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

Recognizing emotions in self and others
Understanding the causes and consequences of emotions
Labeling emotions accurately
Expressing emotions appropriately
Regulating emotions effectively

Scan Below for Direct Mental Health Information and Resources

How are you Feeling?

R: Recognizing emotions in self and others
U: Understanding the causes and consequences of emotions
L: Labeling emotions accurately
E: Expressing emotions appropriately
R: Regulating emotions effectively

Paradise 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

Scan Below for Direct Mental Health Information and Resources