

# Student Intervention Team



November 2013 Newsletter

## November Updates

- \* The Student Intervention Team is **MOVING!**
- \* We are happy to be joining our Student, Family, and Community Support Department, Office of School Health Programs colleagues at:  
**1515 Quintara Street**  
**Ph. (415) 242-2615**  
**Fax (415) 242-2618**
- \* Estimated Time of Arrival: Mid-November



How to reach us...



## SIT Contacts

**Janet Frost, LCSW, PPSC**  
Clinical Supervisor  
Email: [frostj@sfusd.edu](mailto:frostj@sfusd.edu)

**Keith Lawrence Wong, MFT, PPSC**  
Clinical Supervisor  
Email: [lawrencewongk@sfusd.edu](mailto:lawrencewongk@sfusd.edu)

**Toni Nemia, MFT, LPCC**  
Clinical Supervisor  
Email: [nemiasa@sfusd.edu](mailto:nemiaa@sfusd.edu)

**Lori Swihart, LCSW, PPSC**  
Clinical Supervisor  
Email: [swihartl@sfusd.edu](mailto:swihartl@sfusd.edu)

**Carrie Tanabe, MFT, PPSC**  
Clinical Supervisor  
Email: [tanabec@sfusd.edu](mailto:tanabec@sfusd.edu)

### Current Location:

**20 Cook Street, Room 10**  
**San Francisco, CA 94118**  
**(415) 750-4500**

### New Location (Mid-November):

**1515 Quintara St.**  
**San Francisco, CA 94116**  
**(415) 242-2515**

## Appreciations

**'Tis the season for giving thanks~**

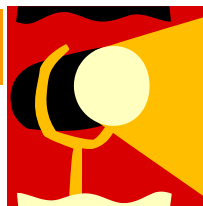
We would like to give special recognition for all the **School Social Workers and Wellness Coordinators** who are Site and/or Clinical Supervisors for our amazing SIT interns this year. Our program would not exist without you!

THANK YOU

## Intern Spotlight

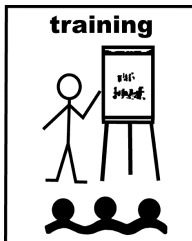
**Preston Becker is in the intern spotlight this**

**month at SIT:** Preston started as an intern with SIT in the Fall of 2009 when he was enrolled as a student at USF. He graduated in 2010, but continued on with his internship with SIT until this year. Preston has worked with a number of students in different schools throughout the district including Lakeshore ES, Everett MS and Marshall HS. Preston will complete his internship (and BBS hours!) this year with SIT and is looking forward to starting up a private practice while spending time with his twin baby girls, Megan and Chelsea, who were born in May 2013. Thank you Preston for all that you have done with SFUSD students over the years!



## Upcoming District Trainings

- **Special Education**, November 18, 2013, 2-4pm, Presenters: Dena McManis & Tracy Joseph, School Psychologists, 1515 Quintara St.
- **Complex Trauma, Part II** (had to have attended **Part I in November**), Monday, January 27, 2014, 9-11am, Presenters: Lori Swihart and Kristen Nelson, 1515 Quintara St.



**November is Violence Prevention Month! See your site supervisor and [healthiersf.org](http://healthiersf.org) for information and resources.**

# SIT Mental Health Intern Corner and Resources

## COPING WITH HOLIDAY STRESS

For many children the holidays are happy, fun and exciting times. There may be lots of fun activities and events going on, both at home and at school. And while that can be a good thing, the reality is that all that hustle and bustle means schedules are often out of whack, bedtimes get pushed back, and routines are disrupted. As a result, it's inevitable that kids may feel some degree of holiday stress.

Children may exhibit stress because of the disruption of their everyday routine. They may be very sensitive to this disruption. In general, the holidays can create over-stimulation for children and their families.

Family plans and celebrations may be complicated by divorce, separation or remarriage. The holidays can also be a difficult time for children who have lost a parent, sibling, or close relative. Over the last several years, many children have also been separated from parents due to ongoing military service.

Parents and teachers can experience holiday stress for some of the same reasons. Children being over stimulated about the holidays can create stress in the classroom and at home. However, adults can also have their own issues to deal with around the holidays. They may also be experiencing intense emotions over recent or past losses, financial limits, too much/ too little to do, or unrealistic expectations. In addition,

the social media makes it challenging for families given the expectations of how holidays are portrayed, especially families who are lower SES or who are stressed financially.

Children and adolescents often exhibit defiant and acting-out behavior when experiencing feelings of depression. Parents, teachers, and school staff should pay close attention to the behavior of children as the holidays and school break approach. Signs of holiday anxiety may include:

- Tears for seemingly minor reasons
- Irritability, low frustration tolerance, agitation
- Nervous behaviors such as nail biting and hair twirling
- Physical complaints such as headaches and stomach aches
- Regression to younger behaviors
- Withdrawal, apathy

### So what can you do?

As an intern, it is important to create an open space to allow the students you are working with the opportunity to express feelings about the holidays. Don't assume the holidays or break is something that the student is looking forward to. For example: don't say "So, are you excited for the holidays (break)?" Instead, you might want to say "What do the holidays mean for you?" or "How are you feeling about the upcoming break?" "What do you typically do?" For younger students, you could have them draw a picture with the above prompts.

Due to many changes in schedules around the holidays, it is important to keep your appointment with the students as regular as possible. If there is a change, notify the student in advance.

Also, assure the student that you will return after the break and let them know the first date of your session after the holidays. A calendar may be helpful to demonstrate this. Consistency goes a long way during stressful times.

**It is also important to remember to practice self care during the holiday!**

## Did you know?

A 2002 National Holiday Teen Mood Survey, conducted by Penn, Schoen & Berland Associates, Inc., and led by the NYU Child Study Center, revealed that many teens experience feelings of depression and sadness that often go untreated.

- 9 out of 10 adolescents reported they have experienced feelings of depression or sadness;
- More than 80% of these depressed teens have never received treatment for their symptoms.

## Resource Corner

### 24 HOUR HOTLINES

**24 Hour Crisis Line:**  
**(415) 781-0500**

**Huckleberry Youth Programs**  
Huckleberry House  
Children 11-17 years old  
(415) 621-2929

**Larkin Street Youth Center**  
(415) 673-0911

**T.A.L.K. LINE**  
Telephone Aid in Living with Kids  
24Hour Service  
Free Telephone Counseling  
(415) 441-5437