

Program Information

PURPOSE OF THE PROGRAM

- To provide age appropriate mental health education to Stanwood/Camano middle and high school aged youth
- Increase youth access to mental health professionals and support
- Create a supportive community for Stanwood/Camano youth

GOALS OF THE PROGRAM

- Improve youth mental wellness
- Increase/develop youth coping skills
- Develop the overall understanding of mental health to decrease stigma and increase awareness
- Provide access to mental health professionals for support

WHO MAY PARTICIPATE

- Youth age 11-18 who reside or attend school in Stanwood/Camano
- Students in grades 6 to 12 who are enrolled in the Stanwood/Camano School System
- Other youth who meet the age or grade criteria, at the discretion of the Social Work Lead

PROGRAM LEAD BIOS

OLIVIA (LEAD)

Olivia is a licensed clinical social work associate who prioritizes a trauma-informed approach and has experience working with teens and adults experiencing depression, suicidal ideation, anxiety, stress, trauma, interpersonal conflict, and survivors of domestic violence and sexual trauma. Her goal is to understand and honor her clients' needs, and uses a collaborative approach to best serve them. Olivia received her Master of Social Work degree from the University of Denver, and her background is deeply rooted in psychology. She earned a Master of Arts in Forensic and Legal Psychology from Marymount University, and a Bachelor of Arts in Criminology and Bachelor of Science in Psychology from Lynchburg College. In her free time, Olivia is a cheerleading coach, enjoys reading, baking, spending time with her husband and friends, and spoiling her dog Sigmund!

JOSH

Joshua is a MSW student at Eastern Washington University. He received his BA in Sociology from the University of Texas at Austin. Josh currently works for the YMCA's Children's Crisis Outreach Response System in which he assists children and families experiencing mental health crises, suicidal ideation, substance use, developmental disabilities, and challenges related to psychosis. Additionally, he has experience assisting individuals who are unhoused, have experienced severe trauma, and those who exhibit symptoms of complex developmental trauma. In his free time, Josh enjoys cooking new recipes and building a chicken wing sauce list, watching baseball and umpiring little league, checking out local trails, and spending time with family.

ALYSSA

Alyssa is a MSW student at Walden University. She received her BA in Society, Ethics & Human Behavior from University of Washington and is a Certified Trauma Support Specialist through Trauma Institute International. Alyssa has spent the past ten years working with survivors of abuse, unhoused, and disadvantaged populations, particularly youth as a Student Support Advocate with Everett Public Schools. Alyssa's passion for mental health, suicide prevention, trauma survivors, the LGBTQIA+ community, and education have driven her desire to become a licensed social worker. In her limited free time, Alyssa enjoys spending time with her family, buying books, eating tacos, and cheering for the Seahawks!

PROGRAM CONTACT INFO

PROGRAM FAQ

WHEN ARE THE SESSIONS?

- Middle school sessions: Tuesdays 3-4:30pm
- High school sessions: Thursdays 3-4:30pm

WHERE ARE THE SESSIONS?

- This program is a Stanwood-Camano Community Resource Center program! So, all sessions are held at the Stanwood-Camano CRC at 9612 271st St NW, Stanwood, WA 98292

WHEN CAN I ARRIVE?

- You can arrive right after school gets out. The room will be available for you to check in for the session of the day, have a snack, decompress, do some homework, or chat with others prior to the session starting at 3pm!

DO I NEED TO BRING ANYTHING?

- Just yourself and an open mind! The program will provide anything else that you may need to participate

HOW WILL I KNOW WHAT THE SESSION IS ABOUT EACH WEEK?

- We have a calendar that you will receive with your new participant paperwork! Each month has a theme, and we will learn about that theme each week of the month. You can always ask the social workers or the CRC staff what the session of the week is about! The Stanwood-Camano CRC also keeps an updated calendar of events on their website where you can find information about the weekly sessions. You can also follow us on Instagram @centerforjusticesocialwork to stay up to date

WHAT DOES IT COST TO PARTICIPATE?

- This program is currently free of charge! The Stanwood-Camano CRC has partnered with CJSW to develop an evidence-based youth program to best serve the community, and is covering the costs at this time.

WHO IS CJSW AND WHY ARE THEY INVOLVED?

- CJSW stands for Center for Justice Social Work, a social work agency based out of Arlington, WA. CJSW's overall vision is a world in which all people, regardless of health condition, race, age, gender, identity and belief are provided equitable services for behavioral health. CJSW is dedicated to collaborating with fellow community organizations to provide behavioral health resources to those in need.

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CAN I SEE A SOCIAL WORKER INDIVIDUALLY?

- Absolutely! You can tell any of our social workers before, during or after session in person, let us know on the check in form you fill out, or email CJSW's Teen Elevate Team directly at TeenElevate@cjsw.org. The team can help you identify appropriate resources for your specific situation and provide referrals if needed.

WHO CAN I OR MY PARENTS CONTACT IF THEY HAVE ANY QUESTIONS?

- You can contact the Teen Elevate Team at TeenElevate@cjsw.org or call CJSW at (360)218-4645

IS IT GOING TO BE FUN?

- That's one of our goals! This program was developed to be evidence-based, but our social work team has worked really hard to make it fun and engaging as well as mental health focused

AS A PARENT/GUARDIAN, WHAT KIND OF COMMUNICATION CAN I EXPECT?

- Because Teen Elevate is an evidenced based mental health program facilitated by licensed social workers, privacy of information is handled in accordance to HIPAA and RCW 70.02.240, see additional resources below:
 - <https://www.hhs.gov/sites/default/files/hipaa-privacy-rule-and-sharing-info-related-to-mental-health.pdf>
 - <https://app.leg.wa.gov/rcw/default.aspx?cite=70.02.240>
- If the teen chooses to involve parents/guardians in communication about their participation in the Teen Elevate program, the teen will need to sign a release of information that can outline what information is okay to discuss between CJSW/CRC staff and parents and guardians
- CJSW social workers are able to share information about the curriculum and session topics, as well as answer any questions around topics covered in session or future project plans.

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