

Student and Family Resources

Available Mental Health Services for Students:

Union Street Charter offers student support counseling for social-emotional issues that are interfering with academics or causing conflict on the playground. Typical topics covered include identifying emotions, understanding how emotions feel in the body, mindfulness, social skills, conflict management, boosting confidence and offering a comfortable space for students to talk freely about what is going on for them. Many of the activities are play-based, including drawing, using sensory activities and playing games. These activities often help the student express themselves in a comfortable setting. Space is limited and the sessions are once a week for 15-20 minutes.

If a student has Medi-Cal, The Department of health and Human Services can provide counseling. Students who are experiencing some anxiety, depression or more than typical difficulty with social interactions may be referred by parents or the school. Parents can call 445-7715.

The Arcata Family Resource Center may also be able to assist with Mental Health Services. You can contact them at 826-1002. They are located on the Arcata Elementary School campus at 2400 Baldwin, but services are open for all Arcata residents.

Families with insurance can call their insurance company and ask for a list of counselors covered by their plan.

Foster and Homeless/ McKinney-Vento Assistance

Union Street Charter offers student support for homeless youth. The liaison for homeless students can refer homeless families and youth to health care services, including dental, mental health, and substance abuse services, and housing services. Please contact:

Union Street Charter

Phone: 707-822-4845 ext. *#

Email: office.unionstreet@gmail.com

Children and youth who are experiencing homelessness are provided the rights and services to which they are entitled to under the McKinney-Vento Act. These rights may include:

- Immediate enrollment in the school they last attended (school of origin) or the local school where they are currently staying, even if you do not have all the documents normally required at the time of enrollment.
- Continue to attend their school of origin, if requested by you and it is in the best interest.
- Receive transportation to and from their school of origin, the same special programs and services, if needed, as provided to all other children, including free meals and Title I.
- Receive the full protections and services provided under all federal and state laws, as it relates to homeless children, youth, and their families.