metal Detector Search Log for the week of:	Due
October 24-28	October 31
October 31-November 4	November 7

Nursing Resources Flyer

The 4th Annual Resource Fair will be held on Thursday, November 3, 2016 from 8:30-12:30 pm at the California Endowment. Over 50 agencies will be in attendance to provide information on services such as health, legal, and social services. See attached announcement for more information (Attachment 3).



LAUSD Ballot Measure and Election Tipsheets

The District network and email systems are for education purposes and conducting District business. Employees are not to use District resources on activities that lack legitimate educational content/purpose or are deemed as inappropriate.

You may periodically receive campaign materials addressing various issues or endorsing a political candidate for any office from external email providers. While the District highly values your right to free speech and ability to advocate for candidates of your choice, it is a misuse of the District email and network to forward or distribute this type of material from a District server or email account to another server or email account. As an exception, you may forward these emails to your own personal server or email account.

We have provided links to the LAUSD [Ballot Measure](#) and Election [Tip Sheets](#) for your reference.



Mental Illness Awareness Month

October 2016

Each year millions of Americans face the reality of living with a mental health condition. Join in the campaign to shine light on mental illness and replace stigma with hope. Provide support, educate others and advocate for equal care.

What is Mental Illness?

A mental illness is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis.

Recovery, including meaningful roles in social life, school and work, is possible, especially when you start treatment early and play a strong role in your own recovery process.

What can I do?

You can raise awareness about Mental Illness in your school community.

- **Learn about Mental Health:** Know the warning signs, where to get support and why mental health is so important. A mental illness regularly disrupts thinking, feeling, mood, ability to relate to others and function, but with early intervention and proper support and treatment, outcomes can be improved.
- **Fight the stigma:** Educate others and correct the myths you hear with the facts.
- **Advocate:** Organize a group of students or class to increase awareness around mental health and promote the services offered at your local LAUSD Wellness Center.
- **Find help and support:** Share your story. If you or someone you care about is experiencing mental health problems, talk to your school social worker, counselor, or mental health professional.

- **Educate:** Debunk and correct the myths you hear about mental health issues and services.
- **Engage:** Work with students and staff to discuss how you can raise awareness and decrease stigma about mental health at your school/office.
- **Empower:** Foster resiliency among youth and staff by promoting positive coping skills and help seeking behavior.
- **Embrace:** Make your classroom or office a safe space where all students are welcome and can seek help.



LAUSD School Resources

For assistance and support, contact your Local District School Mental Health Coordinator or Mental Health Consultant.

For school consultation, Monday-Friday from 8am-4:30pm, contact LAUSD School Mental Health at (213) 241-3841.

EMERGENCY INFORMATION / After Hours Services

If you need IMMEDIATE help, call 911. Los Angeles School Police Department (213) 625-6631.

For a psychiatric emergency, contact the Department of Mental Health 24-hour ACCESS Center at (800) 854-7771.

Resources for Mental Health Support

Community Hotlines

NAMI Helpline (800) 950-NAMI (6264)
Trevor Lifeline (866) 488-7386 (24 hours)
Veterans Crisis Line (800) 273-8255 (Press 1)
National Suicide Prevention Lifeline (800) 273-TALK (8255)
(24 hours)

Online Resources

www.mentalhealth.gov/ | www.nami.org/ | www.teenline.org/
www.eachmindmatters.org/ | www.thetrevorproject.org/

Text and Chat Resources

Crisis Chat (11am-11pm, daily) – www.crisischat.org/chat
Teen Line – text “TEEN” to 839863
Veterans Crisis Line – text to 838255
TrevorText – Text “Trevor” to 1-202-304-1200

Smartphone Apps

MY3 | Teen Line Youth Yellow Pages | PTSD Coach

SMH Clinics and Wellness Centers

North

Valley Clinic

6651-A Balboa Blvd., Van Nuys 91406
Tel: 818-758-2300 | Fax: 818-996-9850

West

Crenshaw Wellness Center

3206 W. 50th St., Los Angeles 90043
Tel: 323-290-7737 | Fax: 323-290-7713

Hyde Park Clinic

6519 S. 8th Ave., Bungalow #46,
Los Angeles 90043
Tel: 323-750-5167 | Fax: 323-759-2697

Washington Wellness Center

1555 West 110th St., Los Angeles 90043
Tel: 323-241-1909 | Fax: 323-241-1918

South

97th Street School Mental Health Clinic

Barrett Elementary School
439 W. 97th St., Los Angeles 90003
Tel: 323-418-1055 | Fax: 323-418-3964

San Pedro Clinic

704 West 8th St., San Pedro 90731
Tel: 310-832-7545 | Fax: 310-833-8580

Locke Wellness Center

316 111th St., Los Angeles 90061
Tel: 323-418-1055 | Fax: 323-418-3964

Carson Wellness Center

270 East 223rd St., Carson 90745
Tel: 310-847-7216 | Fax: 310-847-7214

East

Bell/Cudahy School Mental Health Clinic

Ellen Ochoa Learning Center
7326 S. Wilcox, Cudahy 90201
Tel: 323-271-3676 | Fax: 323-271-3657

Ramona Clinic

231 S. Alma Ave., Los Angeles 90063
Tel: 323-266-7615 | Fax: 323-266-7695

Gage Wellness Center

2880 Zoe Ave., Huntington Park 90255
Tel: 323-826-9499 | Fax: 323-826-1524

Elizabeth LC Wellness Center

4811 Elizabeth St., Cudahy 90201
Tel: 323-271-3676 | Fax: 323-271-3657

Central

Belmont Wellness Center

180 Union Place, Los Angeles 90026
Tel: 213-241-4451 | Fax: 213-241-4465

Roybal Clinic

1200 West Colton St., Los Angeles 90026
Tel: 213-580-6415 | Fax: 213-241-4465

For clinic referrals visit:
smh.lausd.net

Myths & Facts about Mental Illness

Myth: Mental health conditions are uncommon.

Fact: Mental illness is more prevalent than many people think: 1 in 5 Americans experiences it in their lifetime. 1 in 25 Americans experience a serious mental illness in a given year that substantially interferes with or limits one or more major life activities. It can affect anyone, including all ages, races, income levels and religions. These common conditions are medical, and can cause changes in how people think and feel.

Myth: Mental illness is the result of bad parenting.

Fact: Children can, and do, have mental health conditions. Research shows that 1 in 5 children between the ages of 13 and 18 have or will have a mental illness. In fact, 50% of all lifetime cases begin by age 14. While environmental factors can affect a person's mental health, biological factors can affect individuals just as well. Mental health conditions are not simply a side effect of parenting, but a combination of influences.

Myth: People are "faking it" or doing it for attention.

Fact: No one would choose to have a mental illness, just as no one would choose to have a physical illness. The causes for mental health conditions are intensively studied and they are real. For anyone living with a mental health condition, their specific symptoms may not always be visible to an untrained observer. It can be challenging to relate to what people with mental health conditions are going through, but that doesn't mean that their condition isn't real.

Myth: Mental illness is caused by personal weakness.

Fact: Just like any major illness, mental illness is not the fault of the person who has a mental health condition. It is caused by environmental and biological factors, not a result of personal weakness. A stressful job or home life makes some people more susceptible, as do traumatic life events like being the victim of a crime.

Myth: You're just sad, not depressed.

Fact: Depression is not something a person can will away. People often have the misconception that a person can just "cheer up" or "shake it off." It is not just "the blues," but a serious medical condition that affects the biological functioning of our bodies. However, there are treatments like cognitive therapy or medication that can help address the symptoms of depression.

Myth: You don't need therapy. Just take a pill.

Fact: Everyone has different treatment needs. There is no one, right way to recovery. While medication can help, it may not be the only thing a person needs to feel their absolute best. Often a combination of therapy and medication provides the best outcomes. You should speak with a mental health professional to help determine what is the best treatment plan.

Myth: People with mental illness are "damaged" and different.

Fact: A mental illness does not make someone any less of a person. They are not broken or odd; they just have different experiences that not everyone has to face.

Myth: You can't help someone with mental illness.

Fact: Everyone can help those living with mental illness by speaking and acting in a way that preserves personal dignity. If you are a part of removing mental illness stigma in our society you are helping everyone affected by a condition. Two easy ways to do this are:

- Using person-first language. This means that a person is not their illness; an example would be saying "she has depression" not "she is depressed".
- Do not use offensive slang. A person with a mental health condition is not *crazy*, *psycho*, *insane*, or *loony*. When you use these words you are implying again that a person is solely their illness.

Myths and Facts about Mental Illness cited from the National Alliance on Mental Illness website. For more information visit www.nami.org



California's Mental Health Movement

We are a community of individuals and organizations dedicated to a new understanding of mental wellness and equality, starting here in California. Early support and help for mental health challenges can reduce suffering and save lives. We all have mental health; our minds deserve the same respect as our bodies.

WHY LIME GREEN?

Lime green has emerged as the national color of mental health awareness, and **EACH MIND MATTERS** has adopted this vibrant color - symbolic of vigorous life and flourishing health - to represent our efforts to overcome the stereotypes, stigma, and discrimination associated with mental illness. Wear the lime green ribbon to take the movement everywhere you go.



Nearly 9 out of 10

Californians who are experiencing a mental health challenge have been discriminated as a result.

California Well-Being Survey, 2015
RAND Corporation

An average of 6 to 8 years passes after the onset of symptoms of a mental health challenge before many people actually reach out for help. Often, this hesitation to seek help is the result of the stigma that surrounds our notions of mental health, as well as the fear and pain of discrimination associate with these beliefs.

Join us and learn more at EachMindMatters.org

Speak Up!

Now is the time to change the conversation.

Each Mind Matters wants more people engaging in the conversation about mental health in a new way. One way you can do this is by sharing your **LIME GREEN STORY**.

Lime Green Story

It's not just what you say, but how you say it...

By sharing your story, you let others know that it's okay to talk about mental illness- in talking openly, we offer each other support and can break down the barriers that prevent people from seeking help.

Tools You Can Use

We've got everything you need to get started.

EachMindMatters.org has many resources ready for use, from messages and toolkits to stories of recovery and promotional items to help share the message.



@eachmindmatters



/eachmindmatters



@eachmindmatters



Funded by counties through the voter-approved Mental Health Services Act (Prop 63).



Student Health &
Human Services



Los Angeles Unified School District

4th ANNUAL RESOURCE FAIR

Integration is the Key to Student Success



Over 50 Agencies Providing Information On:

- Health * Legal * Social Services
- Before and After School Programs
- Dropout Prevention Programs and Supports
- Resources for Primary and Secondary Students and Parents

LAUSD Staff, Community Partners and Parents

Thursday, November 3, 2016
8:30am to 12:30pm

Explore
Network
Connect

The California Endowment

1000 Alameda Street
Los Angeles, CA 90012

Drop-in Anytime - Registration Required
Visit pupilservices.lausd.net

For questions, please call (213) 241-3844 or
e-mail pupil.services@lausd.net

