

WELLNESS IN SCHOOLS PROGRAM



SCHOOL-BASED MENTAL HEALTH COLLABORATIVE

NOVEMBER 13, 2025

AGENDA

Shining Light on Homeless Awareness Month

Mt. Diablo School District Presentation

National Runaway Safeline (NRS) Presentation

Community Announcements

Resources

Closing





NOVEMBER IS NATIONAL HOMELESS AWARENESS MONTH

LET'S TAKE ACTION

TO RAISE AWARENESS AND SUPPORT
FOR MCKINNEY-VENTO STUDENTS

November is National Homeless Awareness Month. This is a meaningful time to shine light on homelessness, spark compassionate conversations, and strengthen the resilience of McKinney-Vento students. Let's continue to raise awareness, show empathy, and support all year long.



WHAT OUR STUDENTS ARE SAYING

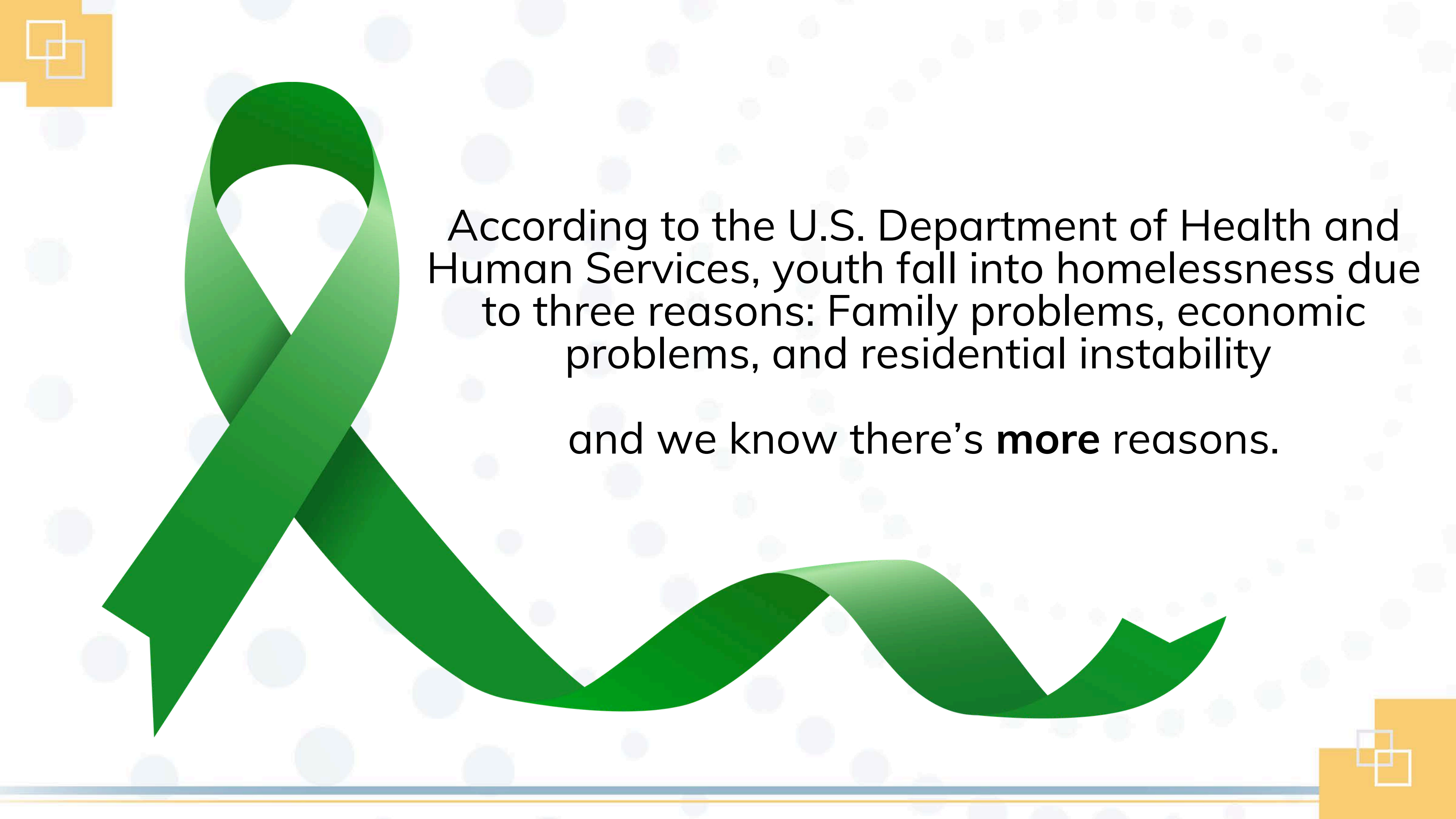
“There is a huge misconception about people experiencing homelessness. Most people think people experiencing homelessness are lazy and don’t want to work”

“Homelessness doesn’t discriminate. It doesn’t matter your age, race, or gender. It can happen to anyone.”

“There are so many students in my school who are homeless and they look like me.”

“I was raised to believe that being homeless is a choice but now that I am older, I can see that that’s far from the truth”





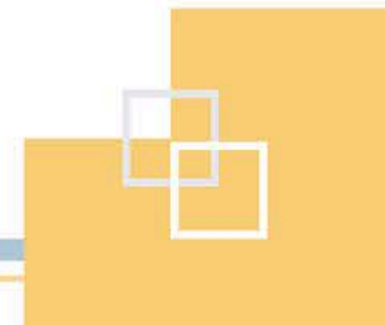
According to the U.S. Department of Health and Human Services, youth fall into homelessness due to three reasons: Family problems, economic problems, and residential instability and we know there's **more** reasons.



PUBLIC HEALTH CRISIS

- 69% of youth experiencing homelessness report mental health challenges.
- Suicide is the leading cause of death among youth experiencing homelessness, and report high rates of suicide attempts.
- **U.S Surgeon General declared the increase of mental health issues among youth a public health crisis.**
- Children experiencing homelessness have twice the rate of learning disabilities and three times the rate of emotional and behavioral problems of children who have homes
- The National Alliance to End Homelessness reports that PTSD is connected to homelessness

U.S Department of Health and Human Services

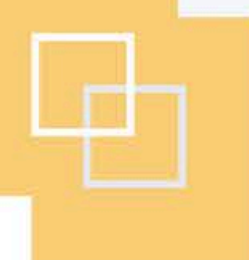




WAYS TO SUPPORT

- Create safe spaces for honest and non-judgemental conversations
- Fostering empathy and understanding
- Educate yourself and others (School staff, caregivers, students)
- Normalize seeking help
- Raise awareness in schools about homelessness and mental health





Our greatest **strength** lies in **prevention and early Intervention**

- Prioritize identifying, screening, and supporting youth and families before they reach a crisis point.
 - Ensure that young people and their families can access prevention and early intervention services
 - Understand the local landscape of resources and make strategic warm hand-offs for community-based resources
 - Explore training opportunities on trauma-informed practices to support children and families experiencing homelessness.
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MT. DIABLO UNIFIED SCHOOL DISTRICT

ROSIE REID, PHD

PROGRAM SPECIALIST, FOSTER YOUTH AND MCKINNEY-VENTO





Sarah Allen, Director of Programs

School Based Mental Health
Collaborative: Post Meeting
Feedback Survey





COMMUNITY ANNOUNCEMENTS

If you'd like to share anything with the group, feel free to come off mute or drop it in the chat!





RESOURCES

4 Our Families Navigators – EHSD

Bay Area Crisis Nursery- Emergency Daytime Childcare & Shelter Services ([Concord](#))

Cali House ([Richmond](#))

Contra Costa Crisis Center ([Countywide](#))

Coordinated Outreach Referral and Engagement C.O.R.E ([Countywide](#))

NCFC- Northern California Family Center ([Martinez](#))

S.H.A.R.E Community ([Antioch](#))

Safe Refuge for Children ([Pleasant Hill](#))

Winter Nights Family Shelter

White Pony Express ([Concord](#))

Food Pantry

Bay Area Rescue Mission - Dining Room ([Richmond](#))

Christ the King - St. Vincent de Paul ([Pleasant Hill](#))

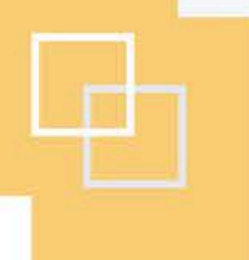
Loaves and Fishes ([Pittsburg, Martinez, Antioch, Oakley](#))

Monument Crisis Center ([Concord](#))

Seed of Faith Christian Fellowship ([Brentwood](#))

St. Joan of Arc - St. Vincent de Paul ([San Ramon](#))





HELPFUL LINKS, TOOLKITS, AND RESOURCES

- School House Connection
- California Homeless Educational Technical Assistance Center (HETAC) National Homeless Youth Awareness Month (NHYAM) Toolkit
- Contra Costa Health Homeless Services Toolkit
- Youth Hope Month Toolkit (National Runaway Safeline).
- Contra Costa County Foster & McKinney-Vento District Liaison Contact Information



OPPORTUNITIES FOR YOUTH

**Step in, Stand up,
Be a part of the change!**

Join the Youth Action Board (YAB), a group of change makers who have lived experience of homelessness in Contra Costa County, who advocate for better systems and speak up for youth voices.

Benefits of joining!

- \$25/hour stipend for meetings
- Leadership training and professional development
- Support available for tech, transportation, food, and childcare during meetings

Requirements

- Must have lived experience of homelessness
- Must be between 16 to 27 years old

Scan to apply!!

Contact us @
ContraCostaYAB@ccchealth.org
925-500-3237

**Application closes
on November 21st**

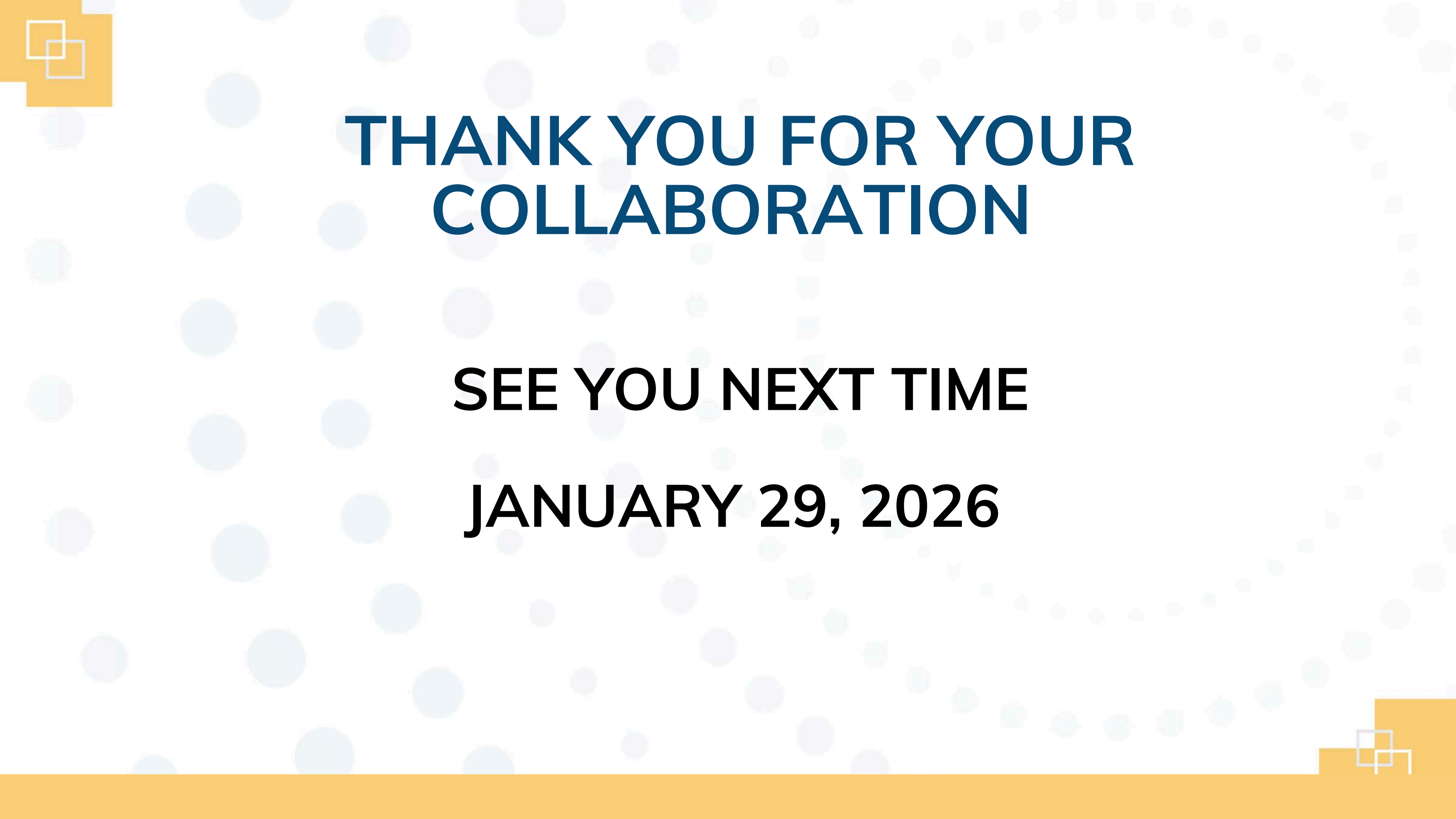


YOUTH SERVICES

Engage • Encourage • Empower

Youth Services (YS) is here to support young people as they navigate life's challenges and work toward their dreams. Whether someone is in foster care, experiencing homelessness, or facing other hurdles, YS offers programs and resources to help you stay in school, find a job, and build a future you can be proud of.

FOR INFORMATION VISIT THE CCCOE WEBSITE



**THANK YOU FOR YOUR
COLLABORATION**

SEE YOU NEXT TIME

JANUARY 29, 2026