



# LAUSD School Mental Health Clinic Services

## SMH Referral Forms



English



Spanish

## EVIDENCED BASED PRACTICES PROVIDED:



### Trauma Focused Cognitive Behavioral Therapy (TF-CBT):

Short term treatment to address trauma related symptoms of the child/youth, as well as to assist the parent/caregiver.

### MAP - Managing and Adapting Practice:

A child/youth/family treatment model that utilizes interventions from a multitude of evidenced based practices. Most commonly used to treat depression, anxiety, trauma, and /or disruptive behaviors.



### Families Overcoming Under Stress (FOCUS):

Short term (approximately 8 weeks) family resiliency based model designed to assist children and families who have experienced adverse events or traumatic stress. This intervention builds on family strengths, increases feelings of family closeness and uses family level problem solving and goal setting to empower the entire family.



### Parent-Child Interaction Therapy (PCIT):

An evidenced- based treatment for young children ages 3-7 with behavioral problems. Provides in-the-moment coaching that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.



### Seeking Safety:

An evidenced based intervention for adolescents that can be delivered to a group or an individual student. Seeking Safety is a present-focused treatment that addresses both trauma-related symptoms and substance use/abuse.

### Neurofeedback:

A non-invasive treatment that encourages the brain to develop healthier patterns of activity. Neurofeedback aims to change the way the brain responds to certain stimuli. It's been used to treat anxiety, depression and insomnia, among other mental health disorders.

## Mental Health In Communities (M.I.C)

Clinic PSW's provide outpatient mental health services that include evidenced-based practices to treat depression, anxiety, trauma & disruptive behavior. Services can be provided at designated school sites and to high need students whose families experience travel barriers in accessing one of our LAUSD clinic sites. Psychiatry services are also available to students with full scope Medi-Cal.

## SERVICES OFFERED

Individual Therapy

Group Therapy

Family Therapy

Neurofeedback

Medication Support \*

*\*for clients with full-scope Medi-Cal and must be seen at our clinic sites for these appointments.*

In order for students to access these services, a SMH Clinic referral must be completed and submitted to one of the sites on the other side of the page.

[HTTPS://WWW.LAUSD.ORG/PAGE/20161](https://www.lausd.org/page/20161)

## Hours of Operation:

Monday - Friday  
8:00 am - 4:30 pm

Walk-ins 8:30 am - 2:00 pm



## SCHOOL MENTAL HEALTH Clinic Locations

### Region East:

#### Belmont Wellness Center

180 Union Pl.  
Los Angeles, CA 90026  
T: (213) 241-4451  
F: (213) 241-4465  
E: [smh.belmont@lausd.net](mailto:smh.belmont@lausd.net)

#### Elizabeth Wellness Center

4811 Elizabeth St.  
Cudahy, CA 90201  
T: (323) 271-3650  
F: (323) 271-3657  
E: [smh.elc@lausd.net](mailto:smh.elc@lausd.net)

#### Gage Wellness Center

2975 Zoe Ave.  
Huntington Park, CA 90255  
T: (323) 826-1520  
F: (323) 826-1524  
E: [smh.gage@lausd.net](mailto:smh.gage@lausd.net)

#### Ramona Clinic

231 S. Alma Ave.  
Los Angeles, CA 90063  
T: (323) 266-7615  
F: (323) 266-7695  
E: [smh.ramona@lausd.net](mailto:smh.ramona@lausd.net)

### Region North:

#### Balboa Student and Family Wellness Center

6655 Balboa Blvd.  
Van Nuys, CA 91406  
T: (818) 758-2300  
F: (818) 996-9850  
E: [smh.valley@lausd.net](mailto:smh.valley@lausd.net)

#### Maclay Student & Family Wellness Center

12451 W. Gain St.  
Pacoima, CA 91331  
T: (818) 794-5280  
F: (818) 272-2456  
E: [smh.maclay@lausd.net](mailto:smh.maclay@lausd.net)

### Region South:

#### Carson Wellness Center

270 East 223rd St.  
Carson, CA 90745  
T: (310) 847-7216  
F: (310) 837-7214  
E: [smh.carson@lausd.net](mailto:smh.carson@lausd.net)

#### Crenshaw Wellness Center

3206 W. 50th St.  
Los Angeles, CA 90043  
T: (323) 290-7737  
F: (323) 290-7713  
E: [smh.crenshaw@lausd.net](mailto:smh.crenshaw@lausd.net)

#### Drew Student & Family Wellness Center

1409 Firestone Blvd.  
Los Angeles, CA 90001  
T: (213) 460-6766  
F: (323) 587-3135  
E: [smh.drew@lausd.net](mailto:smh.drew@lausd.net)

#### Locke Wellness Center

316 E. 111th St. Los Angeles, CA 90061  
T: (323) 418-1055  
F: (323) 418-3964  
E: [smh.locke@lausd.net](mailto:smh.locke@lausd.net)

#### San Pedro Clinic

704 W. 8th St.  
San Pedro, CA 90731  
T: (310) 832-7545  
F: (310) 833-8580  
E: [smh.sanpedro@lausd.net](mailto:smh.sanpedro@lausd.net)

#### Washington Wellness Center

1555 W. 110th St.  
Los Angeles, CA 90047  
T: (323) 241-1909  
F: (323) 241-1918  
E: [smh.washington@lausd.net](mailto:smh.washington@lausd.net)

#### YES Academy Student & Family Wellness Center

6505 8th Ave.  
Los Angeles, CA 90043  
T: (213) 684-6500  
F: (323) 778-7804  
E: [smh.yes@lausd.net](mailto:smh.yes@lausd.net)

#### 97th St. Clinic

439 W. 97th St.  
Los Angeles, CA 90003  
T: (323) 754-2856  
F: (232) 754-1843  
E: [smh.97@lausd.net](mailto:smh.97@lausd.net)