

Mental Health & Wellness Resources at RMHS



School Counselors Counselor Contact Info

- Individual Check-ins for stress, anxiety, issues with friends and family
- Academic support/time management
- Coping skills
- Conflict coaching/resolution
- Advocacy with teachers on behalf of students



Social Worker Amanda Serino

- Promotes parent, school, and community collaboration through relationship building, facilitating student & staff workshops, community circles, community engagement, and conflict resolution
- Individual Check-ins for stress, anxiety, depression, etc.
- Small group counseling
- Individual Short-term therapeutic counseling
- Parent education and support
- Community resource connection
- Crisis Intervention
- Management of BTW partnership



Pupil Personnel Worker Tawana Harris

- Resource identification for housing, food, shelter, transportation, residency, community-provided mental health services, etc.
- Support for regular school attendance

Bridge to Wellness



Youth Development Specialist Saira Hernandez Lopez

- Mentoring
- Positive youth activities
- Psychoeducation groups
- Check-ins
- Sports activities
- Recreation activities
- Leadership development
- SSL opportunities
- Workforce development



Mental Health Therapist Amanda Sipes

- Longer-term Individual therapy
- Group therapy
- Family therapy
- Referrals for additional mental health services



Care Manager Veronica Gonzalez

- Food/housing/rental location and application assistance
- Mental Health resource connection
- Insurance application assistance