

Research demonstrates that students who receive social-emotional and mental health support achieve better academically<sup>1</sup>. School environment, classroom conduct, academic motivation, and students' sense of awareness and welfare all improve as well which is why Silver Oak has developed the Mental Health Department.

The overall mission of the Mental Health Department is to promote healthy social, emotional, and behavioral development of students and have a positive impact on their academic achievements. The department includes a broad spectrum of services including group counseling, wellness checks, prevention and intervention, consultation, and referral services to help students achieve academic success and have access to experiences that build social skills, leadership, and self-awareness.

We offer a confidential setting where students can feel safe and supported while disclosing sensitive issues. Services include working with students individually and in groups on topics including; but not limited to:

- Conflict resolution skills
- Effective communication & assertiveness
- Responsibility/Accountability
- Self-esteem & Self-awareness
- Leadership skills
- Bullying/Cyber-bullying/Social media
- Healthy Relationships/Boundaries
- Depression management/Positive self-worth/Cognitive Distortions
- Anxiety/Mindfulness/Stress management
- Stages of Change
- Healthy coping mechanisms

If you feel your child would benefit from any of these services or if you have any questions please contact our mental health specialist, Melanie Carlton, at [Melanie@silveroakmontessori.org](mailto:Melanie@silveroakmontessori.org) for more information. \*\*Because school psychoeducation is not meant to replace personal psychotherapy, primary mental health services should be received outside of school through your primary care physician or local mental health agency.

*\*For further research, support, and community services explore the links below.*

Alameda County Behavioral Health  
<http://www.acbhcs.org/>

National Alliance on Mental Illness  
<https://www.nami.org/>

California Department of Health Care Services: Mental Health Service Division

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<sup>1</sup> U.S. Department of Health and Human Services Office of Adolescent Health

<http://www.dhcs.ca.gov/services/Pages/MentalHealthPrograms-Svcs.aspx>

Each Mind Matters: California's Mental Health Movement

<http://www.eachmindmatters.org/>

Tirburcio Vasquez Health Center

<http://www.tvhc.org/Home.aspx>

La Familia Counseling

<http://www.lafamiliacounseling.org/>