



Student Mental Health & Wellness Programs Updates

Dr. Smita Malhotra, MD
Chief Medical Director

November 20, 2025



CREATING A **CULTURE OF CARE**

Our Mental Health & Wellness staff partner with school teams to strengthen connection, promote wellness, and build a culture of care.



OVER 60,000

students were connected to care through our diverse programs in 2024-25.



ASSESSMENT DATA

“RISK FACTORS AREN’T PREDICTIVE FACTORS BECAUSE OF PROTECTIVE FACTORS”

LAUSD DATA SYSTEMS

- ISTAR
- MiSiS Data (attendance)
- Welligent

PSYCHOSOCIAL Data

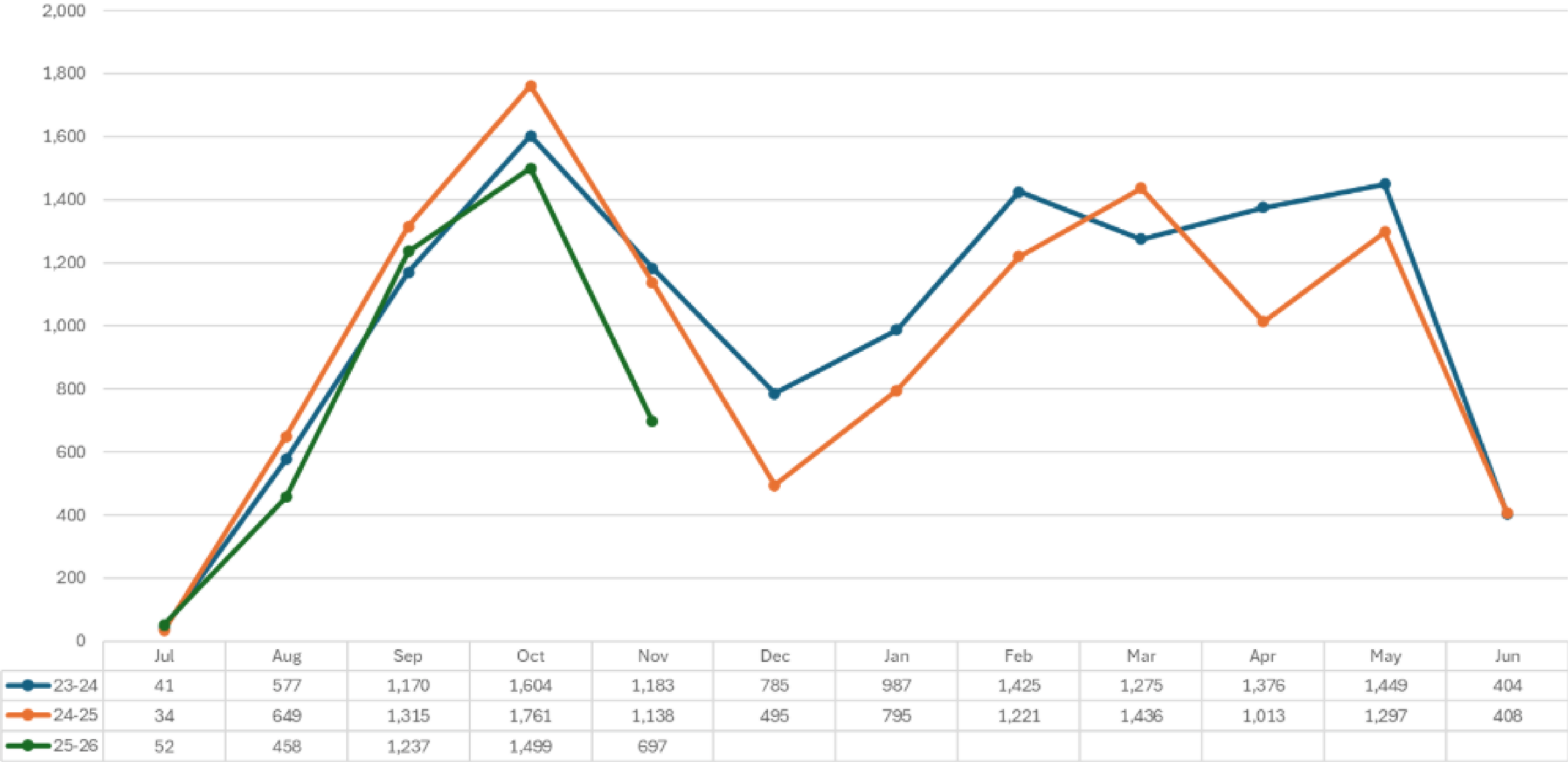
- Social Influencers of Health
- Risk Factors
- Protective Factors
- Ecological Assessment

Standardized Practices and Intervention

The SMH Joy & Wellness Service Delivery Plan is aligned to the LAUSD Strategic Plan utilizing a Multi-Tiered System of Support to include 7 Standardized Practices and Interventions.

Parent Outreach	to promote parent and community engagement.
Staff Professional Development	to promote a welcoming learning environment and strengthen staff's ability to support student's social and emotional needs.
Individual and Group counseling	to increase the number of students receiving mental health services.
School-Wide Mental Health Campaign	to promote mental health awareness and foster positive social, emotional and behavioral skills and well-being of all students.
Diversity, Inclusion, Equity Initiative	To promote welcoming, affirming, and inclusive school learning environments.
Multidisciplinary Efforts	To increase collaboration that focuses on mental health at your school site.
Student-Led Initiative	To promote student-led mental health initiatives that foster peer-to-peer mental health education.

3-year ISTAR Suicide Risk Incident Counts



Mental Health & Wellness Support



School-Based PSW
Services

Over 600 PSWs provide care to students across our school campuses. They use a multi-tiered approach to integrate mental health care into the school climate.



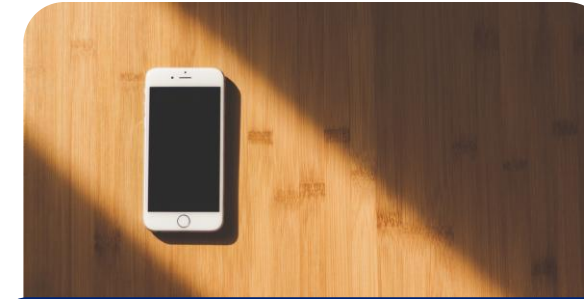
Community Mental
Health Partners

SMH partners with **over 60 community mental health agencies** to ensure that students and their families have easy access to support.



SMH Clinics

Clinics provide services in all regions, with **14 clinics and wellness centers** across the district. Clinic PSWs also serve specific satellite schools, facilitate HOPE groups, and use telehealth to increase accessibility.

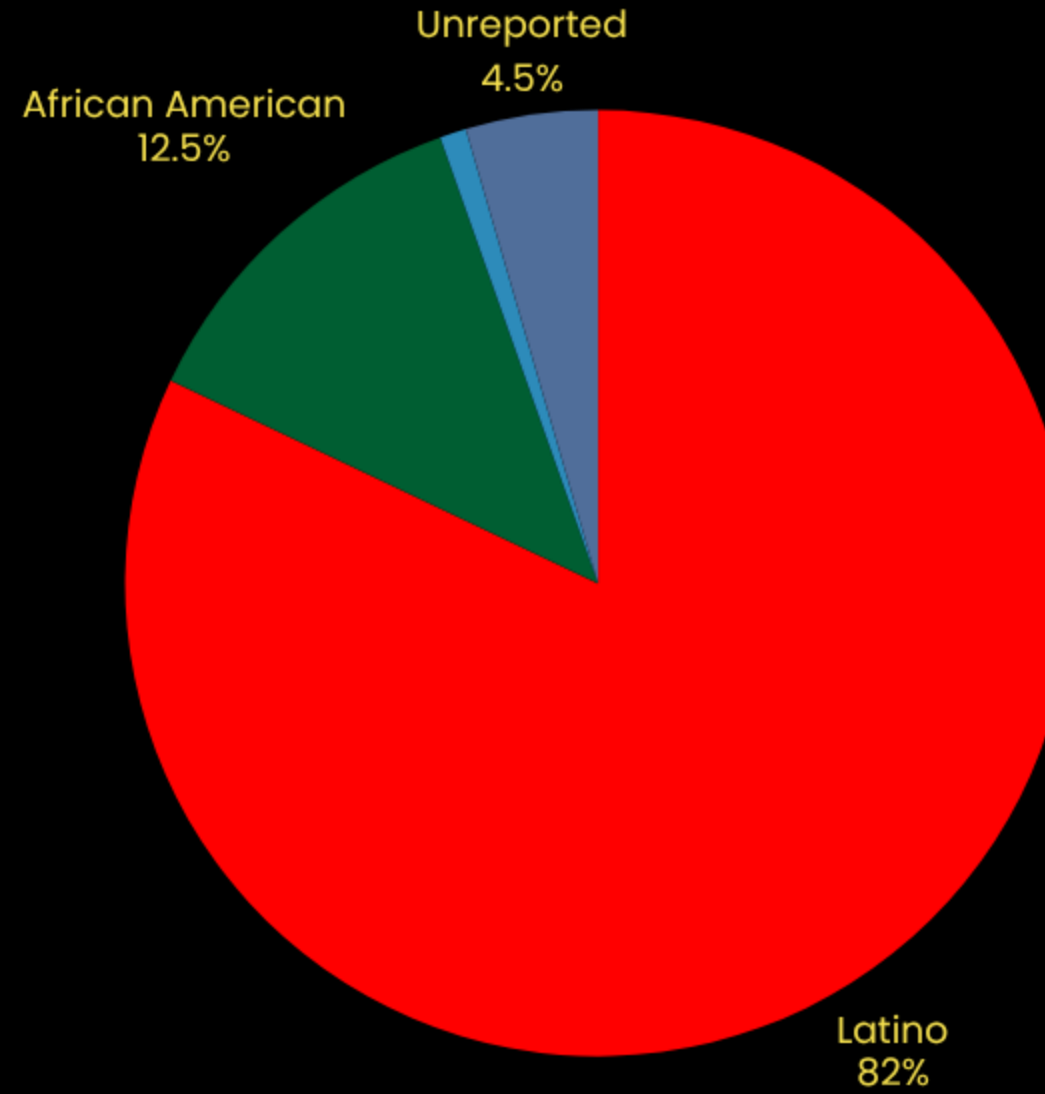


Student and Family
Wellness Hotline

Call **213-241-3840** to get access to mental health services, and other essential school and community resources. The wellness line is open weekdays from 8-4:30pm. Closed on major holidays.



School Profile and Description



93rd Street Elementary

330 E 93RD ST, LOS ANGELES, CA, 90003

Grades

K 1 2 3 4 5 6

Principal

BRYAN, INGRID S

Board District

Board District 7

Contact Number

(323) 754-2869

Website

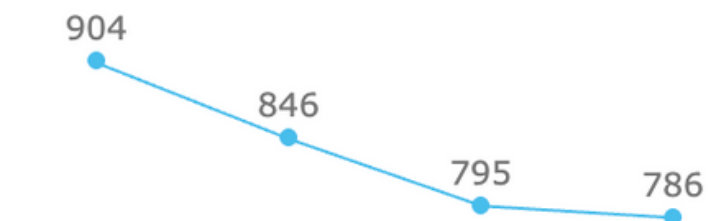
<http://93street-laUSD-ca.schoolloop.com>



School Status : Active

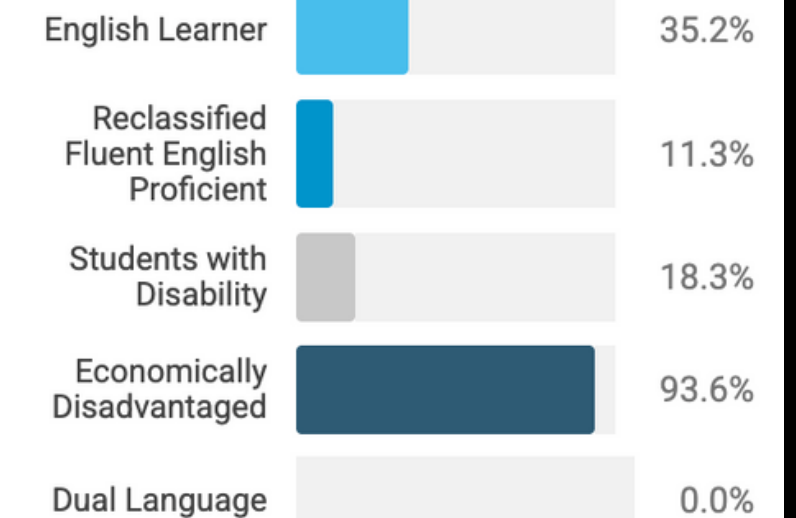
Community of School
FREMONT COS

Norm Enrollment & Student Demographics



2021-2022 2022-2023 2023-2024 2024-2025

Student Groups



PSW Service Delivery Plan

School Experience Survey, Group: Parents (CLICK HERE)	2024-25 School Site Data	2024-25 LAUSD Average
I can easily find information about parent workshops or other programs offered at this school. (School Climate, Resource Availability, F)	92%	91%
I feel welcome to participate at this school. (School Climate, Parent Engagement, B)	95%	94%

School Experience Survey, Group: Students (CLICK HERE)	2024-25 School Site Data	2024-25 LAUSD Average
I feel like I am part of this school. (School Climate, Connectedness, B)	56%	72%
There is an adult at my school whom I trust and can talk to no matter what is bothering me. (School Climate, Connectedness, I)	61%	70%

Parent/Caregiver Programs



PARENTING ACADEMY

IN THE PARENT CENTER ON THE FIRST
FRIDAY OF EVERY MONTH AT 9:15 AM.
THE DATES FOR THE GROUPS ARE:

OCTOBER 3RD

NOVEMBER 7TH

DECEMBER 5TH

FEBRUARY 6TH

MARCH 6TH.

APRIL 3RD

MAY 1ST.

JUNE 5TH

DONUTS AND COFFEE WILL BE PROVIDED IN PERSON. IF YOU CANNOT JOIN US
IN PERSON, PLEASE JOIN US ON ZOOM VIA THE LINK BELOW.

ZOOM LINK:
[HTTPS://LAUSD.ZOOM.US/J/8
2273199368](https://LAUSD.ZOOM.US/J/82273199368)

Why are we more prone to being stressed in the mornings?

Our cortisol (the stress hormone) levels are higher in the mornings to wake us up from our sleep. We are more prone to “crash outs” when our cortisol is higher.

Nuestros niveles de cortisol (la hormona del estrés) son más altos por la mañana para despertarnos de nuestro sueño. Somos más propensos a sufrir “colapsos” cuando nuestro cortisol es más alto.

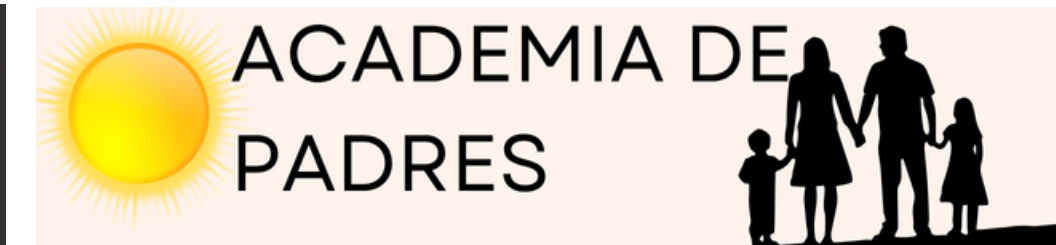
A line drawing of a person with their hand to their face, looking stressed. Above their head are several thought bubbles containing question marks, exclamation marks, and a sad face.The illustration shows a family of three (two adults and a child) on the left and a person in a wheelchair on the right. There are two speech bubbles in the center.

Listen to and acknowledge your child's feelings.

Escuche y reconozca los sentimientos de su hijo/a.

“Sé que es un gran cambio para ti. Está bien sentir miedo. Practiquemos la respiración para calmar nuestro cuerpo.”

“I know this is a big change for you. It is ok to feel scared. Let's practice breathing to calm our bodies down.”



ACADEMIA DE PADRES

EN EL CENTRO DE PADRES, EL PRIMER
VIERNES DE CADA MES A LAS 9:15 AM. LAS
FECHAS DE LOS GRUPOS SON:

OCTUBRE 3RD

NOVIEMBRE 7TH

DICIEMBRE 5TH

FEBRERO 6TH

MARZO 6TH.

ABRIL 3RD

MAYO 1ST.

JUNIO 5TH

SE OFRECERÁN DONAS Y CAFÉ EN PERSONA. SI NO PUEDE ASISTIR EN
PERSONA, POR FAVOR, CONÉCTESE POR ZOOM A TRAVÉS DEL
ENLACE DE ABAJO.

[HTTPS://LAUSD.ZOOM.US/J/8
2273199368](https://LAUSD.ZOOM.US/J/82273199368)

Parent/Caregiver Programs

- Families OverComing Under Stress
- 7 Sessions, 90 minutes long
- Originally utilized for military families.
- Emotional Regulation, Communication, Goal Setting, Problem-Solving, and Managing Trauma or Loss Reminders.



WHO ARE YOU?

QUIÉN ERES?

- | | |
|--|--|
| 1) What is your name? | 1) ¿Cómo te llamas? |
| 2) Children's Ages | 2) Edades de los niños |
| 3) Occupation or Hobby | 3) Ocupación o pasatiempo |
| 4) What is something you want to learn in the class? | 4) ¿Qué es algo que quieres aprender en la clase?? |

GROUP RULES

What should our group rules be?

¿Cuales deben ser nuestras reglas de grupo?

Parent/Caregiver Programs

My Child's Emotions

CHILD'S NAME: _____ AGE: _____

Emotions and behaviors that let me know my child is in each zone.		Situations, issues, & topics that put my child in each zone.
	100	
	75	
	50	
	25	
	0	



Crenshaw High School



Crenshaw Magnets: Science Tech Engineer Math & Medicine

5010 11TH AVE, LOS ANGELES, CA, 90043

Grades
9 10 11 12

Principal
MUDD, TERRENCE J

Board District
Board District 1

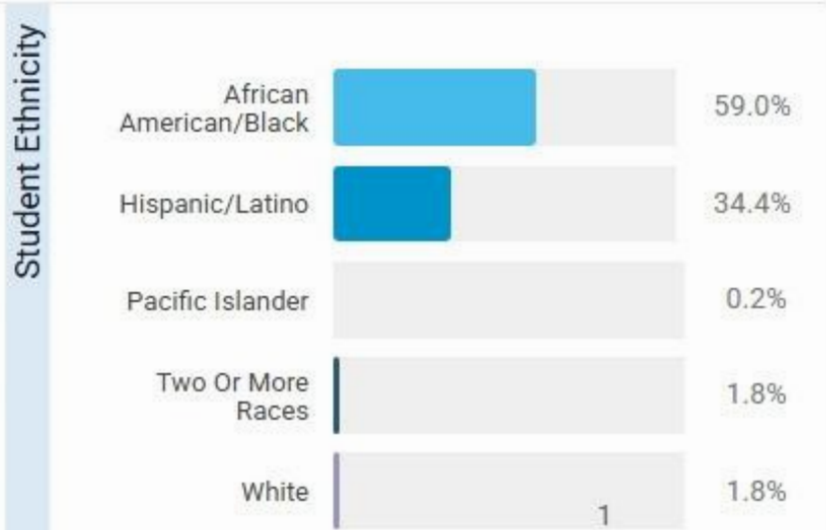
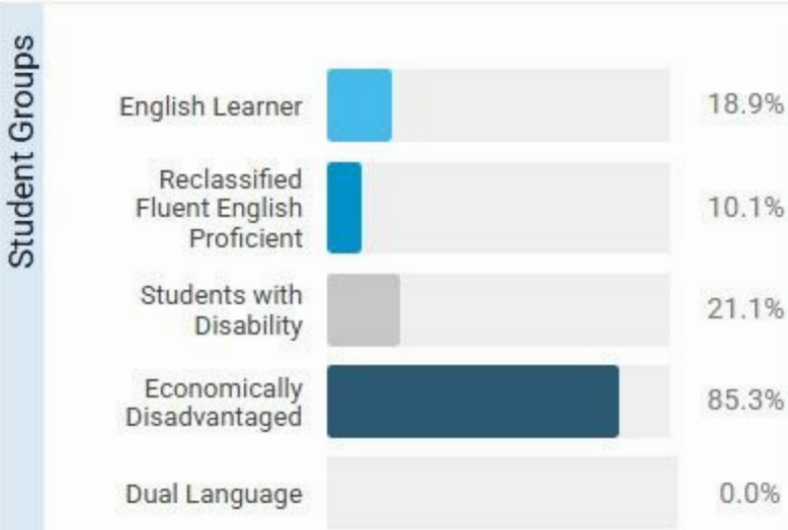
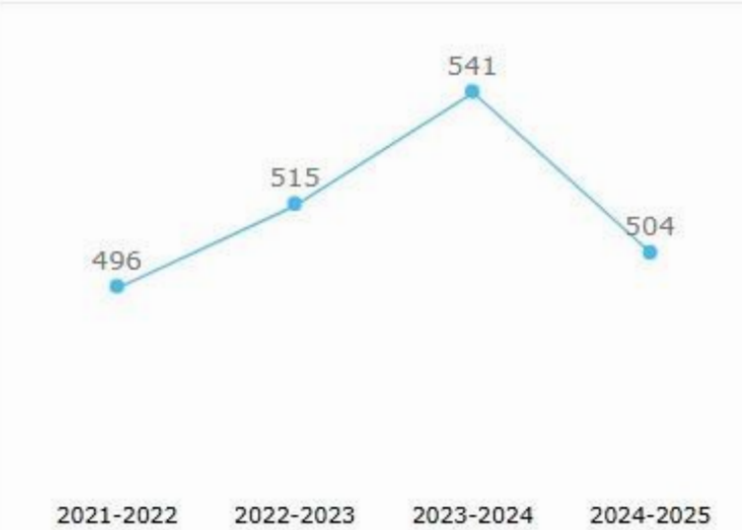
Community of School
HEET (C/D) COS

Contact Number
(323) 290-7800

Website
<http://www.crenshawhs.org>

School Status

Norm Enrollment & Student Demographics





LA Unified 2025

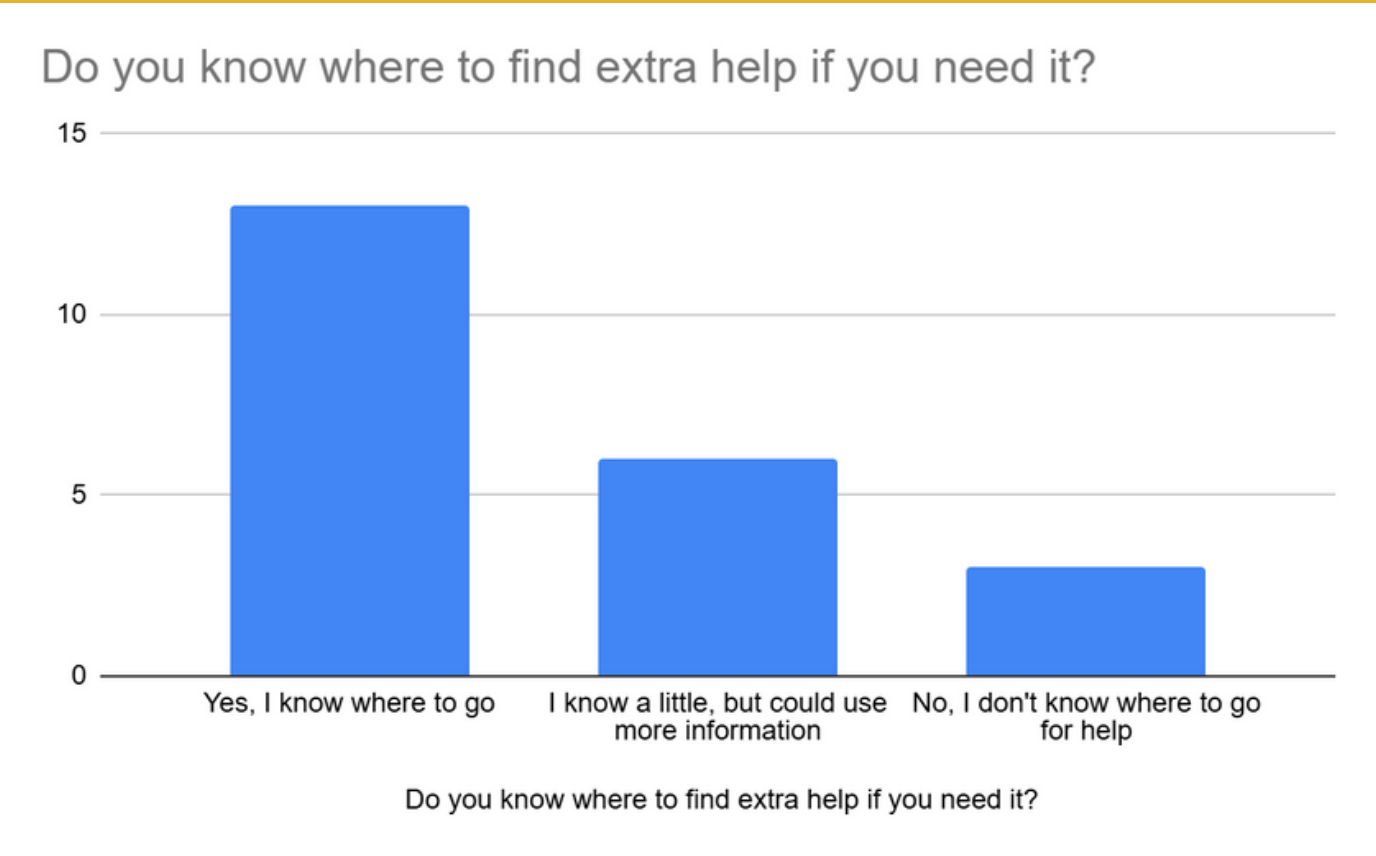
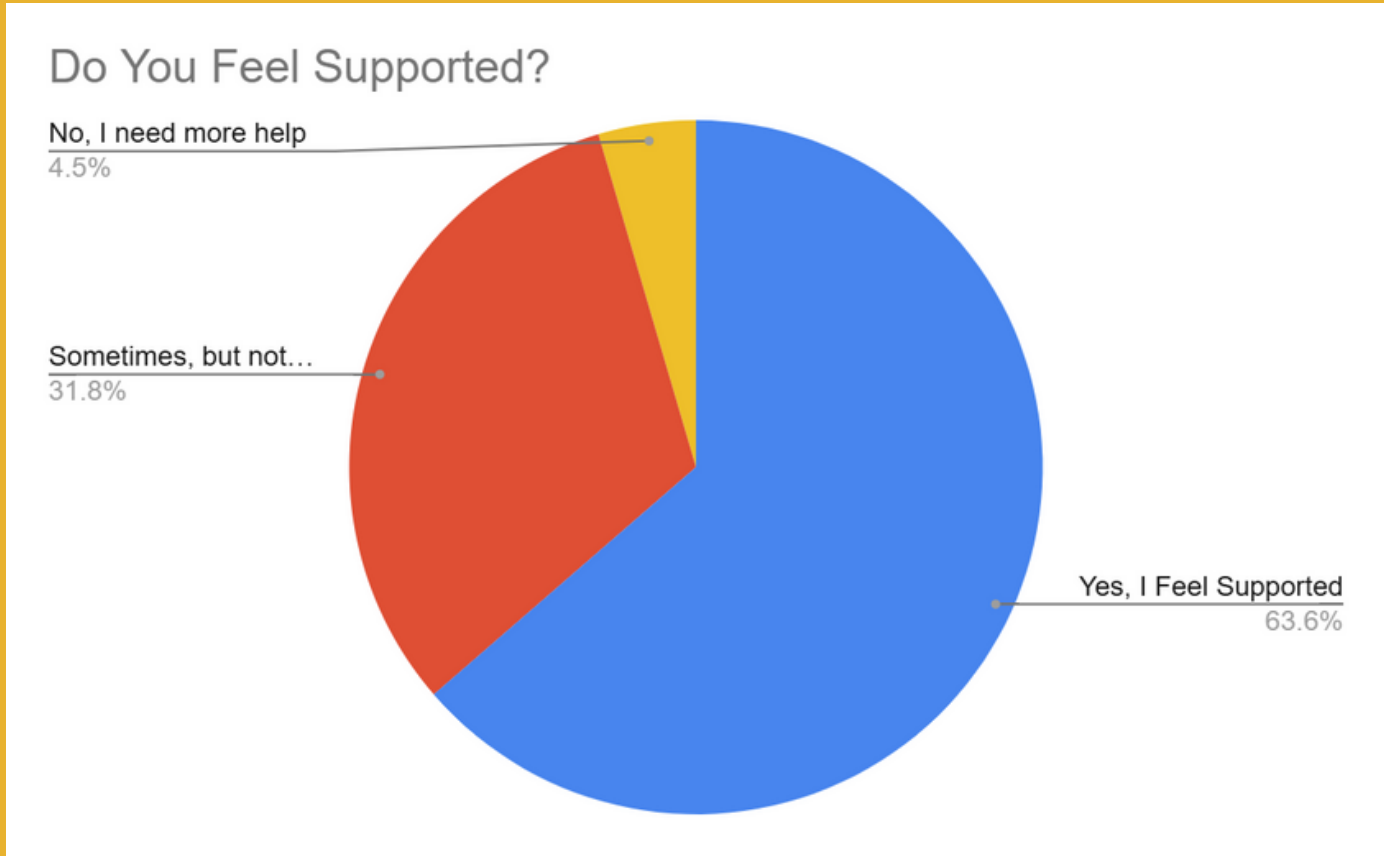
WE ARE ONE
ESTAMOS UNIDOS

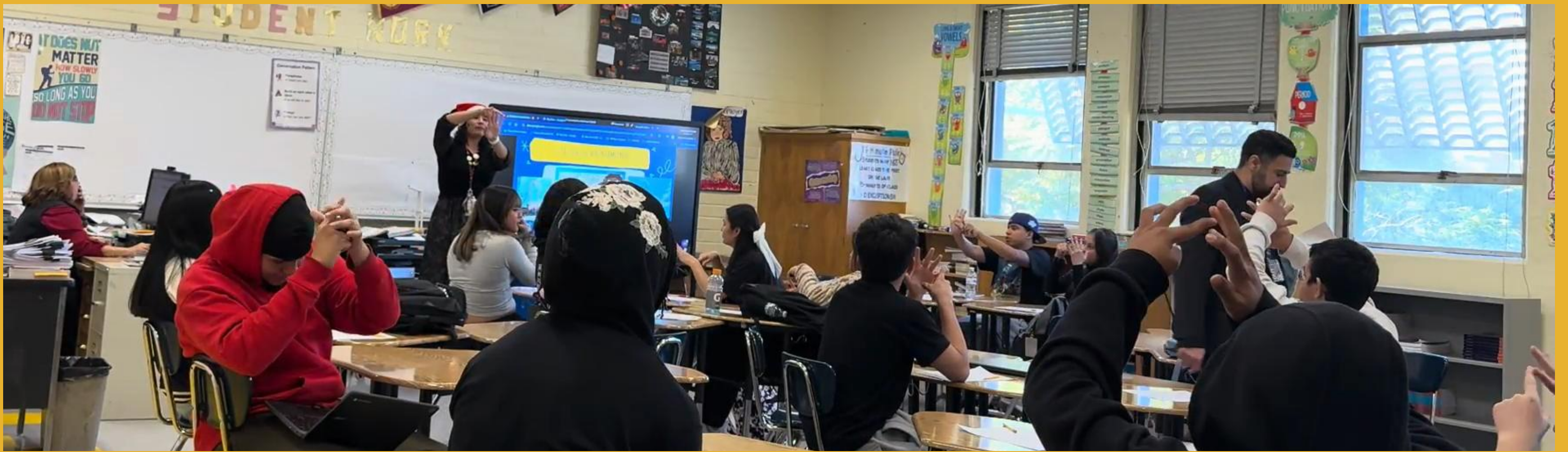


DIVERSE BACKGROUNDS

LATIN AMERICA
CARIBBEAN
AFRICA

MULTIPLE LANGUAGES :
SPANISH, KAQCHIKEL, HAITIAN CREOLE,
ARABIC, FRENCH, AND MORE





ESTRATEGIAS DE AFRONTAMIENTO



Suicide Prevention & Awareness

Concientización y Prevención del Suicidio

Erika's Lighthouse
Ms. Jimenez Psychiatric Social Worker

Wellness Youth Advocate Program



CAMPAIGN: None
Module: Summer Academy



CAMPAIGN: Wellness Center
Promotions
Module: Wellness and Resiliency



CAMPAIGN: Substance Misuse
MODULE: Role of Peer
Collaboration & Advocacy



CAMPAIGN: Health Equity
MODULE: Cultural Identity &
Impacts on Health and Wellness



CAMPAIGN: Self care & Wellness
Resources
MODULE: None



CAMPAIGN: STI & Pregnancy Prev.
MODULE: Navigating Behavioral
Health Systems



CAMPAIGN: Healthy Relationships
Module: None



CAMPAIGN: Sleep Hygiene & Social
Media
MODULE: Trauma



CAMPAIGN: Drug & Narcan
Awareness
MODULE: Substance Use



CAMPAIGN: Mental Health
MODULE: Trauma Informed Care



myC.R.E.W.

Crenshaw High School

Romeisha Woo, MSW, ASW, PPSC

24-25 Mental Health Symposium
Click Below To Enjoy!



Crenshaw high school's myC.R.E.W. presented to peers on human trafficking, highlighting the work they did teaching their student body about the issue and the impact on their school community.



Human Trafficking
Mental Health Symposium



Human Trafficking
Mental Health Symposium



Human Trafficking
Mental Health Symposium



**Crenshaw is
here to build
you back up...**



CALL TO **ACTION**

Awareness

Let's continue raising awareness that mental health is central to student well being, while uplifting campaigns like **iMatter** and **HomeBased Healing**, and highlighting our District's resources and partnerships, including **Wellness Centers and telehealth services**.

Collaboration

Join us at our upcoming events such as our **Youth Mental Health Symposium** on May 1, 2026, where you can see youth engage in peer led workshops and showcases around mental health, and follow-us on social media.

Training

We invite community members to join our monthly **Rooted in Resilience** and **Early Education TRiEE parent workshops**, available on Zoom and at schools across our regions. To request a training for your school, call 213-241-3840.