

Tuolumne Tigers

Social Emotional Support
Staff



#FullSteamAhead

Who can I talk to when I need help?

- Sometimes we need to talk to someone for help, and we don't know who to call.
- We may have general questions or be experiencing feelings of sadness, stress, anger or anxiety.
- Here are some people at **Tuolumne** that you can reach out to when needed.



Who can I talk to at *Tuolumne*?

- Principal
- Vice Principal(s)
- Teachers
- Counselors
- School Psychologist
- Student Assistance Specialist
- Family Support Specialist
- Mental Health Clinician
- Any Adult on Campus!



How can I talk to them?

- ✓ Come to any office and ask for to speak with a counselor
- ✓ Send a message through Schoology
- ✓ Send an email
- ✓ Call the school



Principal and Vice Principal

- The Principal and Vice Principals can help you with just about anything you need. Here is the administrator team for ***Tuolumne***.

Lisa Frymire – Principal

Frymire.l@monet.k12.ca.us

209 574 - 8444



Veronica McCabe - Vice Principal

McCabe.v@monet.k12.ca.us

209 874 -8444

School Psychologist

The school psychologist provides specialized support for students who have learning and behavioral needs at school.

School Psychologist - Darick Webster

Webster.D@monet.k12.ca.us

Ext 71456



Center for Human Services Providers

We are fortunate to have some AWESOME team members that work with *Tuolumne* students, staff and families.

- Student Assistance Specialist – *Byanka Marin*
- Family Support Specialist – Candy Garcia
- Mental Health Clinician – **Sara Hunt – Raiza Dominuez**

Student Assistance Specialist

- Student Assistance Specialist (SAS) can help you with:
 - Feelings of anxiousness, frustration, sadness
 - Controlling or regulating your emotions
 - Organizational strategies and academic goal setting
 - Many other topics...
- To talk with the SAS, reach out to any adult on campus who can assist you with getting a permission slip.

Byanka Marin

Marin.By@monet.k12.ca.us

574-8444 ext. 71455



Family Support Specialist

- Family Support Specialist can assist you AND your family with:
 - Barriers that keep you from coming to school
 - Attendance
 - Behavior
 - Feelings of anxiousness, frustration, sadness
- To talk with the Family Support Specialist, reach out to any adult on campus who can assist you with a permission slip.

Candy Garcia

Garcia.Ca@monet.k12.ca.us

574 - 8444 ext. 48699



Mental Health Clinician

- Mental Health Clinician provides specialized support to you, your family, and your teachers related to:
 - Mental health topics
 - How to best support students who have feelings of anger, anxiousness, frustration, sadness
- To talk with the Mental Health Clinician, reach out to any adult on campus who can assist you.

Sara Hunt

Hunt.Sa@monet.k12.ca.us

574 – 8444 ext. 71458



Raiza Dominuez

Dominguez.R@monet.k12.ca.us

574 – 8444 ext. 71458

Referrals to Outside Agencies

Staff at **Tuolumne** can help you and your family to get connected with agencies in the community for a variety of services. Some of these agencies include support with:

- Food
- Clothing
- Housing
- Medical services
- Mental health services
- More...

Call the school at 209 – 574 - 84444 if you need help with a referral.

Need to call the school for help?

- You may call the school Monday – Friday from **7:30 AM – 4:00 PM**
- Parents and students can call to receive mental health information and support, referral information and general assistance with questions

209- 574-8444