SFUSD Student Intervention Team (SIT)

February 2014 Newsletter

February Updates

* SIT is full speed ahead with intern recruitment for the 2014-2015 school year. We started informational interviews on January 27th with 8 new potential candidates!

* Future informational interview sessions will be held at School Health Programs (1515 Quintara St.) on:

  ⇒ Thursday, February 6, 2014, 1:30-3:30PM
  ⇒ Wednesday, February 19, 2014 1:30-3:30PM
  ⇒ Friday, February 28, 2014, 9:00-11:00AM
  ⇒ Friday, March 14, 2014, 1:00-3:00PM

* Please help us get the word out...SIT provides a wonderful school-based internship opportunity for those interested in working with children and families!

Appreciations

* A special note of appreciation to our guest presenters this month: Family Service Agency. (See training information below)

* SIT would like to give special thanks to Mary Kenny, Administrative Analyst/Development of the SF Wellness Initiative for dedicating her time in helping us to further develop our mission to provide high quality mental health services to students district-wide.

Upcoming Trainings...

February 2014


March 2014

* **Spring Institute.** March 20th and March 21st, 8:30-12:30pm. Presenters: SIT, FYS, and School Counseling. Interns are required to attend one of these days.

Mark your Calendar!

* Friday, February 14th is Valentine’s Day...schools are open!

* Monday, February 17th is President’s Day...schools are closed!

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Location
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Intern Spotlight

Lori “Lo” Bloustein attended Columbia School of Social Work and concurrently did a three year certification in the Rubenfeld Synergy Method which integrates Gestalt Psychotherapy with Alexander Technique and Feldenkrais Method (somatic reeducation techniques). She graduated from both programs in 1990 and saw clients privately in New York City for some years.

A chance exposure to a movement form called Contact Improvisation caused her to return to one of her earliest passions - dancing. Lo studied dance, then taught and performed extensively in the U.S. and abroad. The dancing then segued into a professional music career.

A year and a half ago, a car accident caused a radical re-visualizing of both Lo’s focus and her purpose. She continued to see private "coaching" clients off and on because she never lost her fascination with, or commitment to, deep process work. Lo reported that she started to feel isolated and really hungry to be part of a team.

A friend who’d had a wonderful time interning with SIT suggested it might be a good way back into the larger mental health community. Lo feels lucky and grateful to have been given the opportunity with SIT! All the hard work she did healing from her own tumultuous teenage-hood makes the placement at June Jordan School for Equity a welcome, though often hair-raising, challenge for Lo.

References

http://www.adaa.org
http://www.nami.org

Resource Corner

- www.health.gov
- www.cdc.gov/healthyyouth/physicalactivity/facts.htm
- www.medicalnewstoday.com/articles/7180.php
- www.fitness.gov/
- www.healthfinder.gov
- www.nih.gov
- www.presidentschallenge.org/informed/digest/docs/september2009digest.pdf

February is Physical Activities Awareness month. See your site supervisor and www.healthiersf.org for information and resources.