

The Mental Health Crisis in our Schools and Community



DIOCESE OF
SAN JOSE

Jennifer Beltramo



Building wellness together
Momentum
for Health

David Mineta



Marico Sayoc

HOSTED BY



THE CATHOLIC
COMMUNITY FOUNDATION

David Mineta

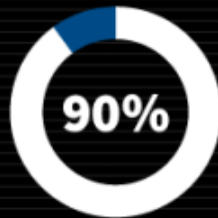
President and CEO, Momentum for Health

Advancing Parity in BH: The Carter Center

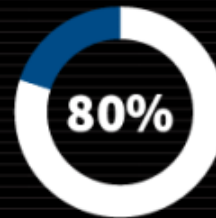




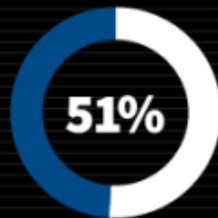
Mental Health in America



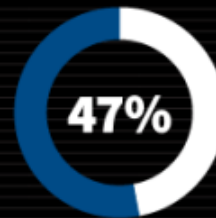
of adults think there is a mental health crisis in the country.



of adults say the cost of mental health care is a “big problem” in the U.S.



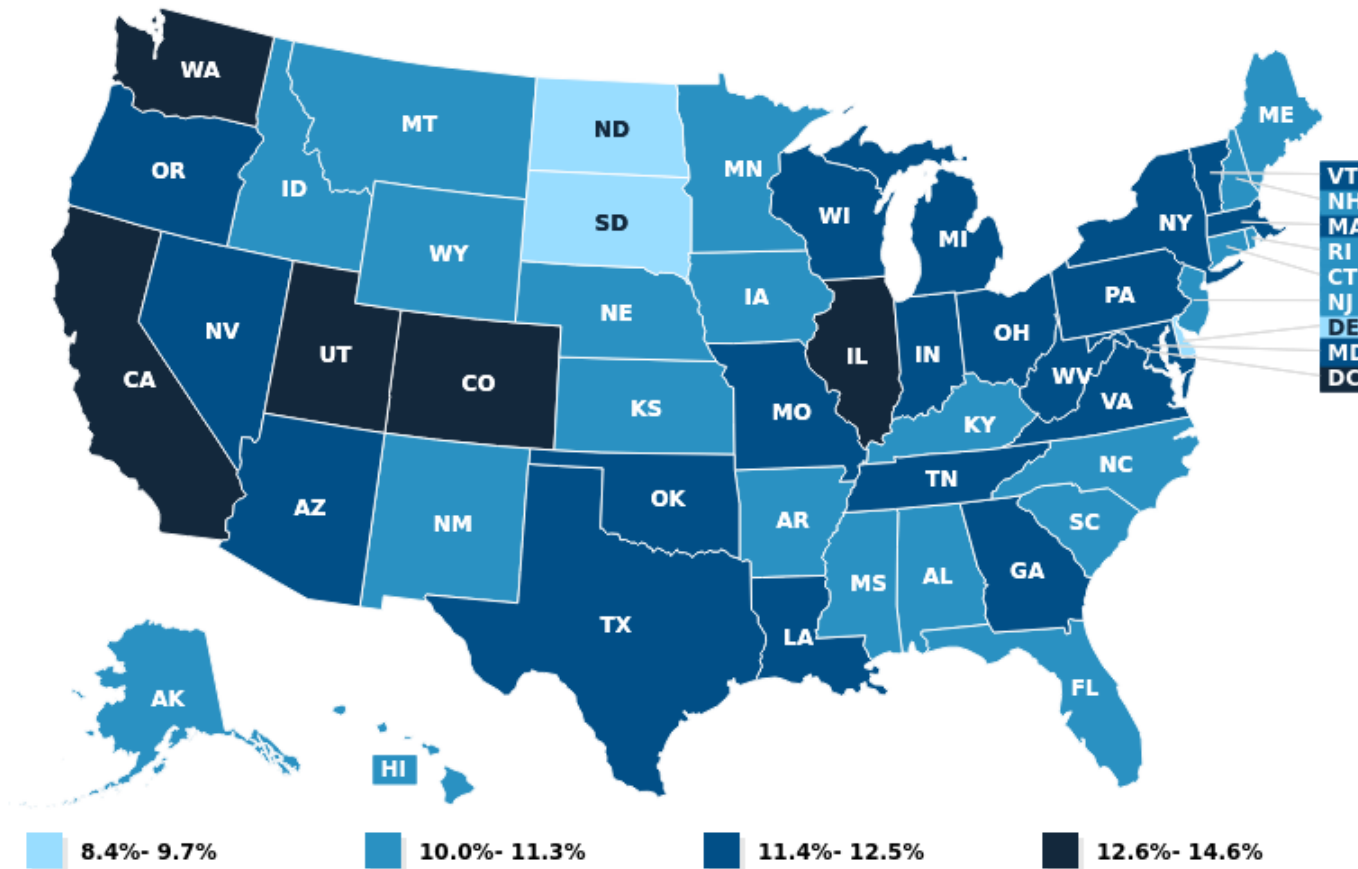
of adults say a family member has experienced a severe mental health crisis.



of parents say the COVID-19 pandemic has had a negative impact on their child’s mental health.

Adults Reporting Poor Mental Health by Number of Days per Month

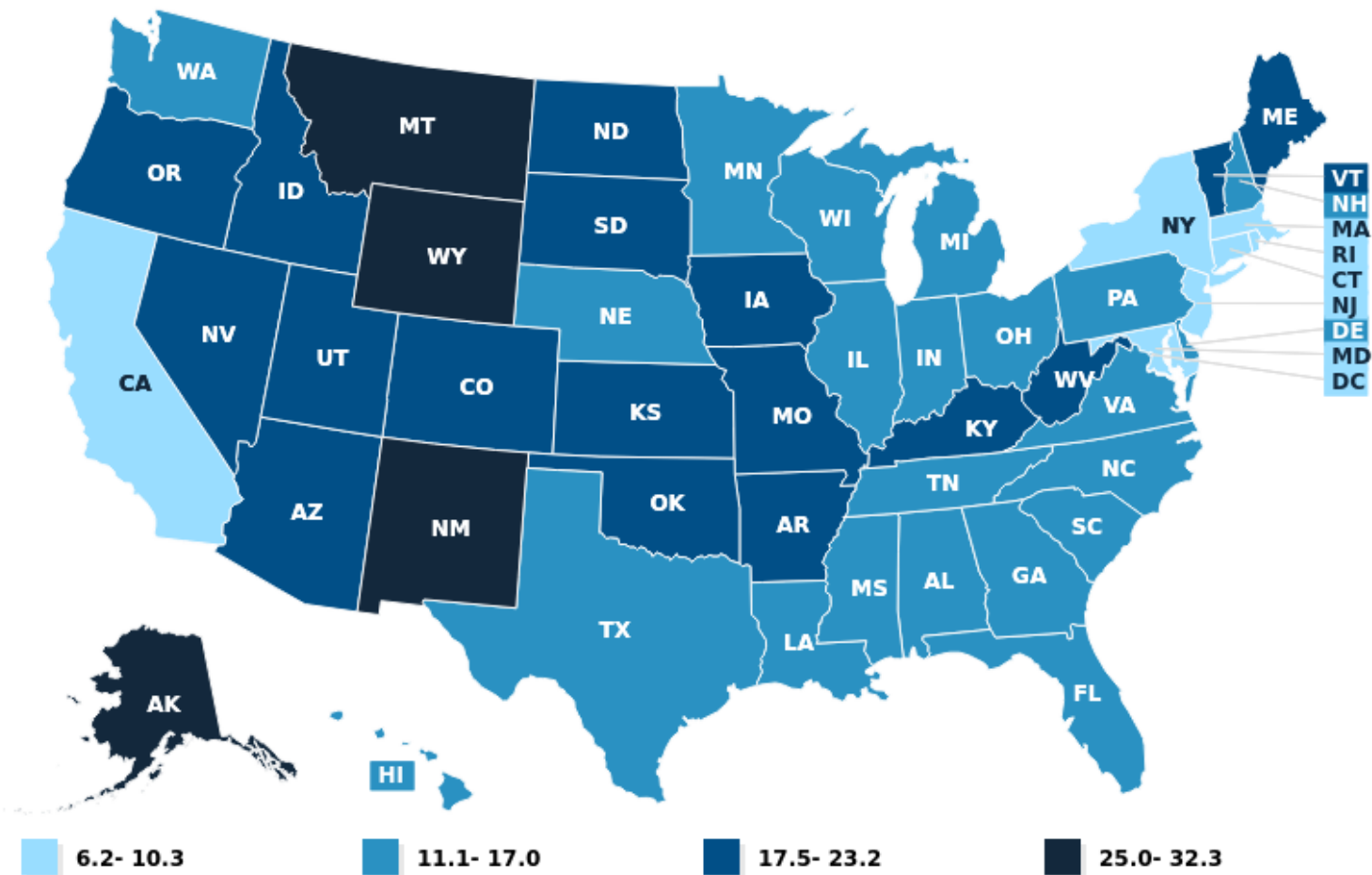
Adults Reporting Poor Mental Health by Number of Days per Month: 5-13 Days, 2022



SOURCE: KFF's State Health Facts.

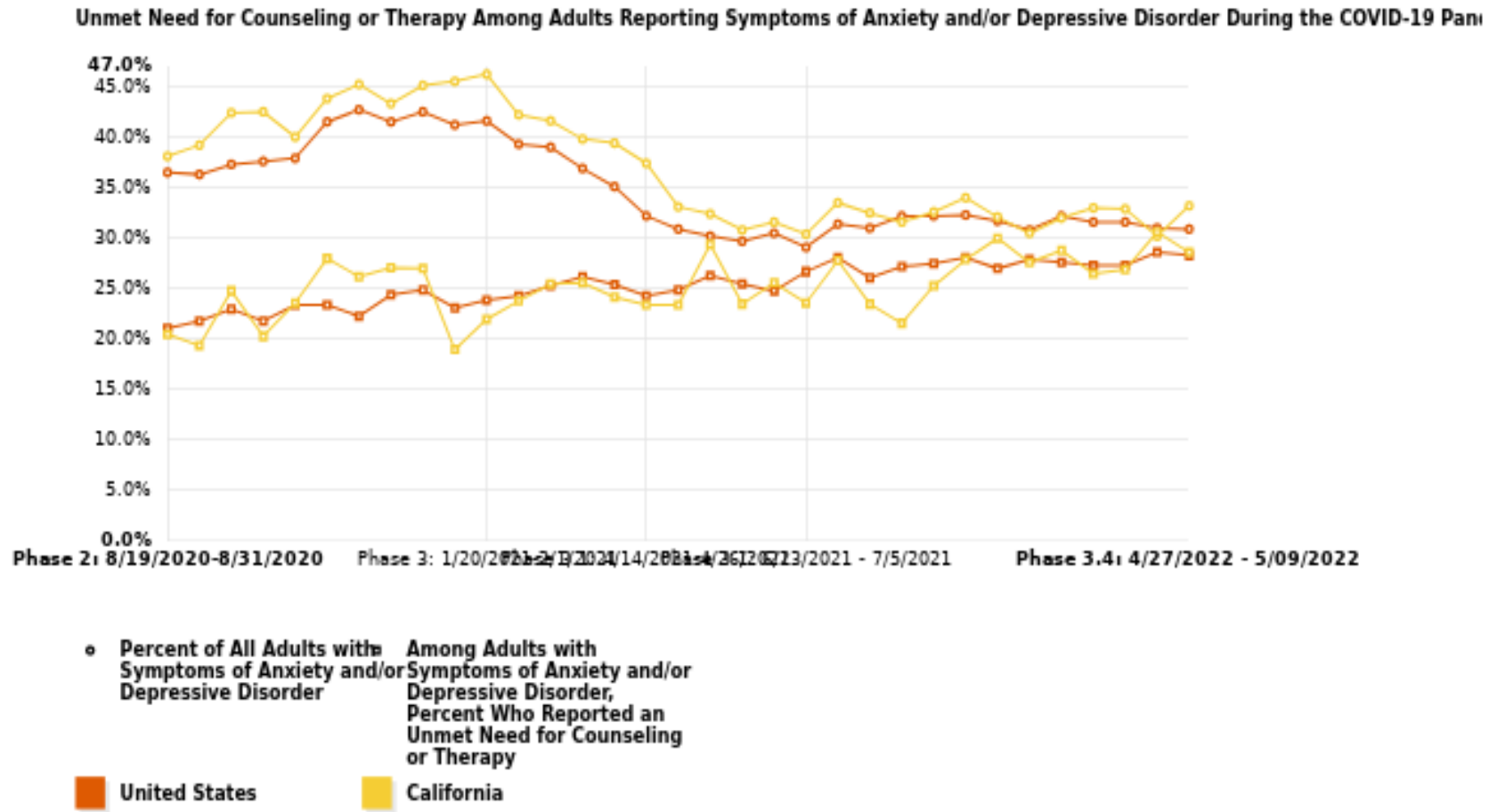
Total Suicide Deaths and Age-Adjusted Suicide Rate

Total Suicide Deaths and Age-Adjusted Suicide Rate: Suicide Rate per 100,000 Individuals, 2021



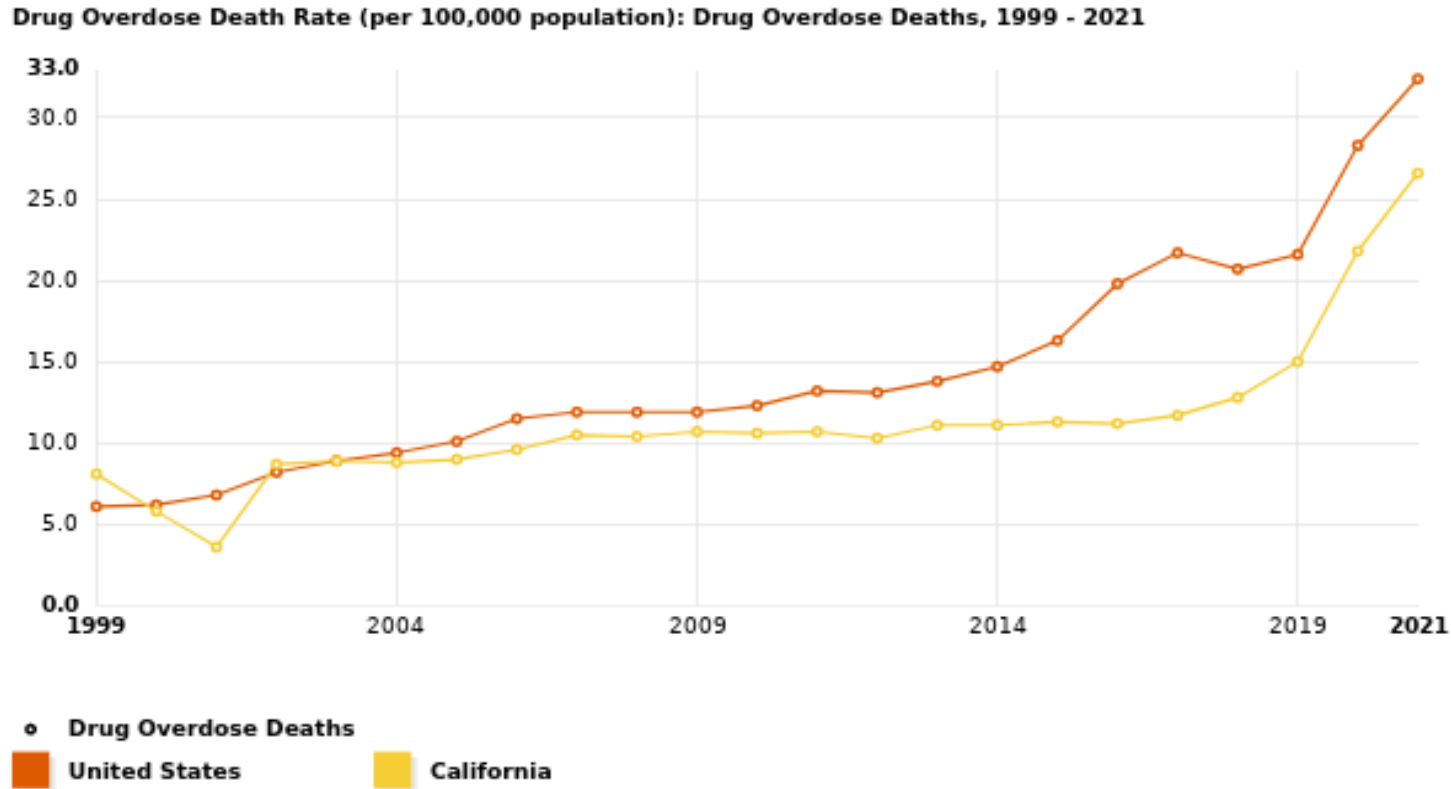
SOURCE: KFF's State Health Facts.

Unmet Need for Counseling or Therapy Among Adults Reporting Symptoms of Anxiety and/or Depressive Disorder During the COVID-19 Pandemic



SOURCE: KFF's State Health Facts.

Drug Overdose Death Rate per 100,000



SOURCE: KFF's State Health Facts.



Impactful Programs

- Mobile BH Crisis Response- TRUST
- Narcan Distribution
- Integrated Care for clients with multiple morbidities
- BH Housing for all age groups, especially the elderly
- DEI work in parallel with Catholic Charities

Marico Sayoc

Executive Director, CASSY – Counseling and Support Services for Youth



CASSY Mission:

Our mission is to **de-stigmatize mental health services** and make supporting students' social and emotional well-being the norm in our local schools. We want to **provide all students with the continuity of support they need, from the first day of kindergarten until they graduate from high school**, to be successful in school and life.

Vision:

We believe that **one day all students nationwide will have the continuity of social and emotional support they need**—from the first day of kindergarten until they graduate from high school—**to be successful in school and in life.**

Values:

- Be available to **help all students, regardless of their ability to pay**
- **Partner with schools** that value mental health in the educational process
- **Tailor our programs** to meet the unique needs of the population we will serve
- Hire, train and mentor **professional therapists** who love working with youth
- Commit to **making a difference**

our commitment to **CREATING A COMMUNITY**



STUDENTS

CASSY provides on-campus individual, family and group counseling sessions, crisis intervention and treatment, proactive mental health education, and peer mediation.



SCHOOL STAFF

We provide staff training on mental health issues and support staff in handling disconcerting situations they encounter in their classes or elsewhere on campus.

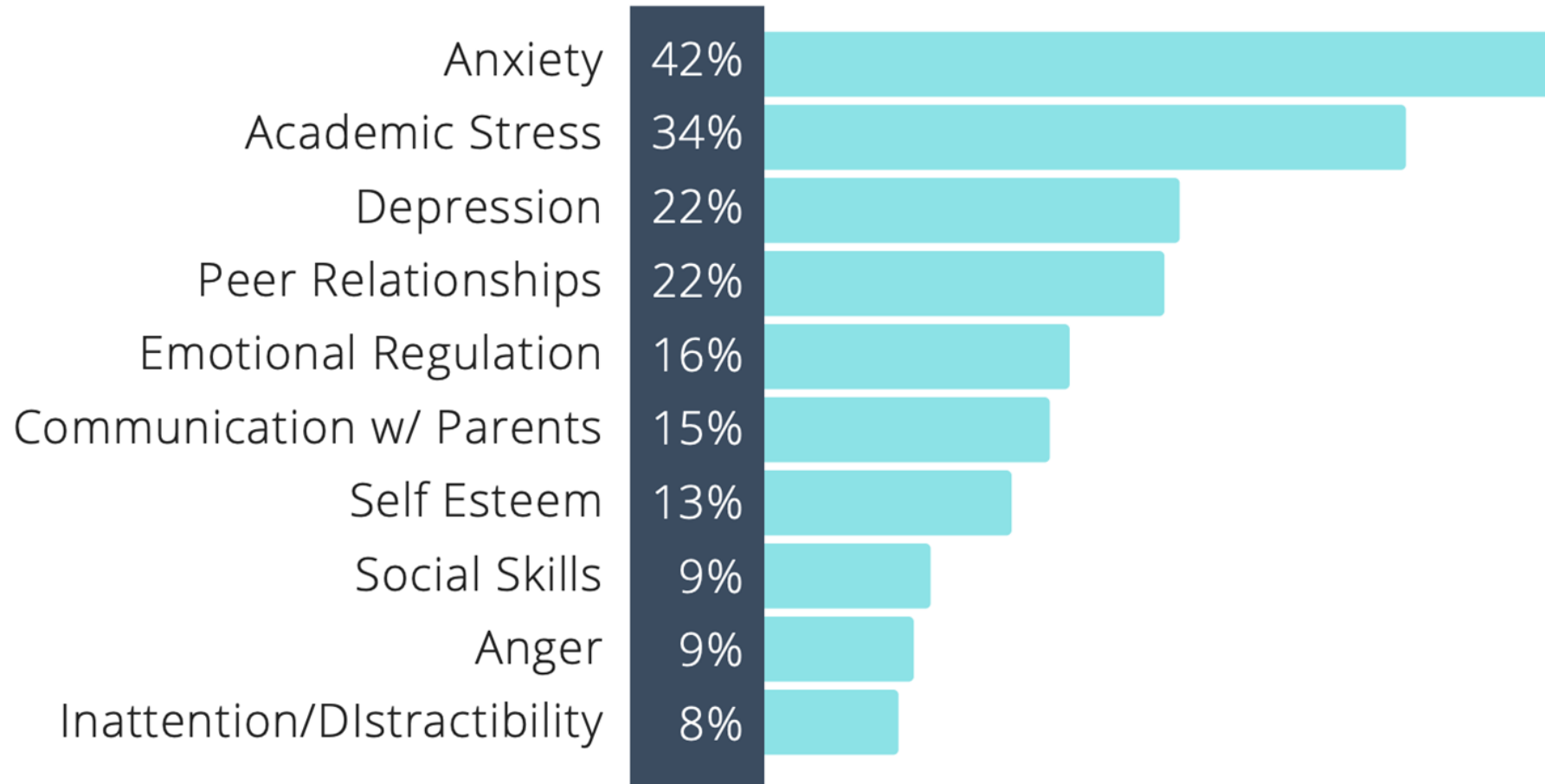


PARENTS & COMMUNITY

CASSY provides parent education and community outreach along with confidential parent consultations at the schools we serve – at no cost to families.

Top 10 Mental Health Concerns

TOP 10



Core Stats

2022-2023

2023-2024

Students Engaged

5,993

543

Sessions

14,619

2368

Family Collateral

5396

1623

Staff Collateral

3608

1740

Presentations

183

140

Jennifer Beltramo

Superintendent of Schools, Diocese of San Jose



DIOCESE OF
SAN JOSE

CATHOLIC SCHOOLS

34 Campuses | Over 14,000 Students | Ages 3 – 18

We have a **commitment** to continuously strengthen the ministry and a **belief** that we cannot do it alone.

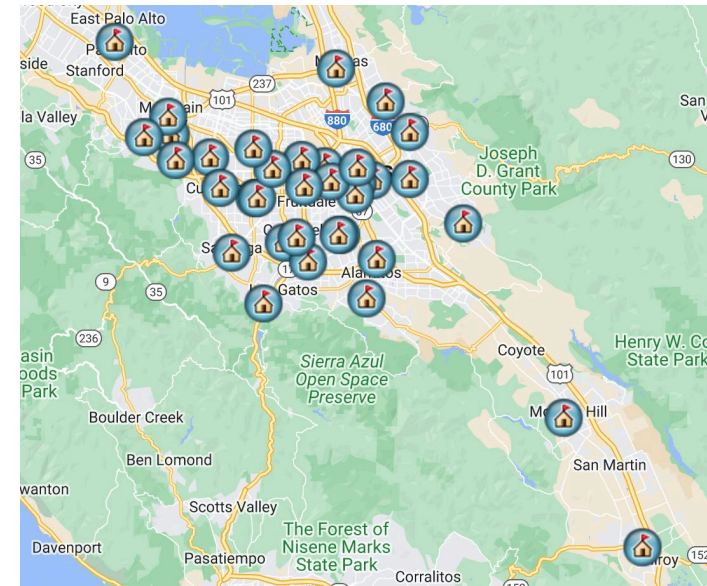
Unified Network



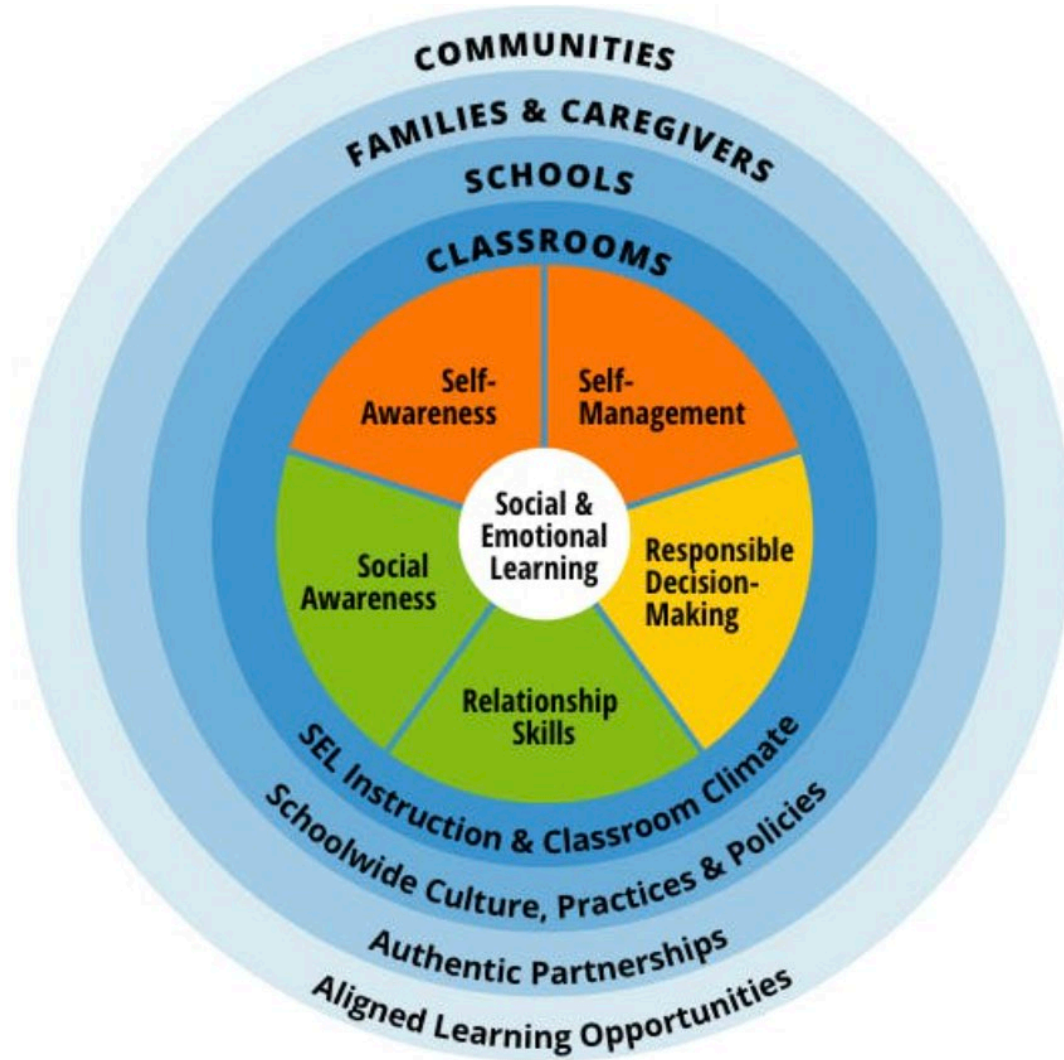
Building Systems



Building Capacity



Social and Emotional Learning



“**Community** is at the heart of Christian education not simply as a concept to be taught but as a reality to be lived.”

USCCB Committee on Education

Pillar of Hope

- Identification of individual student and family need, including initial intakes, interventions, and referrals to sustained support services in the community

Individual
Intervention



- Development of school-based student and family support groups/programs based on collective needs that surface

Collective
Support

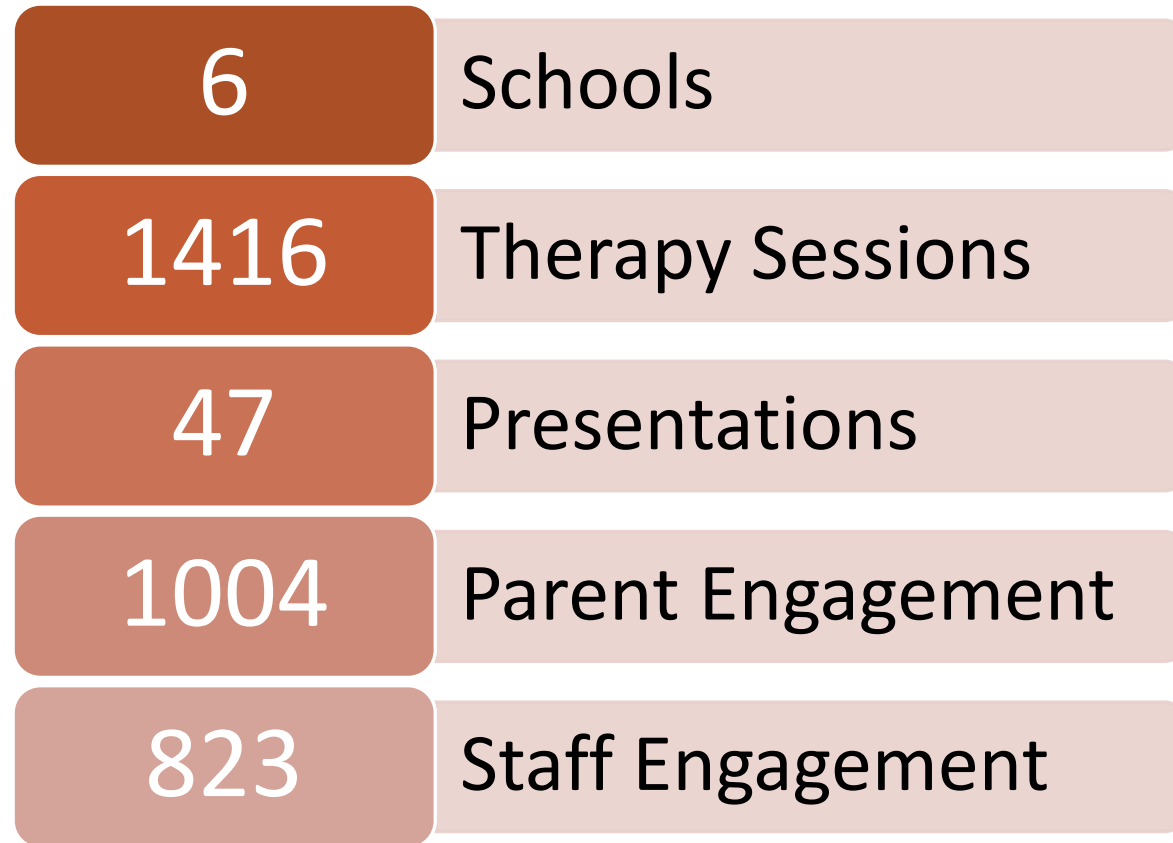


- Professional development for teachers to foster a healthy, supportive environment within the classroom

Teacher
Partnership



Scope of Support (22-23)



Top Areas of Focus:

- Anxiety
- Emotional Regulation
- Peer Relationships

Impact

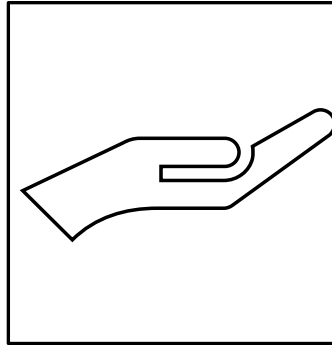
97%

Students & Parents

Felt their needs were met

Would recommend the services to a peer

Made progress on at least 1 treatment goal

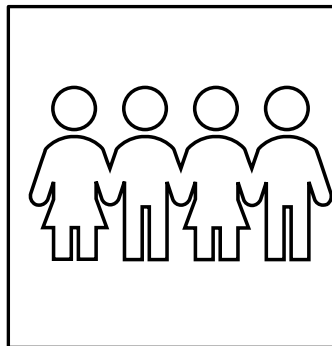
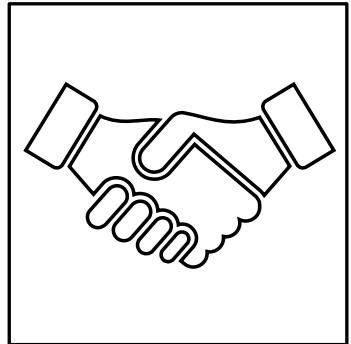


"The therapist spent time getting to know my child first and used language that my child could understand and improve."

~ Parent

"They were there for me when I needed someone to talk to and they were so helpful. I felt safe."

~ Student



"The therapist provided a safe and open environment for the girls in my daughter's class to voice their concerns and work through their challenges."

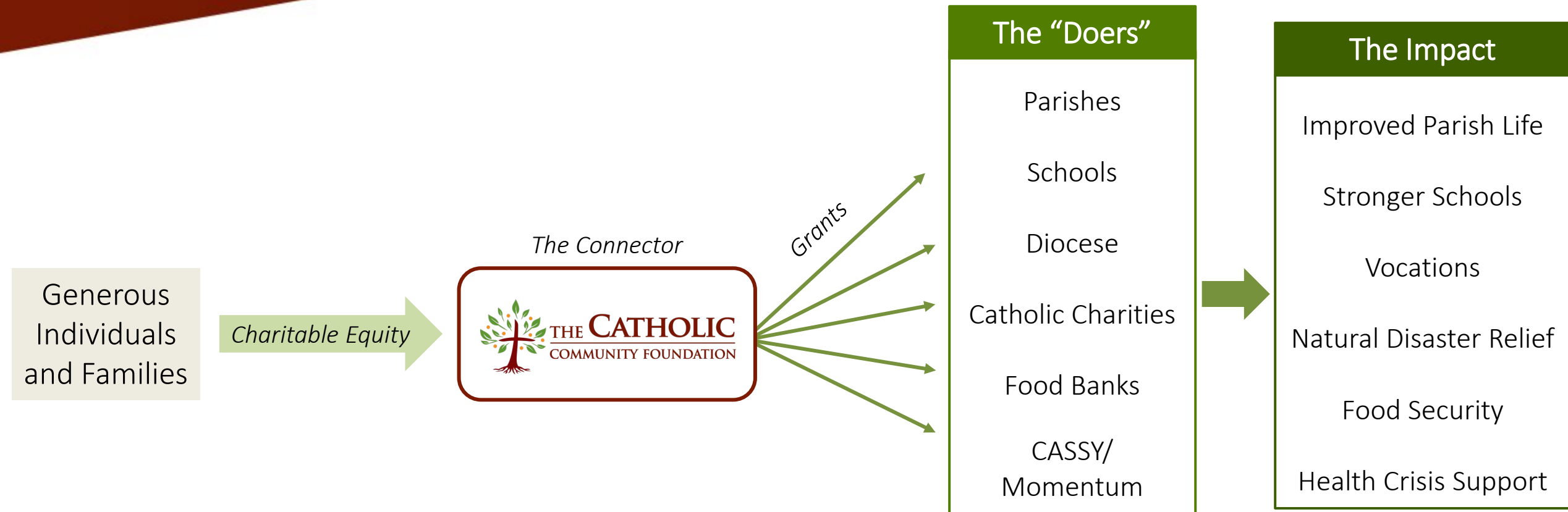
~Parent

The Foundation's Role



THE CATHOLIC
COMMUNITY FOUNDATION

The Foundation's Role



Q&A

Thank you to our panel!



David Mineta

Dmineta@momentumforhealth.org

www.momentumforhealth.org

  @MomentumforHealth

 momentum-for-health



Marico Sayoc

msayoc@cassybayarea.org

www.cassybayarea.org

  @CASSYBayArea

 CASSY



DIOCESE OF
SAN JOSE

Jennifer Beltramo

jennifer.beltramo@dsj.org

www.dsj.org/catholicschools

  @DioceseSanJose

 DioceseofSanJose

Questions? Contact us!

Mary Quilici Aumack
aumack@catholiccf.org

Marie Galetto-Dugoni
galetto@catholiccf.org

408.995.5219

777 N. First Street, Suite 490, San Jose, CA 95136

www.catholiccf.org