March Updates

NEW STAFF!

SIT is pleased to announce that Jen Kenny-Baum, LCSW, PPSC will be joining the Student Intervention Team in March as a Clinical Supervisor/Program Coordinator. She has been the Wellness Coordinator at Abraham Lincoln High School since 2005, coordinating a program with 20 different services providers, which serves over 850 students per year. She started with SFUSD as an MSW Intern and credits her field placements as one of the pivotal cornerstones of her own learning. “My Clinical Supervisor was invaluable in guiding me to be a better clinician. She taught me how to be a better advocate, learn how to navigate the school system, and provide a safe place to examine use of self. I feel privileged to join the district in this new role.” SIT looks forward to Jen joining the team!

LAST INFORMATION SESSION for prospective applicants with SFUSD interested in the 2015-16 school year. Here are the details:

⇒ Wednesday, March 11th, 2-4PM at School Health Programs (1515 Quintara St.)

Appreciations

* A special THANK YOU goes out to Foster Youth Services and School Counseling for partnering with the Student Intervention Team to plan the Spring Institute for all our interns. We appreciate the collaboration!

* We also truly appreciate all of our current interns who have promoted the SIT Internship Program and are referring their friends and colleagues to our recent and upcoming Information Sessions.

Upcoming Trainings...

SFUSD Trainings:
- Spring Institute. Wednesday, March 4th and Thursday, March 5th, 8:15-12:45pm. Presenters: SIT, FYS, and School Counseling. Interns are required to attend one of these days.

RAMS Trainings:
- ADHD in Youth. Friday, March 6, 9-10:45am. Presenter: David Meshell, MD.
- Self Care in School Based Services. Friday, March 13, 9-10:45am. Presenter: Stephanie Chen, PhD.
- Identifying Early Psychosis in Youth. Friday, March 20, 9-10:45am. Presenter: Joshua Wooley, MD, PhD.

Mark your Calendar!

* March 30th-April 3rd is Spring Break–Schools are Closed!
Healthy eating is good for our bodies and for our minds. According to the National Alliance on Mental Illness (NAMI, 2014), carbohydrates, fats, proteins, vitamins and minerals are essential parts of any diet that provide specific benefits for the body. A lack of any of these nutritional components can lead to increased mental health problems and even change brain functioning. For people living with mental illness, eating well is especially important as it affects your daily life, mood and energy level.

Nutritional neuroscience is an emerging field of research explaining how nutritional factors are intertwined with human cognition, behavior, and emotions. Diets of patients suffering from mental disorders often show a severe deficiency in essential vitamins, minerals, and omega-3 fatty acids. Studies have indicated that daily supplements of vital nutrients are often effective in reducing patient’s symptoms. (Rao, et al., 2008). Research suggests they may even be appropriate for controlling and to some extent preventing depression, bipolar disorder, schizophrenia, eating and anxiety disorders, ADHD, autism, and addiction.

According to Low (2010), no matter what the underlying cause of a mood disorder, patients should be counseled about the relationship between food and mood. Plainly stated, “the way we eat affects the way we feel.” Clinicians should consider recommending a low-glycemic, modified Mediterranean diet rich in fruits, vegetables, whole grains and seafood and low in processed, refined foods for optimizing mental health.

As educators and clinicians, we should encourage our students and families to learn more about healthy eating. The affects of healthy eating on physical and mental health can be instrumental in maintaining overall health and well-being.

According to The Educator’s Newsletter Handbook created by Network for a Healthier California, “Health and Learning Success Go Hand-in-Hand”. Below you will find some statements from the Handbook as to how this is true.

- Increasing fruit and vegetable consumption tends to increase academic performance in undernourished children.
- Studies show a relationship between good nutrition and improved behavioral performance in the classroom.
- Children need at least 60 minutes of physical activity every day to stay fit both mentally and physically.
- Students’ attention, attendance, and test scores improve when they eat breakfast.
- Educators have a strong influence in shaping students’ eating habits...BE A ROLE MODEL!

References
http://www.nami.org/
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2738337

March is Nutrition Awareness Month. See your site supervisor and www.healthiersf.org for information and resources.

“Eat Food. Not Too Much. Mostly Plants” -Michael Pollan

Intern Spotlight

Lark Nierenberg believes that social work is the practice of social justice, and was propelled by both a personal and professional calling to Smith College School for Social Work. Lark grew up in Minnesota; studied sociology and psychology at Middlebury College in Vermont; lived, researched, worked, and biked through Portland, Boston, Amsterdam, and Vienna; and is thrilled to begin growing roots here in the Bay.

Smith holds classes on campus in Northampton, Massachusetts for three consecutive summers and offers two clinical placements in the interim months.

During a first clinical placement at Alamo Elementary with SIT, Lark has been continually grateful for the depth of independent clinical experience offered by this internship. In the future, Lark hopes to practice clinically in a medical setting, ideally working from a psychodynamic perspective with infants and their caregivers. Lark is also interested in the relationships among quantum physics, psychodynamic theory, and the ontology of meaning, and hopes to create a masters thesis upon such themes.