

Sign Up Today to be a Mental Health Volunteer

Mental health professionals from much of Northern California turned out on Friday, Oct. 27 to assist the Santa Rosa City Schools as 12 schools reopened after the fires that raged there. There are some spots left for the other 12 schools that will open on Monday, Oct. 30.

Santa Rosa City School plan to have one additional mental health professional on each of the 24 affected campuses starting Tuesday, Oct. 31, through Friday, Nov. 2. A new sign-up sheet has been posted. See the link at the end of this memo.

Below is information from Steve Mizera, assistant superintendent for Student and Family Services for Santa Rosa City Schools. Please read this before clicking on one of the links at the end of this memo.

For more information, please contact Stephen Mizera, Assistant Superintendent, at smizera@srcs.k12.ca.us

Dear Mental Health Community,

As you all know (all too well), the Disaster that has recently struck Sonoma County has had a tremendous effect on the lives of our students and families. As we begin to return to heal and re-open schools, Santa Rosa City Schools welcomes any trained professionals to assist. We are hoping you may be able to volunteer a little of your time to help our students and staff recover.

Below is a link for you to sign up to volunteer at one or more of our schools.

Logistically, we are having two “waves” of school re-openings. As of this writing, only the first re-opening date is October 27th, and the second is October 30th. You can choose either or both days. I understand that some of you may be traveling from out of our county so an afternoon shift would likely be best for your drive. Our Elementary schools are generally out by 2:30 pm and our secondary schools, 3:00 pm.

We are asking for support in two areas: Comfort Room Support and Adult Support.

Comfort Room Support

Volunteers will provide support to students who may need “Drop-in Services” during the first-day for students. We believe that these would be small group type of activities, generally in a school library. Helping to develop activities for processing each student’s loss will be important. If students are need of higher-level services, we will have on-site District employees; School Counselors, School Psychologists or Clinicians to work more on the high need students. Should you choose this group, we ask that you give at least a 3 ½ - 4-hour commitment depending on the school’s schedule.

Staff Room Support

Volunteers will provide support to staff who may be having a particularly difficult time. We anticipate you would be working only with adults. We are trying to make available a “drop-in” location for staff to check-in with someone if they need. We also may have parents that are having a particular problem, and this person would support them only if needed. Should you choose this group, we ask that you give at least a 3 ½ - 4-hour commitment depending on the school’s schedule.

Logistics

Although school start times differ in SRCS, assume the start time is 8 am – 3 pm in all schools. Volunteers will be asked to sign-in to the main office. **If you are a non-district employee, you will be asked to show a copy of your License or Credential at the time of your sign in. If you are with students, you will have a district employee in the room with you. You will receive a small summary of guidelines in working with students, and you will be shown your room. Please note that there will also be a School Counselor, School Psychologist, and an MFT Clinician or intern, on-site with you at each school.** Your support in these rooms, allows them to support students and staff with greater needs. There may not be food available at all sites, so please have a bag lunch ready!

Please sign up on the one of the google documents below, based on a school age level you prefer and a location, Staff support or Comfort room support. If you have any questions about your assignment, I can put you in touch directly with the support team at the site you have chosen; Please email me.

For Oct. 30:

[Link to Volunteer Support Sign UP](#)

[Link to Volunteer Support Sign Up for Oct. 31 – Nov. 2](#)

The outpouring of support from our community has truly been inspiring to us all, and we thank you so much.

Steve Mizera
Assistant Superintendent
Student and Family Services
Santa Rosa City Schools
smizera@srcs.k12.ca.us

Note from CASP: Please contact CASP at executivedirector@casponline.org or memberservices@casponline.org if you plan to go to Santa Rosa. And keep in mind, hotel rooms there are expensive and few, so do not plan to find affordable overnight accommodations once you arrive. If you have any other questions that do not have to do with the work you would be doing in the fire area, contact CASP. And thank you for supporting the Santa Rosa-area schools!