

#### **What are Wellness Services?**

Wellness Services are intended to establish a prevention oriented, mental health support structure on middle and high school campuses. To that end, various wellness supports and services are available through the Wellness Centers to support all students.



Students can seek walk-in support at the Wellness Center before or after school or during breaks. Wellness Counselors will provide brief support and strategies to support students with coping skills so they can feel better and get back to class.

Students may also be referred to brief individual counseling services to support their social and emotional wellbeing.

## **Groups and Workshops**

Students may be referred to a small group where they will have the opportunity to learn important coping skills and strategies.

Students can also sign up for skills workshops to learn more about specific topics such as:

- Test taking anxiety
- Self-care strategies
- Mindfulness
- Organizational skills
- Journaling
- Stress management skills



Wellness Counselors are available to provide classroom presentations focused on a topic each month. Teachers can complete the Classroom presentation request form.

September - Goal Setting

October - Kindness Matters

November - Gratitude

December/January - Resiliency

February - Healthy Relationships

March - Coping Skills

April - Focus/Refocus

May - Healthy Habits

June - Positivity

### **Wellness Center Activities**

Wellness Counselors provide weekly school wide wellness activities to encourage student participation in healthy activities, increase student knowledge of the wellness center services and decrease stigma associated with seeking help for social-emotional or mental health issues.



Students can be referred in for Wellness Center
Services by a school counselor, administrator or
teacher. Students can also request support themselves
by speaking to the Wellness Center staff.

Each school will receive a PDF containing links to important forms for accessing Wellness Services.



#### Sample Wellness Center Links

Wellness Counseling Referral Form

SEL Classroom Presentation Request Form

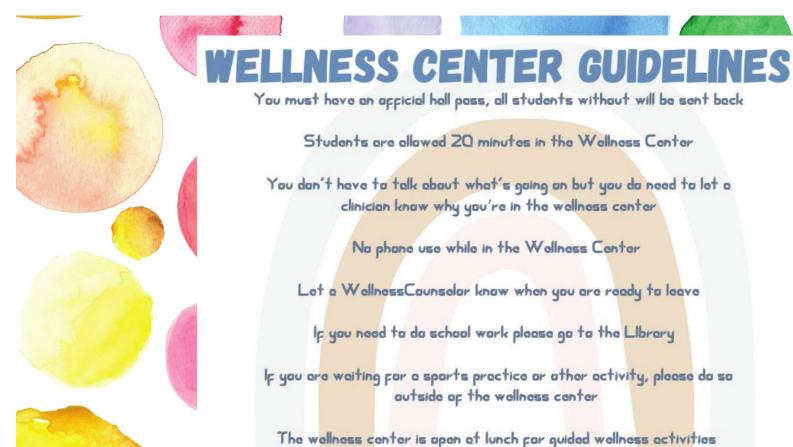
Appointment Request Link



Appointment QR Code

# **Staff Wellness**

Various Wellness Activities for staff are offered at each school based on the needs of that school. Staff can attend wellness oriented workshops, group discussions or request individual meetings with a wellness counselor.



#### Who is in the Wellness Center

Each Wellness Center is staffed with Mental Health Clinicians as well as Wellness Trainees who are graduate students pursuing an advanced degree as a Marriage Family Therapist and/or Social Work. Additionally, supervision of the Wellness Trainees will be provided by a Mental Health Clinician, who is a licensed Marriage and Family Therapist.



# **Middle School**

Wellness Services Middle School	Aug/Sept	Oct	Nov	Dec	Jan	Total
Number of Students in Individual Counseling	29	51	53	64	74	116
Number of Students in Groups	7	18	7	7	0	31
Number of Lunch Bunch Activities	0	0	42	49	33	124
Number of Student Visits to Lunch Bunch Activities	0	0	484	529	388	1,401

# **High School**

Wellness Center Services High Schools	Aug/Sep	Oct	Nov	Dec	Jan	Total
Number of Students Participating in Classroom Presentations	2481	295	163	228	0	3,167
Number of Students Attending Groups and Workshops	157	185	131	110	170	208
Number of Student Drop-in Visits	1707	1821	898	3309	2468	10,203
Number of Students In Individual Counseling	99	114	133	149	166	344



