

My name is **Racquel** and I am the Student Support Clinician for your site. I am part of the **C.A.R.E.** Program! What do we do?

- Assess for mental health conditions/diagnoses
- Develop treatment plans to address problematic symptoms
- Provide treatment interventions through direct counseling services
- Provide referrals to other supportive services
- Provide crisis intervention
- Provide consultation and education on mental health topics

When should you refer a student? Watch for these **red flags**:

- Feeling sad or withdrawn for more than two weeks
- Seriously trying to harm oneself, or making plans to do so
- Intense worries or fears that get in the way of daily activities
- Sudden overwhelming fear for no reason, sometimes with racing heart/fast breathing
- Involvement in many fights or expressing a desire to hurt others
- Severe, out-of-control behavior that can hurt oneself or others
- Not eating, throwing up, using medications to make oneself lose weight
- Extreme difficulty concentrating/staying still that puts him/her in danger or causes problems in class
- Use of drugs or alcohol
- Significant changes in mood/behavior (out of character)

How do you refer?

Fill out the referral form that is located in the staff office or email me and I can send you an electronic form for completion:

rbarker@turlock.k12.ca.us

Racquel Barker, LCSW PPSC

