



October 10, 2024

GVA Families,

We are proud to announce
our partnership with
care solace

Your helping hand in finding
mental health care.

When you or your child needs help, it's hard to know where to turn. Approximately one in five children in the U.S. will experience mental health struggles at some point in their lives (source: CDC). Your GVA School-Based Mental Health team is here to help, but not every need in every season can be suitably addressed in the narrow scope of school-based services, and sometimes the needs of the student expand to the needs of the family.

To ensure that every member of Great Valley Academy (students, staff, and their families) has access to the mental health resources they need, we have partnered with Care Solace, a central hub of care coordination organization that specializes in connecting individuals with local best-fit mental health care providers. Care Solace will help you find the right help at the right time, 24/7/365. GVA's partnership with Care Solace reflects our commitment to providing you with the support and resources necessary to navigate mental health challenges effectively and confidentially.

We believe that mental health is essential for our students to thrive academically and personally. By providing access to these vital resources, we hope to create a supportive environment where everyone in our community feels empowered to seek the care they need.

If you or someone in your family is facing mental health challenges, please do not hesitate to utilize Care Solace's services. Together, we can ensure that our school community remains strong, healthy, and resilient.



How Care Solace Can Help:

- **24/7/365 Availability:** Care Solace offers around-the-clock care coordination services to help you find a mental health care provider that meets your specific needs. Whether it's for your child, a family member, or yourself, Care Solace is here to assist you.
- **Confidential and Complimentary:** The services provided by Care Solace are completely confidential and free of charge for all students, staff, and their families within our district. Your privacy is respected, and your information will be handled with the utmost care.
- **Personalized Support:** Care Solace can help you navigate the mental health care system by matching you with appropriate providers, whether you need counseling, therapy, or substance use treatment. You can search for services on your own or request assistance through video chat, email, or phone.

How to Access Care Solace:

- **Call:** Reach out to Care Solace directly at 888-515-0595. Multilingual support is available 24/7/365.
- **Online:** Visit www.caresolace.com/gva. You can either search for services independently or click "Book Appointment" for personalized help.

Thank you for your continued support and commitment to the well-being of our students.

In good health,
Great Valley Academy & Megan Kubicek, LMFT, Mental Health Coordinator

Modesto Campus/Business Office: 3200 Tully Road, Modesto, CA 95350 Tel. 209-576-2283 Fax 209-576-2838

Salida Campus: 5901 Sisk Road, Modesto, CA 95356 Tel. 209-545-7500 Fax 209-545-7712

Homeschool Office: 1209 Woodrow Ave., Suite C-1, Modesto, CA 95350 Tel. 209-576-2233 Fax 209-576-2238

care/solace.

It's okay to ask for help.



(888) 515-0595

Care Solace is a free, confidential service that connects students, staff and their families to mental health providers and substance use treatment matched to their needs – regardless of insurance.

Scan the code or use your link:
caresolace.com/gva

If you have a life-threatening emergency, please call 911 or the Suicide and Crisis Lifeline at 988.

Care Solace is not an emergency response service or mental health services provider.

