Throughout the pandemic I have been fortunate to partner with Turlock Unified School District Mental Health Clinicians C.A.R.E. program to share important information to students, staff, and parents on a range of topics from suicide awareness to mental health to Toolbox resources and more. The C.A.R.E. program has 10 full time licensed Student Support Clinicians with an additional 7 full time licensed Mental Health Clinicians working within the special education department. In addition to providing information for social media, the Student Support Clinicians are also valued contributors to the TUSD Weekly Update newsletter providing helpful information to our staff as well as our community readers. A few examples below:

Social Media Posts
- TurlockUSD: Supporting Students Through Health Anxiety (January 31, 2022)
- TurlockUSD: Using Our Tools During the Holidays (December 28, 2021)
- TurlockUSD: Vicarious Trauma (November 8, 2021)
- TurlockUSD: Circle of Friends (September 14, 2021)

Newsletter/Social Media Posts
- TUSD Update: Does Social Media Impact Mental Health? (November 2, 2021)
- TUSD Update: Telehealth Therapy (January 31, 2022)

In addition to my work with the Student Support Clinicians, I have also assisted the Office of Curriculum and Instruction, to promote staff and parent trainings with a mental health emphasis. Last spring, we hosted a virtual parent/staff webinar series, the “Fundamentals of Well-Being & Balance” with Dr. Lauren Hodges and this fall another one with Roni Habib on “Mindful Parenting During COVID & Beyond.” These webinars were well-received by parents and staff alike. We are proud of the efforts TUSD made to support our staff and parents through the challenges of the pandemic. A few examples below:

Social Media Flyers
- TurlockUSD: Mindful Parenting During COVID & Beyond (December 5, 2021)

This year TUSD hired an elementary counselor for every TK-6 campus and I am looking forward to working more closely with them during the 2022-2023 school year to support social-emotional learning, especially in developing a common communication presence for all across all TUSD media platforms (i.e., current website example Brown Elementary School and monthly newsletter for parents Medeiros Elementary School).

Through our social media channels we have been able to share information broadly with our various TUSD audiences emphasizing the importance of mental health, particularly during the pandemic. Our posts have reached hundreds of people but, more importantly, they have demonstrated TUSD’s commitment to social-emotional learning backed by expanded counseling programs for students and support for parents/staff. Social media has allowed us to showcase our efforts in this area while also building a bridge to those in need of support.