

PUSD Social-Emotional Wellness Staff

Social-Emotional Counselors & Wellness Coaches

Social-Emotional Counselors:

Robert Lester, Ridgeview High School/ Paradise eLearning Academy
530-872-6412 x 4203

Jesse Lambert, Cedarwood Elementary School
530-873-3785 x 5108

Monica Derkacz, Paradise Ridge Elementary School
530-872-6415 x 6014

Amy Jensen, Paradise Ridge Elementary School
530-872-6415

Megan Fox, Pine Ridge Elementary School
530-873-3800 x 4012

Karin Parrilla-Anderson, Paradise Junior High
530-872-6465 x 2306

Debbie Dodson, Paradise High School
530-872-6425 x 3130

Wellness Coaches

Nikos Castellanos, Cedarwood Elementary School
530-873-3785

Laura McIntyre, Paradise Ridge Elementary School
530-872-6415

Mindy Frost, Pine Ridge Elementary School
530-873-3800 x 4006

Shannon Magpusao, Paradise Junior High School
872-6465 x 2217

Kevin Sutherland, Ridgeview High School
530-872-6422

PUSD Health & Wellness Resource Center

PUSD Safety & Wellness Coordinator:
Carrie Dawes - 530-872-6412 x 4201

Outreach Coordinator:
Cris Dunlap - 530-872-6465 x 2218

Department Secretary:
Jena Reynolds - 530-872-6412 x 4200

To email any of the Wellness Staff, click on their name above

School Counselors

Paradise High School

Daniel Hizal - 530-872-6425 x 3003
Alisa Johnson - 530-872-6425 x 3023
Quan Vu - 530-872-6425 x 3021
Terra Ogle - 530-872-6425 x 3127

Ridgeview High School / Paradise eLearning Academy

Matt Ray - 530-872-6422 x 7002

Paradise Junior High School

Jessica Flores-Benitez - 530-872-6465 x 2216

- 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 the QR Code Below for Direct Mental Health Information and Resources:

