

PUSD Mental Wellness Staff

(Click on any name for a direct link to their email)

Paradise Unified School District

[Carrie Dawes](#) - 530.872.6400 x1249
Administrator on Special Assignment

Pine Ridge & Cedarwood Elementary School

[Callista Ruiz](#) – 530-873-3800 x4012
Social Emotional Mental Health Clinician

Paradise Ridge Elementary School/PUSD Staff

[Monica Derkacz](#) – 530-872-6415 x6014
Social Emotional Mental Health Clinician

Paradise Ridge Elem, Cedarwood & Pine Ridge

[Amy Jensen](#) – 530-873-3800 or 530-872-6415
Social Emotional Mental Health Clinician

Paradise Junior High School/Paradise High School

[Karin Parilla-Anderson](#) - 530-872-6465 x2012
Social Emotional Mental Health Clinician

Paradise High School

[Debbie Dodson](#) - 530-872-6425 x3130
Social Emotional Mental Health Clinician

Ridgeview High School

[Robert Lester](#) – 530-872-6422 x7005
Social Emotional Mental Health Clinician

Paradise Unified School District

[Carly Ingersoll](#) – 530-872-6412 x3115
School Psychologist

SCHOOL COUNSELORS

PARADISE HIGH SCHOOL

[Alisa Johnsen](#) – 530-872-6425 x3023

[Matt Ray](#) – 530-872-6425 x3021

[Nicole Rosan](#) – 530-872-6425 x3003

PARADISE JUNIOR HIGH SCHOOL

[Alisa Johnsen](#) – 530-872-6465 x2216

- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

Scan Below for Direct Mental Health Information and Resources

