



## What is The Nest?

The Nest is Everett Alvarez High School's Wellness Center - a safe and confidential space where students can receive support for social, emotional, behavioral, and mental health challenges. We offer individualized support services catered to students' unique needs. Example services include: brief solution-focused counseling, individual and group therapy, conflict resolution, alternative to suspension programming, substance use counseling, grief and loss support, and facilitation of Student Success Teams (SSTs).

Overcoming mental health challenges and ingrained habits takes time, patience, and creativity. The Nest staff is eager to collaborate with you and all stakeholders to collectively work towards enhancing the overall wellbeing and personal achievement of our students. It truly does take a village!

To learn more, check out our [website!](#)

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### 1. Referrals

#### When to Make a Nest Referral

Nest referrals should be made when staff begin to notice a pattern of any of the issues listed below, and after the staff member has attempted to assist the student with in-class [PBIS techniques](#).

A student..

- Appears sad, withdrawn, or depressed
- Seems anxious, worried, or highly stressed
- Appears irritable, easily frustrated, or aggressive
- Exhibits challenges following class and school norms

- Displays significant change in mood
- Declines in academic performance and/or effort
- Experiences challenges relating with peers
- Is suspected of substance abuse
- Faces gang related challenges
- Is experiencing grief and loss
- Expresses home life challenges

### **How to make a Nest Referral**

Teachers, school staff, students and parents/guardians may all refer students using the [Nest Referral](#) form. This link is posted on the [Everett Alvarez Staff Page](#) and on the [Nest Website](#).

### **Referral Screening & Follow-up**

- Nest staff reviews new referrals weekly.
- Nest staff meets with referred students within 2 weeks of the referral date.
- The Nest staff member who met with the student will send a confirmation email to the referring staff member to promote continued communication and collaboration.

## **2. Immediate Concerns**

### **How to communicate immediate concerns**

For immediate student concerns (examples listed below), please email all Nest staff ASAP at [EAHS-Nest@salinasuhd.org](mailto:EAHS-Nest@salinasuhd.org) (this email address includes all Nest staff and administrators). We ask that you always use this email address for immediate concerns to ensure the issue is promptly addressed.

### **Examples of concerns which require immediate Nest contact:**

- Student reports thoughts of suicide or wanting to die
- Student reports self-harming behavior (or staff notices evidence of self-harm, i.e. cuts on student's body)
- Student reports abuse, neglect, or feeling unsafe at home  
*\*teachers should always follow mandated reporter protocol (see how [how to video](#) for more information & copies of reporting forms) in addition to emailing Nest Staff\**

Example email:

For immediate concerns, always use this email address.

**To:** EAHS-Nest@salinasuhd.org

**Subject:** IMMEDIATE CONCERN re student 1000000000

**Text:** Hi Nest Staff,

Today in class, R.R shared her personal writing with me.

She wrote about being hospitalized for a suicide attempt last year. She continued to express that she's beginning to feel the same as last year, like "life just doesn't feel worth it anymore".

Use student initials to protect confidentiality

Use ID# to protect student confidentiality.

The text can be brief. Please include information about the specific safety concern (using student language when possible). Extensive background information is not necessary.

\* if you do not have access to the student's ID#, you may use the first 2 initials of the first name & first 2 initials of the last name with the block/period number (i.e. An.Bl. Block 2)

### Other Immediate Concerns Not Addressed in Nest

For the following immediate concerns, staff should contact campus administrators:

- Student reports feeling unsafe on campus due to threats or harassment by another student
- Student appears to be under the influence of drugs or alcohol
- Student is exhibiting unsafe behaviors (i.e. throwing items, yelling threats, etc.) and requires escort

## 3. Nest E-Hall Passes

### When to offer student a Nest E-Hall pass

Our goal is to keep students in the classroom, therefore, Nest E-Hall passes are only to be offered when students are experiencing significant emotional distress which inhibits their ability to engage in classroom learning. In these cases (see examples below), the teacher may discreetly ask the student if they would like to visit the Nest, and create an ehallpass for the student (teacher may contact campus security if student is in need of an escort).

Example situations in which teacher may offer student a Nest E-Hall pass:

- Student is crying excessively
- Student is shaking, breathing heavily, or appears panicked
- Student appears uncharacteristically withdrawn or disengaged, and is unresponsive to offered teacher supports

### **What to do when student requests a Nest E-Hall pass**

If a student requests a Nest E-Hall pass and they do not appear to be in immediate distress or meet the criteria listed above, try offering in-class support, and encourage students to stop by the Nest during break, lunch, before or after school to schedule an appointment.

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### **Questions?**

Still have questions after reviewing this document and our [Nest Website](#)? Please contact a Nest staff member. We would love to hear from you!