



## Communities In Schools

San Antonio

**MISSION:** To surround students with a community of support empowering them to stay in school and achieve in life

Communities In Schools of San Antonio has partnered with SAISD for over 20 years, providing high-quality integrated student support services for students and families to help students overcome challenges that might otherwise inhibit their academic success.

### **TRADITIONAL CIS PROGRAM**

Despite the complexities presented by the COVID-19 pandemic, CIS-SA will continue to provide support to SAISD campuses in a variety of ways this year. CIS-SA's Site Coordinators:

- Can provide comprehensive case management support virtually and on campus with counseling and/or supportive guidance, education and academic enhancement activities, school supplies and basic needs resources, parental and family involvement activities, health and social service referrals, pre-employment skills training and career awareness activities, educational and cultural enrichment opportunities, and mentoring opportunities for targeted students.
- Can assist in the classroom and on campus once students return to campus.
- Can provide support and work with students and families in virtual classrooms or breakout sessions/rooms who need additional assistance.
- Can make calls or conduct safe, social distanced home visits to families to check-in on students, provide resources, and follow up on uncontactable or disengaged students.
- Can assist with enrollment and declaration calls.
- Can provide support for school-wide initiatives, events, or priorities.
- Can assist parents/families with technology support.
- Can assist teachers with in-class tech support.
- Can join campus teams such as Leadership, Attendance, Academic, College/Career, and PBIS committees.

### **MAIN POINTS OF CONTACT:**

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**CAMPUSES SERVED IN 20-21:**

Ball	Carvajal	Herff	Margil	Schenck	Davis	Longfellow	Rogers	Highlands
Beacon Hill	Crockett	Hirsch	Miller	Woodlawn Acad.	Harris	Poe	Tafolla	Lanier
Bowden	De Zavala	Japhet	MLK Academy	Woodlawn Hills	Lowell	Rhodes	Whittier	Sam Houston
Briscoe	Douglass	JT Brackenridge	Pershing					
Cameron	Hawthorne	Lamar	Rogers Acad.					
Elementary & Academy					Middle			High

**CLINICAL COUNSELING PROGRAMS**

CIS-SA also provides clinical mental health support to SAISD. The following are three distinct mental health counseling programs that SAISD students have access to:

**Project Access**

**Description:** Project Access aims to create a cohesive system of mental healthcare for underserved students, expanding access to counseling services by connecting social workers and community health providers to youth and families in school. The Project Access team of Licensed Professional Counselors (LPC) provides short-term targeted prevention and intervention services to students struggling with social-emotional and behavioral issues that might otherwise lead to truancy, delinquency, self-harm or violence. This program offers invaluable services to children and families with little access to quality mental health care – providing them with culturally and linguistically appropriate restoration skills to resolve issues that might otherwise continue to affect academic achievement and quality of life. It is important to note that once the sessions are over the student is provided aftercare by the CIS-SA Site Coordinator staff on their home campus. This continuity of care is imperative to maintaining the student’s progress. Additionally, although our Project Access staff typically work independently with their unique caseloads, when a crisis or tragedy occurs on a school campus, then our whole Project Access team will deploy to the campus for a period of time to help both adults and students recover from the trauma they have experienced.

**Schools:** All CIS program schools (see table above)

**Caseload Capacity:** Clinician dependent.

**Main Point of Contact:** Gabby Valdez / [gvaldez@cissa.org](mailto:gvaldez@cissa.org) / 210-520-8440 x. 619



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### **Metro Health – Teen Parent Counseling**

**Description:** In partnership with The City of San Antonio’s Department of Metropolitan Health, CIS-SA employs full-time Licensed Professional Counselors (LPC) to provide ongoing (long-term) counseling services to teenage parents to prevent repeat pregnancies while increasing the health of the parents’ relationships with one another and their children. The team mitigates reasons teen parents aren’t receiving mental health support by providing the service on campus, in person, by telephone, or through a virtual platform. By having LPCs provide individual, group, and family counseling to teenage parents, the Metro Health team provides support to two generations by strengthening the mental health of the whole family. Eligible students include those between the ages of 13-19 identified as having experienced a pregnancy or currently parenting. This program is open to both male and female participants.

**Schools:** Any school in SAISD can make a referral for services.

**Caseload Capacity:** 20-30 students per school year

**Main Point of Contact:** Serenity Escobar / [secobar@cissa.org](mailto:secobar@cissa.org) / 210-520-8440 x.632

### **Metro Health – Handle With Care/Domestic Violence Counseling**

**Description:** In partnership with The City of San Antonio’s Department of Metropolitan Health, CIS-SA employs full-time Licensed Professional Counselors (LPC) to address current inadequate access to care while promoting mental health wellness. The team mitigates trauma that students and families have experienced by providing ongoing (long-term) clinical counseling sessions on campus, in person, by telephone, or through a virtual platform. By having LPCs provide individual, group, and family counseling, the clinical team provides support to two generations by strengthening the mental health of the whole family. Eligible students include those referred by Handle With Care or those who have been identified or self-identified as having experienced a domestic violence incident and can be referred by school counselors, the Handle With Care program, or other healthcare professionals.

**Schools:** Any school in SAISD can make a referral for services.

**Caseload Capacity:** 20-30 students per school year

**Main Point of Contact:** Maritza Garcia-Pulido / [Mgarcia-pulido@cissa.org](mailto:Mgarcia-pulido@cissa.org) / 210-520-8440 x. 628



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### **CIS-SA/SAISD Head Start PACE Wellness Program**

**Description:** CIS-SA's Parent & Child Emotional (PACE) Wellness Program provides education and support to SAISD Head Start students and families by helping them develop healthy coping skills and prioritize mental wellness. This support ultimately helps students be more successful in the classroom. The team is comprised of two Licensed Professional Counselors and two Master Social Workers who provide support to students in the school setting or virtually when deemed necessary. The team provides case management services, group services, and individual counseling to students and families. Eligible students include those enrolled in SAISD's Head Start program.

**Schools:** Any SAISD Head Start program school can make a referral for services.

**Caseload Capacity:** 80 student/family members per school year.

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