

CASSY



80% of teens &
60% of young children
who need help are **not getting it**

70% of youth receiving
mental health services
receive them at school

Kids are more likely to seek help when counseling is offered at school, especially when it's free

CASSY partners with over 40 schools in San Mateo & Santa

Clara Counties to ensure our youth have the **social and emotional support** they need to be *successful* in school and in life.

A photograph of four young women standing in front of a large, rectangular stone sign. The sign is mounted on a wooden frame and has the words "GREEN OAKS" on the top line and "ACADEMY" on the bottom line, both in a green, serif font. The women are dressed in casual to semi-formal attire. The woman on the far left is wearing a white cardigan and black pants. The woman next to her is wearing a purple top and black shorts. The woman on the far right is wearing a blue denim jacket and black pants. The woman next to her is wearing a dark patterned top and blue jeans. They are all smiling at the camera. The background shows a grassy area and a building with a metal fence.

GREEN OAKS
ACADEMY

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 envision a world where all students have the continuity of support they need, from the first day of kindergarten until they graduate from high school, to be successful in school and in life.

Commitments & Values

Be **available** to help all students, regardless of their ability to pay.

Partner with schools to make mental health services a natural part of the educational process.

Tailor our programs to meet the unique needs of the population we will serve.

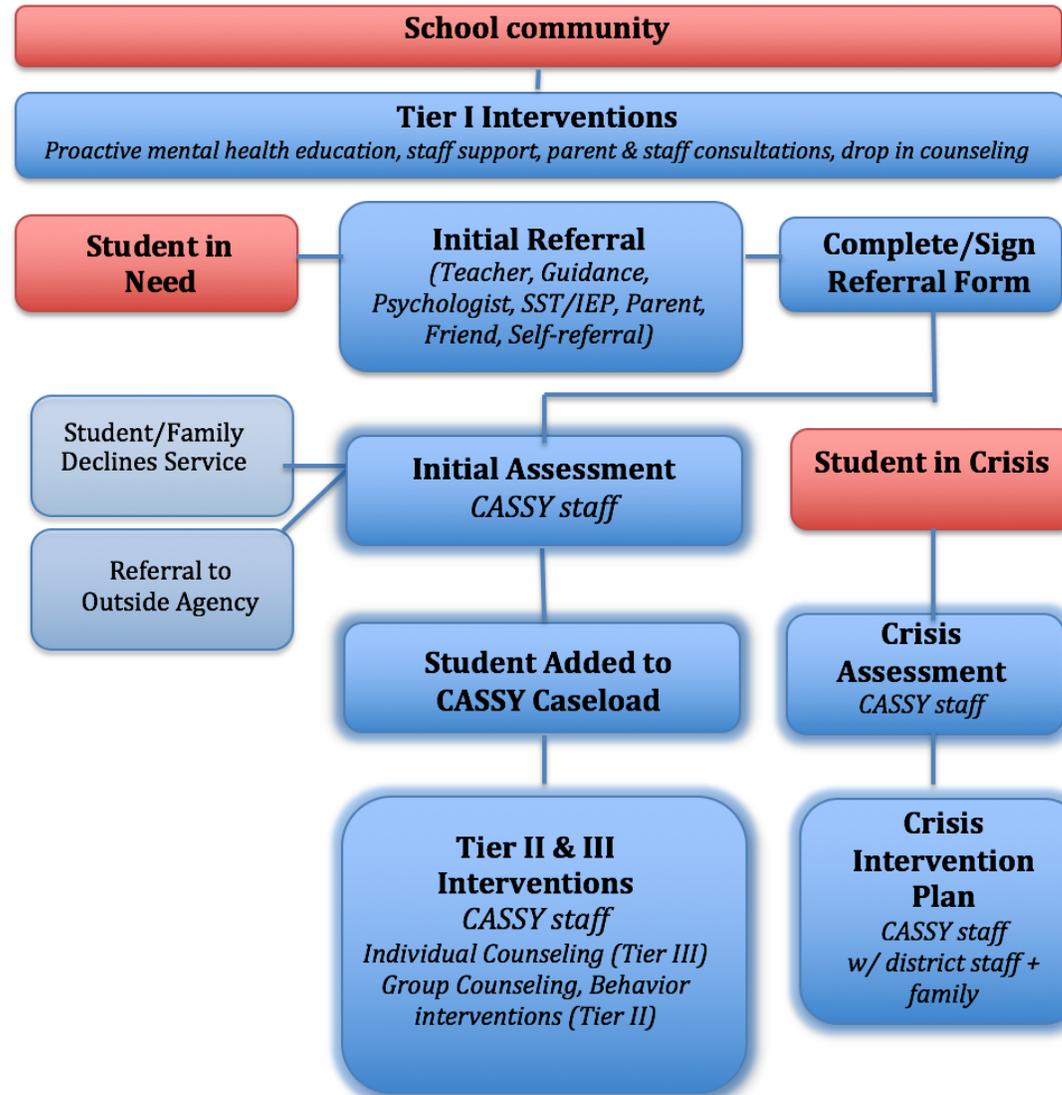
Hire, train and **mentor** professional therapists who love working with youth.

Commit to making a difference.

CASSY places competent, compassionate therapists directly on school campuses, eliminating the **transportation, financial, and insurance barriers** that so often prevent young people from getting the help they need.

We support students through
individual, group, and family counseling,
while also offering crisis support and intervention,
staff and parent consultations,
and classroom lessons such as bully prevention,
depression, mindfulness, and suicide awareness.

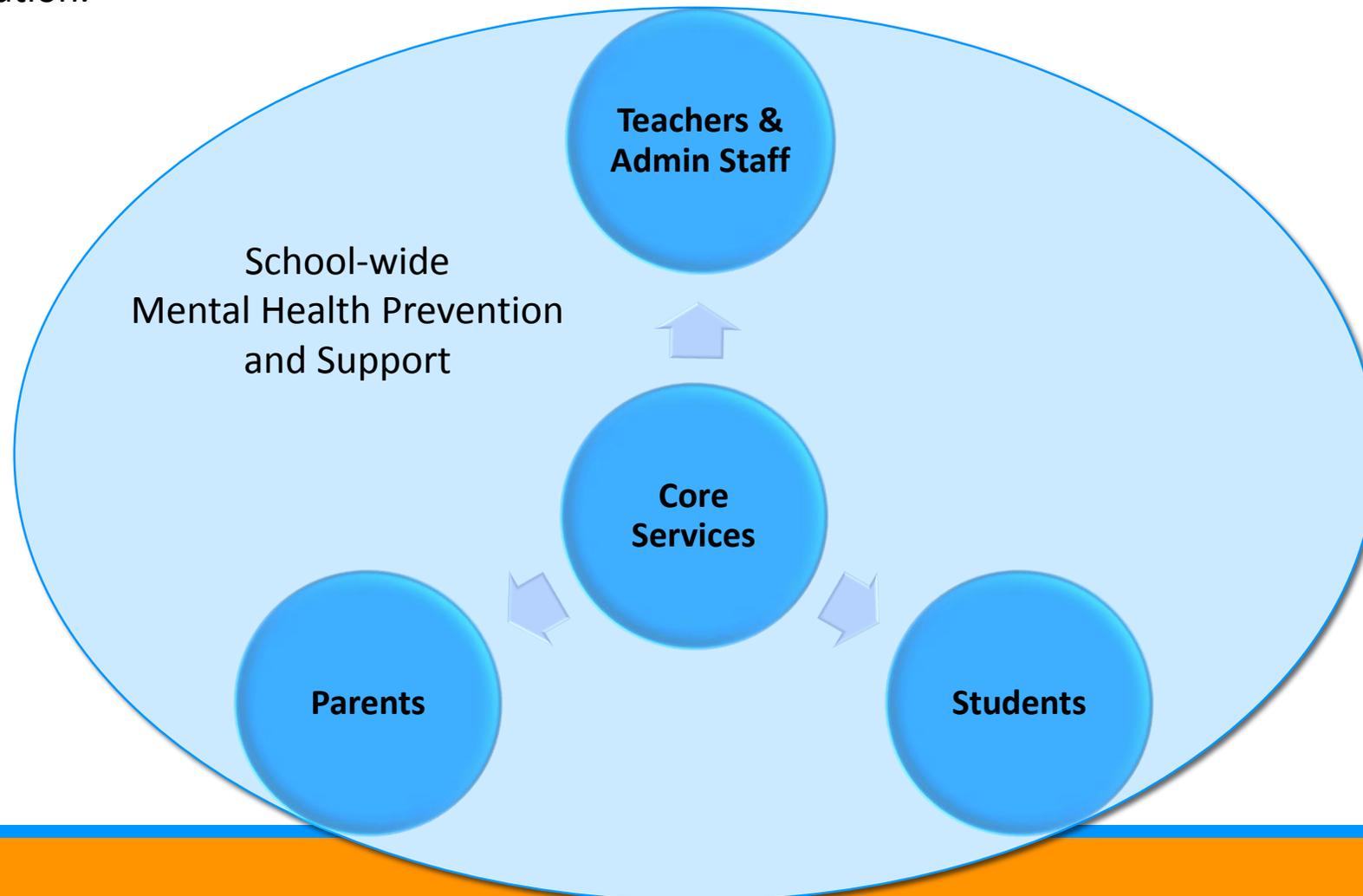
CASSY School-Based Mental Health Support Model



Theory of Change

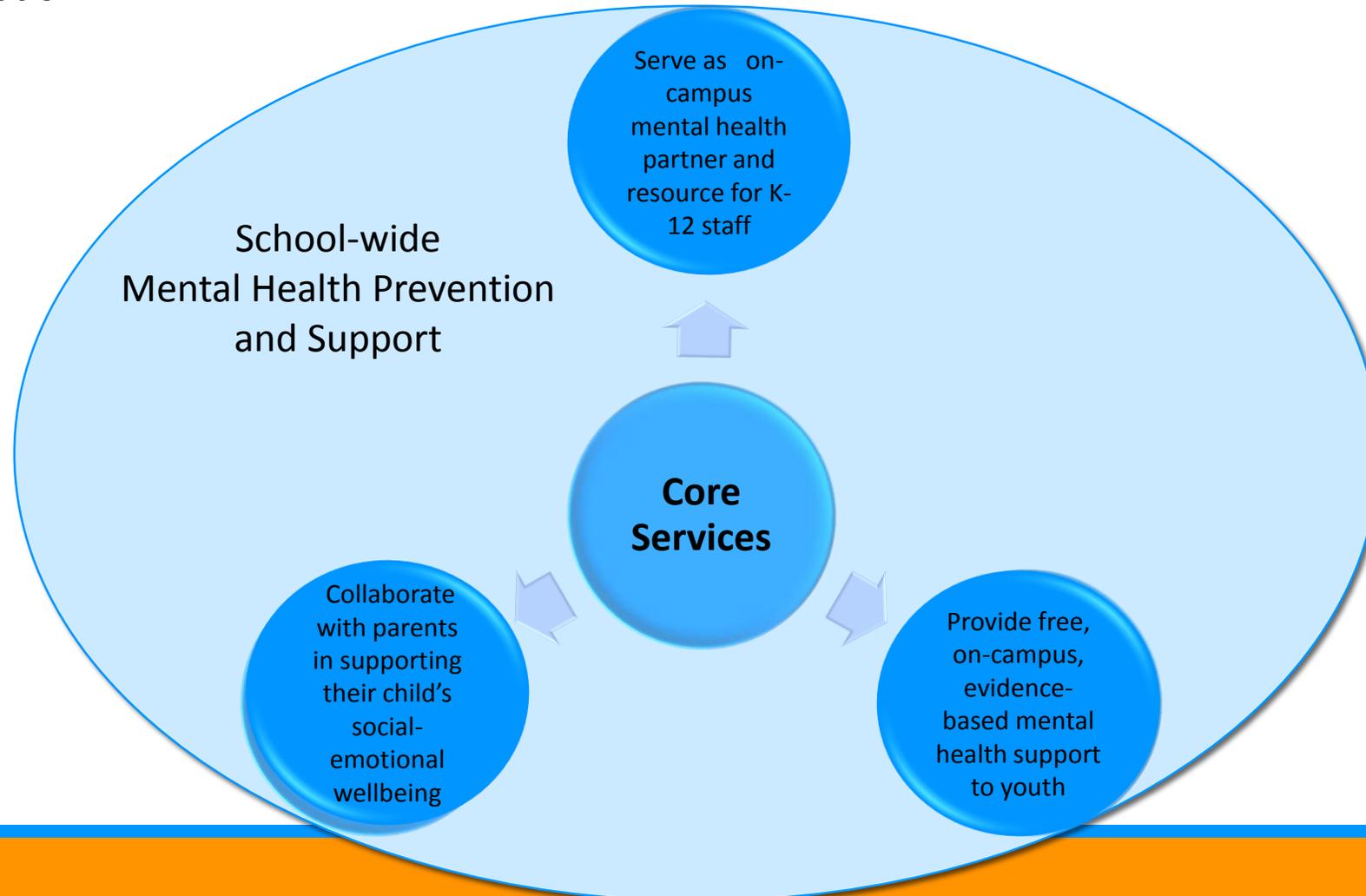
Overall Theory of Change

CASSY partners with local schools to support students' social and emotional well-being through individual and group counseling, crisis intervention, and preventative mental health education.



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Teachers and Administrators

Activities	Outcomes		
	Near-Term	Intermediate	Long-Term
<p>Serve as on-campus mental health partner and resource for K-12 staff</p> <ul style="list-style-type: none"> • Positively support students with social-emotional concerns by providing access to high quality mental health services • Consult with teachers about how to more effectively support individual students • Partner with administrators to ensure cohesive SEL system • Teacher training on mental health topics affecting community 	<p>Teachers and administrators have...</p> <ul style="list-style-type: none"> • More time for instruction • Improved access to information about student needs • More tools to address the social-emotional and behavioral needs of students 	<ul style="list-style-type: none"> • Improved institutional support system for managing youth's mental health needs • High-quality school-wide mental health curricula 	<ul style="list-style-type: none"> • CASSY as a trusted partner on mental health & SEL issues • Access to custom curricula that responds to dominant SEL and mental health needs on campus
	<p>Prevention →</p>	<ul style="list-style-type: none"> • Improved understanding of youth mental health triggers, risks, and prevention strategies 	<ul style="list-style-type: none"> • Increased responsiveness for managing school wide risks • Reduction in crisis events • School climate improves

Orange = Emerging opportunity

Students

Activities	Outcomes		
	Near-Term	Intermediate	Long-Term
<p>Provide free, on-campus evidence-based mental health support to youth</p> <ul style="list-style-type: none"> • Individual therapy • Group therapy • Crisis intervention • External referrals • Classroom-level mental health lessons across general ed students 	<p>Students...</p> <ul style="list-style-type: none"> • Build healthy relationship skills • Experience symptom reduction • Increase healthy coping strategies • Obtain access to support during crisis • Receive re-entry support following hospitalization 	<ul style="list-style-type: none"> • Build resiliency • Increase positive, pro-social behaviors • Improve academic success (GPA, attendance, DAP) 	<ul style="list-style-type: none"> • Know where and when to seek mental health support • Develop tools to manage social-emotional stressors • Experience improved life functioning • Build healthy relationships
	<p>Prevention →</p>	<ul style="list-style-type: none"> • All students know when and how to seek mental health support 	<ul style="list-style-type: none"> • All students have basic tools to manage social-emotional stressors

Parents

Activities	Outcomes		
	Near-Term	Intermediate	Long-Term
<p>Collaborate with parents in supporting their child's social-emotional wellbeing</p> <ul style="list-style-type: none"> • Parent consultation and coaching • External resources and referrals • Parent education workshops 	<p>Parents are...</p> <ul style="list-style-type: none"> • More informed about their child's mental health needs • Build tools for supporting their child's social-emotional wellbeing • Able to access resources and referrals 	<ul style="list-style-type: none"> • Improved parenting and relational skills with their child • Increased understanding of their child's mental health needs 	<ul style="list-style-type: none"> • Increased confidence in supporting child's mental health needs • Improved communication and relationship with their child
	<p>Prevention →</p>	<ul style="list-style-type: none"> • All parents support their child in seeking mental health support 	<ul style="list-style-type: none"> • All parents have tools for supporting child's mental health needs

In 2016-2017...

The CASSY team served over 4,000 youth, their schools, and their families by providing:

- 70,000 hours of onsite counseling services and support
- Over 21,000 individual and group therapy sessions
- 4,800 parent consultations
- 10,000 school staff consultations

Thanks to all of their hard work,

- 96% of youth in CASSY services increased psychological, social, and occupational functioning
 - 82% attended school more often
 - 68% resolved their disciplinary concerns
 - 95% of students met at least one of their treatment goals
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CASSY in PAUSD 16-17 & 17-18

CASSY provided **9,000** hours annually of on-campus support to the elementary schools.

- Our therapists served over **260** students, providing:
 - **1,020** parent consultations
 - **2,200** staff consultations
 - **3,000** individual and group therapy sessions
 - And presented **250** classroom lessons.

In 17-18, CASSY:

- Serves **8** elementary schools and **5** secondary schools
- Provides **76 days** of service each week
- **24,000** hours of service annually
- In the first three months of school, we've seen over **450 youth** for individual services

Evaluation & Outcomes

Quantitative

Service level stats (#students seen, demographics, goals achieved, etc)

Attendance/Truancy rates

Behavioral (suspensions, etc)

Mental health assessments (CGAS)

Qualitative

Surveys to principals, students, and parents

Other

Theory of Change

16-17 PAUSD Impacts (Elementary)

Description	Result
<p>The Children's Global Assessment Scale (CGAS) is a tool used to assess the global level of functioning and severity of mental illness in children and adolescents. CASSY therapists assess students at the beginning and end of treatment, with the results compiled at the end.</p> <p>Our goal is to help at least 85% of students maintain or increase positive functioning in their daily life.</p>	<p>95% increased or stabilized</p>
<p>Studies show a link between students with mental health concerns, attendance rates, and ongoing disciplinary concerns.</p> <p>We anticipate that students who work directly with CASSY therapists will show an increase in their attendance rate and/or show a reduction in disciplinary referrals, if these concerns are present.</p>	<p>71% improved their attendance rates</p> <p>70% resolved their disciplinary concerns</p>
<p>Treatment goals are the building blocks of a student's treatment plan. Goals are developed with the student and are designed to be specific, realistic, and tailored to the needs of each individual youth.</p>	<p>85% met at least one of their treatment goals</p>

Although my child has only attended a handful of sessions, I am very impressed with the counselor. She asks numerous in-depth questions, is very kind and easy to talk with and cares about children and their well being. She tries to understand the family situation and dynamics to try to help my child better. It is clear that she is a highly devoted counselor and is determined to make a difference in their lives. Thank you for your professionalism and dedication to our children's wellbeing!

- Jordan Parent

We see **over 4,000** youth per year, meeting the needs of the 20% of kids who otherwise may not have support.

Together, we can make **supporting**
social and emotional wellbeing
the **norm** in our schools!