



CHAC SCHOOL-BASED SERVICES END OF SCHOOL YEAR INFORMATION

Dear parents and guardians,

As a trusted community mental health provider for 51 years, CHAC has responded to students, families, and schools with prevention and intervention resources like never before. This school year, CHAC clients have learned new skills, connected with their peers, managed challenges, and explored new ways to express themselves. As of May 1, 2024, **CHAC has served 4,686 students and provided 36,450 service hours across four school districts this school year.**

These services included:

- 1:1 Counseling
- Psychoeducation groups such as Healthy Friendships and Anxiety Management
- Whole-classroom Social & Emotional Learning lessons
- CHAC|arts whole-classroom art expression
- Parent/Caregiver and Teacher Consultation

In the ever-changing landscape of school-based services, CHAC is proud to have partnered with our community schools to provide much-needed services and to highlight the importance of mental health as part of overall health for children and families.

For the 2024-25 school year, please connect with your school administrators for information regarding access to counseling and prevention services at your school.

Community Mental Health Resources:

- **Pacific Clinics**
pacificclinics.org
- **Children's Health Council**
chconline.org
- **Bill Wilson Center**
billwilsoncenter.org
- **Kara**
kara-grief.org
- **Gronowski Center**
paloalto.edu/gronowski-center
- **Columbia Neighborhood Center**
sunnyvale.ca.gov/recreation-and-community/community-centers/columbia-neighborhood-center

Head to chacmv.org/mhresources for parent tips on how you can support your child through their journey with:

- **Depression**
- **Anxiety**
- **Grief and Loss**
- **Anger & Behavioral Challenges**