



Excelsior Charter Schools
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Holiday Message to Staff:

During this time of thanks-giving, we want to express our gratitude for all of the work you have done to support our students and serve your community during this unprecedented year. Your continued physical and mental health are critical to our district and community.

As our winter break approaches, we hope that you will be able to get a true break from work, to rest, restore, and safely connect with your loved ones. We know that the holidays can already be a challenging time for many and that this year they will undoubtedly be more difficult. As you know, it is typically when we have a chance to slow down, that our bodies and minds show more signs of fatigue from everything we have been managing.

We want you to know that there is help for you and your family if needed.

Students, staff and their families looking for community mental health services, can use Care Solace, a complimentary and confidential service provided by our district. Care Solace will help you quickly find available therapists or substance use treatment programs matched to your needs regardless of circumstances or insurance coverage. Their Care Concierge team is available to support you through the whole process of connecting to a mental health provider in our community.

If you would like to use Care Solace to find a provider, you can:

- Call 888-515-0595, any time 7 days a week
- Visit <https://caresolace.com/site/excelsior/> and either search on your own, OR click “Book Appointment” for assistance by video chat, email, or phone.
 - Email weserve@caresolace.org with the following information:
 - Your name and contact information (cell phone number)
 - Your preferred language
 - A good time for Care Solace to contact you

Care Solace will assign a personal Care Concierge to support you through the process of finding mental health care. Your Care Concierge will identify available providers who accept your insurance; private, Medi-Cal, sliding scale or cost-free options. They will help you book an appointment and check in afterward to see if you like the provider or need additional support.

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