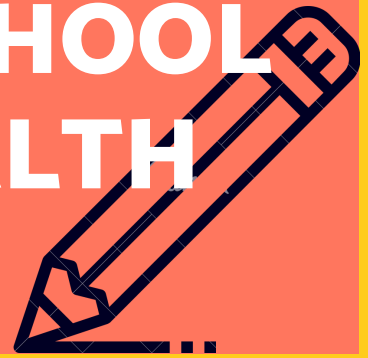


Family Service
of
Santa Monica

EDISON LANGUAGE ACADEMY SCHOOL MENTAL HEALTH SERVICES



Cynthia Lua, AMFT
Edison Site Coordinator/Clinician

Google Voice Number:
(To be used during distance learning)
(424) 272-1951

Phone Consultations by Appointment

Email: clua@smmusd.org

Schedule: Mon, Tue, Thu, Fri
9am - 4:30pm

**Counseling space is prioritized for high need, low income students and those without insurance.*

*Other referrals will be seen on a case-by-case basis and school counselors will help link/refer students to outside mental health services if necessary**



Individual Therapy and Case Management: Assessing and treating mental health needs of high risk students and families. Includes completion of bio-psychosocial assessment and treatment plan, and 90- day reviews of progress towards treatment goals. Weekly sessions offered to a limited number of student per year.

Group Therapy Services: One group will be offered depending on the needs of the school year, and may include Family Changes (Divorce) group, Anxiety (Coping Skills), Trauma-focused Groups, Grief Groups and Social Skills Groups.

Classroom Workshops: Guided by the school site coordinator with teacher collaboration to develop teacher and student competence and comfort with empathy, self-regulation, social skills and response protocols that lead to empowerment and reduced disruptive behaviors.

Brief Interventions: One session offered as needed to provide short-term support for students in crisis or to those who do not need long-term counseling.

5th Grade Transition to Middle School Group: One 5th grade Boys Group and one 5th grade Girls Group offered in the Spring to enhance resiliency, increase coping skills and social skills to transition successfully to Middle School.

Reflective Parenting and Parent Workshops: One Reflective Parenting group will be offered to Edison parents this year. Groups will held virtually via Zoom in both English and Spanish. One workshop will be offered to host a "Hot Topic" for parents offered by our agency, and other presentations to support parents at PTSA, ELAC, or other parent groups can be conducted upon request

Please contact Cynthia with any questions or to schedule a consultation