



310 NOVA ALBION WAY, SAN RAFAEL, CA 94903

OFFICE OF THE SUPERINTENDENT
JIM HOGEBOOM

www.srcs.org

January 11, 2021

The Honorable Judge Andrew Sweet
Marin County Superior Court
P.O. Box 4988
San Rafael, CA 94913-4988

Lucy Dilworth, Foreperson
Marin County Civil Grand Jury
3501 Civic Center Drive, Room #275
San Rafael, CA 94903

Re: Response to Marin County Civil Grand Jury Report: *Reading, Writing, and Therapy: Mental Health Challenges in Our Schools*.

Dear Judge Sweet and Foreperson Dilworth:

San Rafael City Schools has received the Marin County Civil Grand Jury Report *Reading, Writing, and Therapy: Mental Health Challenges in Our Schools* dated October 23, 2020. The Grand Jury has requested a response to Findings 1-5 (F1-F5). Enclosed please find a copy of the completed *Response Form* and a detailed summary of San Rafael City Schools' responses.

Thank you for your interest in and support of the current and ongoing mental health needs of our Marin County youth.

Sincerely,

Linda M. Jackson
Board President

Jim Hogeboom
Superintendent

Enclosures:

Marin Civil Grand Jury Response Form
Marin County office of Education Wellness and Professional Development Trainings

Report Findings and Response

- F1:** Many mental health issues result from social and cultural factors that lie outside the schools, but affect the ability of students to learn and schools to teach. This is a complex problem that the community must help address.

Response: Agree.

Schools are one element within a network of support that is necessary for a comprehensive approach to student wellness. San Rafael City Schools (SRCS) supports the community approach to wellness identified in the Marin County Suicide Prevention Strategic Plan. SRCS values its partnerships with all of our community-based organizations, many of which promote positive mental health and wellbeing. We look forward to continuing these partnerships and expanding our ability to create a community-wide network of social-emotional support.

- F2:** Strategy 6 of the Marin County Suicide Prevention Strategic Plan, which includes a promise of support by the county and designates the Marin Schools Wellness Collaborative with responsibility for leading its implementation, presents an especially appropriate opportunity for addressing mental health needs.

Response: Agree.

The Marin County Schools Wellness Collaborative is well equipped to effectively support the implementation of Strategy 6 of the Marin County Suicide Prevention Strategic Plan. The expertise of the group coupled with their shared knowledge and understanding of how school systems operate will work to enhance student wellness across all of Marin County's schools. We are grateful SRCS is a participant in this valuable collaborative, and our students will greatly benefit from these efforts.

- F3:** To help provide therapeutic counselors at affordable costs, most districts need assistance from licensed therapists who have the time and skills to recruit, train, and supervise interns from local graduate school programs.

Response: Agree.

The need for additional mental health support in schools is real and one that is even more heightened in the current COVID-19 environment. Utilizing mental health interns can be an effective strategy to bolster mental health staffing, but as noted in the report, the approach does come with additional responsibilities related to training and supervision. Additionally, the use of interns does not work to meet our permanent staffing needs, as internships do not typically evolve into a permanent position. More solutions to this pervasive problem are necessary. For example, SRCS is currently examining our existing systems of support to determine where services can be enhanced to reduce the number of students that require direct support from mental health professionals on an ongoing basis. Such systems include Trauma Informed Practices with a Trauma Consultant, Restorative Practices, Peer Court, Peer Solution Teams, and counseling groups for newcomer students through partnerships with community-based organizations.

Marin County Office of Education Response:
Reading, Writing, and Therapy: Mental Health Challenges in Our Schools

- F4:** Most districts need staffing help to identify, arrange, and maintain relationships with community mental health resources.

Response: Disagree Partially

While SRCS staff could benefit from receiving assistance related to how to best navigate the system of mental health resources and services available within the community, dedicated staffing may not be necessary to meet this need. SRCS has explored other ways to meet this need. The provision of ongoing training and updates from public and/or private agencies, as needed, would be most beneficial to our students and families. SRCS has appreciated and valued the regular updates and support from MCOE and the Marin Wellness Collaborative, of which several SRCS staff are involved, and will continue to partner with these groups to provide ongoing wellness support to the SRCS community. Furthermore, we have recently entered into an agreement with a group named CareSolace, which provides a direct link to staff, students, and families to mental health support in the community. This service offers support in a variety of languages and provides a much needed link to mental health care.

- F5:** The Grand Jury recognizes that the COVID-19 pandemic has severely strained resources at all levels of government. However, the mental health concerns for students will remain. It is appropriate to expand teacher and staff training and parent education even while funding is sought for more costly programs.

Response: Agree.

Now more than ever, the need for proactive and targeted training and education related to wellness is paramount. SRCS believes that all students, families and staff can benefit from education and training that focuses on proven strategies to support wellness and increase coping skills and resilience. Please find attached a listing of training and education opportunities available to the SRCS community during the 2020-2021 school year.

Response to Grand Jury Report

Report Title: *Reading, Writing, and Therapy: Mental Health Challenges in Our Schools*

Respondent/AgencyName: San Rafael City Schools

Your Name: Linda M. Jackson
Board President

Jim Hogeboom
Superintendent

FINDINGS

- I (we) agree with the findings numbered: F1, F2, F3, and F5
- I (we) disagree *partially* with the findings numbered: F4
- I (we) disagree *wholly* with the findings numbered: N/A

(Attach a statement specifying any portions of the findings that are disputed; include an explanation of the reasons therefor.)

RECOMMENDATIONS

- Recommendations numbered N/A have been implemented. (Attach a summary describing the implemented actions.)
- Recommendations numbered N/A have not yet been implemented, but will be implemented in the future.
(Attach a timeframe for the implementation.)
- Recommendations numbered N/A require further analysis.
(Attach an explanation and the scope and parameters of an analysis or study, and a timeframe for the matter to be prepared for discussion by the officer or director of the agency or department being investigated or reviewed, including the governing body of the public agency when applicable. This timeframe shall not exceed six months from the date of publication of the grand jury report.)
- Recommendations numbered N/A will not be implemented because they are not warranted or are not reasonable.

(Attach an explanation.)

Date: 1/14/2021 **Signed:** James R Hogeboom Linda M. Jackson
Number of pages attached: 4

Signature: James R Hogeboom
James R Hogeboom (Jan 14, 2021 08:35 PST)
Email: jhogeboom@srcs.org

Signature: Linda M. Jackson
Linda M. Jackson (Jan 17, 2021 13:51 PST)
Email: ljackson@srcs.org

Marin County Office of Education
Wellness Professional Development and Trainings
2020-2021 School Year
(as of November 23, 2020)



August 2020

Topic

August 11, 2020

Trauma and Resilience: School and District Administrators

August 14, 2020

Trauma and Resilience: Educators and Community

September 2020

Topic

September 1, 2020

Using Positive Behavioral Interventions During Distance Learning

September 8, 2020

Parent Conversations: Suicide Prevention

September 15, 2020

The Impact of Trauma at School: Better Understanding, Recognition, Assessment and Support for Students with Trauma Related Challenges

September 17, 2020

Trauma-Responsive and Resilience Building: Foster Youth

September 23, 2020

Supporting Families at Home During Distance Learning

September 30, 2020

Prevention of Youth Exploitation and the Dangers of Technology

October 2020

Topic

October 1, 2020

Now What? Managing Emotional Health During a Time of Uncertainty

October 13, 2020

Parent Conversations: Parent Meditation

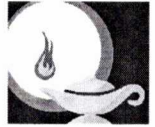
October 17, 2020

Walking Up the Teaching Pyramid: Tools to Support Children's Return

October 29, 2020

Using Audiobooks to Support Social and Emotional Learning

**Marin County Office of Education
Wellness Professional Development and Trainings
2020-2021 School Year
(as of November 23, 2020)**



November 2020

Topic

November 10, 2020	Parent Conversations: Coping Skills
November 11, 2020	Move, Groove and Grow: A Teacher's Resource for Social and Emotional Learning
November 14, 2020	Trauma Informed Care: The Impact of Trauma and California Teaching Pyramid Strategies to Support Children

December 2020

Topic

December 1, 2020	American Foundation for Suicide Prevention: Talk Saves Lives
December 1, 2020	Every Challenging Behavior Has Meaning: Foster Families and Providers
December 1, 2020	The Mindful Classroom: K-3 Educators and Families
December 3, 2020	American Foundation for Suicide Prevention: Talk Saves Lives
December 7, 2020	Key Strategies to Support Children in Building Resilience: Foster Families and Providers
December 8, 2020	American Foundation for Suicide Prevention: Talk Saves Lives
December 8, 2020	Social and Emotional Wellness Sessions: Parent/Guardian Self-Care
December 8, 2020	Parent Conversations: Coping with Anxiety and Grief
December 9, 2020	Social and Emotional Wellness Sessions: Educator Self-Care
December 9, 2020	Social and Emotional Wellness Sessions: Parent/Guardian Self-Care
December 10, 2020	Social and Emotional Wellness Sessions: Student Self-Care

**Marin County Office of Education
Wellness Professional Development and Trainings
2020-2021 School Year
(as of November 23, 2020)**



December 10, 2020	Join Us for a Talk: Emotional Intelligence
December 16, 2020	Social and Emotional Wellness Sessions: Educator Self Care
December 17, 2020	Social and Emotional Wellness Sessions: Student Self-Care

January 2021	Topic
January 14, 2021	Join Us for a Talk: Emotional Intelligence
January 18, 2021	Mindfulness Seminar Series: Parents and Educators
January 26, 2021	American Foundation for Suicide Prevention: Talk Saves Lives – Students
January 27, 2021	American Foundation for Suicide Prevention: Talk Saves Lives – Students

February 2021	Topic
February 2, 2021	American Foundation for Suicide Prevention: Talk Saves Lives – Students
February 8, 2021	Mindfulness Seminar Series: Parents and Educators

March 2021	Topic
March 8, 2021	Mindfulness Seminar Series: Parents and Educators
March 12, 2021	Treating Trauma
March 29, 2021	Mindfulness Seminar Series: Parents and Educators
