

Social-Emotional Supports at Analy High School

Dear Analy Families,

We know that you and your students are working hard to navigate the new Distance Learning format of the educational world. We welcome and encourage you to contact us if your student is struggling with school. We can work together as a team to brainstorm and explore ways to help support your student's success.

Supports Available:

● Frequent Phone Check-ins

- We are offering supportive check-in calls from our Campus Supervisors, David Cary and Stacey Murtha. They can encourage your student to create a schedule, help troubleshoot some tech problems and be a listening ear. They can also help if your student needs more support with creating a morning routine or following a daily schedule.
- Contact your student's Vice Principals to setup this service
 - Sandy Frey, Last Names A-K, sfrey@wscuhsd.org
 - Erin Elliott, Last Names L-Z, eelliott@wscuhsd.org
- Campus Supervisor Contacts
 - David Cary, dcary@wscuhsd.org
 - Stacey Murtha, smurtha@wscuhsd.org

● Academic, Schedule and General Guidance

- Connecting with your student's Analy Counselor is the single most important point of contact for you. They can help with academic concerns, scheduling conflicts, and other important concerns.
 - Lucia Garcia, Last Names A - GOM, lgarcia@wscuhsd.org
 - Claudia Camacho, Last Names GON - O, ccamacho@wscuhsd.org
 - Linda Ruder, Last Names P - Z, lruder@wscuhsd.org

● Academic Support Classes

- We are offering Academic Support Classes this year. Each Academic Support focuses on organization, college and career exploration and help with work completion. If you are interested in having this elective added to your student's schedule, please contact their Academic Counselors.
 - Lucia Garcia, Last Names A - GOM, lgarcia@wscuhsd.org
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- **Outreach Therapy**

- We offer individual and group counseling sessions available with licensed MFTs. Please contact your student's Academic Counselors for a referral to Matt Shubin, MFT or Hilary Halpern, MFT.
 - Lucia Garcia, Last Names A - GOM, lgarcia@wscuhsd.org
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- **College and Career Center**

- We offer students extra support in applying for colleges with information about specific schools as well as help with filling out applications, scholarships, the FAFSA and more. We also help students connect with future careers opportunities. Please reach out to our College and Career Center Coordinator for more information.
 - Jordan Brown, jsbrown@wscuhsd.org

- **Attendance**

- Please contact the Attendance Clerk regarding absences as well as questions regarding the attendance policies and how to best help your student if they are struggling with daily attendance.
 - Hivalia Garcia, (707) 824-2302, hgarcia@wscuhsd.org

- **Help accessing teen counseling for anxiety, depression, or substance abuse - free, easy, with or without insurance**

- We have a service called Care Solace that will get your student an appointment for counseling. They help your student get an appointment regardless of whether or not you have insurance. With your input, they will work to complete any forms that are required. Email your Vice Principal or Counselor.
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- **Other Ideas or Concerns?**

- If there are any other questions or concerns, please reach out to your student's Vice Principal.
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