



Student Mental Health Services

Moraga School District strives to nurture the social, emotional, and physical well-being of all students. We offer a multi-tiered system of support for social-emotional well-being. All students receive instruction in the five core competencies set forth by the Collaborative for Social Emotional Learning (CASEL): Self awareness, self management, social awareness, relationship skills and responsible decision making through evidence based classroom curriculum delivered by counselors and teachers. If a student experiences social-emotional challenges that affects his or her ability to learn, we address these barriers by offering a variety of services to help address identified needs, such as individual and group counseling.

What mental health services are available to help struggling students?

Responsive counseling services address needs within the school community including individual student situations as well as school, community, state, and/or national crises that affect students' lives. Counselors may work with students individually or in small groups. During the sessions, your child and a counselor will work together to understand the problem, the present and future consequences, develop goals for change and a plan of action for change. Additionally, counselors plan on-demand classroom lessons to address specific needs in conjunction with teachers.

In unique situations, students may receive mental health services as outlined in a Section 504 Plan or an Individualized Education Program.

There is no cost for these programs. Counseling services are not required; it is a parent/guardian's choice to give consent for a child to receive counseling.

Who can refer a student for mental health services?

Parents/Guardians can refer students by contacting the student's teacher, school psychologist, school counselor, or site administrator.

Teachers can refer students by completing a referral form or contacting the counselor or psychologist directly. All teachers must complete a referral form at the time of initial referral.

Students can self-refer or refer friends by speaking directly with a staff member.