



September 10, 2018

Dear Parents of Grimmway Academy Arvin,

We promote the mental health, well being and academic achievement of all our students. We are dedicated to restoring and maintaining a safe and healthy learning environment for the students and staff of Grimmway Academy Arvin. With this being said, we would like to inform you about some of our mental health protocols and provide you with important after-hours contact information. If you are worried about the emotional health of one of your student's, you may be wondering what to do next. As parents, you all have the responsibility to speak up and reach out if you have concerns about your child or another student if you witness troubling behaviors. Together we can provide the right connection and partner to find solutions to determine the best approach to help a student in distress. Please feel free to reach out to your child's teacher or to Mrs. Maria Moreno, School Counselor, for help or directly to a member of our school administration.

With such a high rate of mental distress among adolescents, it's more important than ever for parents to understand their role as gatekeepers. Everything from problems in the family like divorce, health or financial struggles, to peer, social or academic pressures that can bring about a mental health issue needing intervention. Research indicates that the same factors that help kids brains learn and remember may make them susceptible to stress and anxiety. While every situation is different, some common themes seem to come up again and again: too many of today's students are stressed, anxious, and depressed -- even to the point of contemplating suicide. Early detection and treatment of mental health disorders is imperative for student success. Together we can increase the number of students who receive the mental health services they need in order to succeed in school, continue to develop socially, and fully experience the purpose and joys of life.

In conclusion, as a school staff, we commit to trying to connect any student facing any mental health issue with the pertinent resources or agencies. Again, please feel free to contact us at (661) 855-8200 with any concern. Attached to this letter please find a list of after hour services, if you need immediate assistance please call 911. You may also contact us if you have any questions regarding this letter.

Sincerely,

Cole Sampson  
Principal, Grimmway Academy Arvin

## **EMERGENCY INFORMATION / After Hours Services**

If you need IMMEDIATE help, please call 911.

For a mental health emergency, contact one of the following agencies:

Arvin Police Department (661) 854-5583

National Suicide Prevention Lifeline 24-hour 1-800-273-TALK

Kern Behavioral Health & Recovery Services 1-800-991-5272

Clinica Sierra Vista Behavioral Health Services (661) 845-5100

AlaTeen (661) 322-1102

Bakersfield Crisis Pregnancy Center (661) 326-1907

Bakersfield Gay and Lesbian Center

Boys Town National Hotline 1-800-448-3000

CA Youth Crisis Hotline 1-800-843-5200

Crisis Text Line "Listen" to 741-741

Domestic Violence Hotline 1-800-799-7233

Teen Crisis Line 1-800-852-8336

The Trevor Project - LGBTQ 1-800-488-7386

National Child Traumatic Stress Network [www.nctsn.org](http://www.nctsn.org)

CA Victims Assistance [www.victimcompensation.ca.gov](http://www.victimcompensation.ca.gov)