Wellness Services Update

November 15, 2022



Dr. Heather Chamberlin-Scholle, Coordinator, Mental Health

LCAP Goal #4

- In accordance with LCAP Goal #4 to "enhance the social, emotional and physical well-being for all students through targeted actions that support positive student outcomes," CVUSD continues to expand its Wellness Services
- Currently all middle schools and high schools have Wellness Services



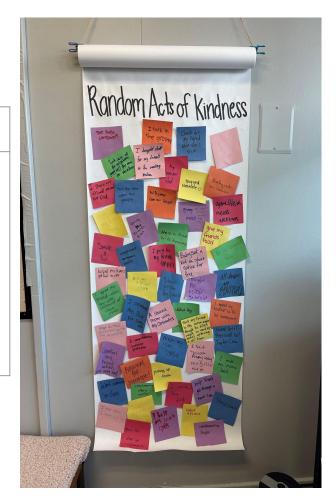
What are Wellness Services?

- General education ongoing targeted small group and/or individual interventions for students who are observed to have a need for additional teaching and practice opportunities to develop their social emotional learning (SEL) skills, and to try and prevent the difficulty(ies) from escalating and increasing interference with school success.
- The goals of wellness services are to provide students with support and strategies that encourage healthy stress management and positive coping to optimize classroom learning.



Wellness Activities

| Middle Schools | High Schools |
|---|--|
| Individual Counseling Small Group Counseling | Individual Counseling Small Group Counseling/Workshops Classroom Presentations Upon Request Drop-In Services School-Wide Activities During Lunch |





Staffing

- 0.5 FTE Mental Health Coordinator
- 1 FTE Senior Mental Health Clinician
- 1 FTE Mental Health Clinician 2
- 4 FTE Mental Health Clinician 1
- 31 Part-time Mental Health Interns





Middle School Data (August 24-October 31, 2022)

| Wellness Service Provided | Number of Students Served |
|---------------------------|------------------------------|
| Individual Counseling | 80 |
| Small Group Counseling | 25 |





High School Wellness Data (August 24-October 31, 2022)



| Wellness Service Provided | Number of Students Served |
|---------------------------|---------------------------|
| Individual Counseling | 213 |
| Small Groups/Workshops | 342 |
| Classroom Presentations | 2,776 |
| Drop-In Services | 3,528 |



Questions?

