



August 1st, 2023

Dear Families of NJUHSD,

At NJUHSD, we prioritize the mental well-being of our students, and we stand ready to support those in need of additional mental health care. This letter offers guidance on accessing mental health services both within our school community and in the broader area.

Through our STARS Student Assistance Program, we offer mental health screenings and tailored interventions to help students overcome challenges that might hinder their success in school. Our STARS therapists deliver both short-term individual and group therapy, alongside resources and referrals. For further information, please contact our Student Assistance Program Coordinator, Leslie Bauman, LMFT, at 530-268-3700 x4702 or lbauman@njuhsd.com.

Should you prefer to utilize your medical insurance for mental health services, you can reach out to your provider for a list of specialists who work with teenagers. Various insurance plans, including Medi-Cal, may fully cover therapy costs. Inquire about potential deductibles or co-pay fees; therapy may be more accessible than you realize.

Nevada Joint Union High School District is also pleased to announce our partnership with Care Solace. This care coordination service is designed to complement our multi-tiered systems of support (MTSS) and promote community access to mental health care, thereby enhancing student well-being and learning. With 24/7/365 multilingual support, Care Solace helps you find local mental health and substance use counseling services tailored to your needs. Call 888-515-0595 anytime or visit www.caresolace.com/njuhsd.

Consider consulting your child's doctor as well. Many pediatricians can identify underlying medical issues and recommend counseling support, sometimes even providing counseling on-site. Some nearby clinics include:

- Nevada County Children's Behavioral Health (530-470-2736) (Grass Valley)
- Sierra Family Medical Clinic (530-292-3478) (North San Juan)
- Chapa De Indian Health Clinic (530-477-8545) (Grass Valley)
- Western Sierra Medical Clinic (530-274-9762) (Grass Valley)

In times of crisis, Nevada County Behavioral Health provides a 24-hour crisis line at 530-265-5811. Whether faced with an urgent emergency, such as suicidal thoughts, or needing ongoing support after a crisis, trained counselors are available to help.

Feel free to reach out if you require further assistance in supporting your child's mental health. Together, we can create a nurturing environment for our students.

Warm regards,

Tim Reid

Director of Pupil Services