

Ventura County's

WELLNESS PEER PROGRAM

A peer-to-peer model

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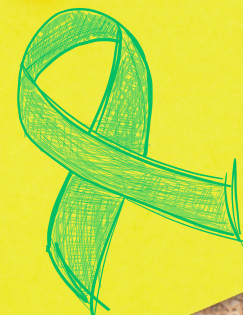


MENTAL HEALTH
IS IMPORTANT

Introduction

Wellness Centers...

- Unify care - "one stop shop"
- Prevent mental illness from becoming severe and disabling
- Reduce risk factors that negatively affect mental health and academic success
- Improve access to school and community-based mental health services
- Provide safe and supportive environments where high school students can discuss concerns and needs in a confidential, nonjudgemental space
- For Peers by Peers





Wellness Peers

1

• ROLE

2

• INTEREST FORM

3

• APPLICATION

4

• REFERENCES

5

• INTERVIEW PROCESS

6

• TRAINING



Provide support to Wellness Center participants using campus resources

Suggest ways of managing emotions

Connecting students with community resources

Refer students to the center for support

Role of Wellness Peers

Promote the center through events and communication plan activities

Provide mental health education to students

Develop and participate in center activities



Application

1. Are you involved in programs, or sports, on or off campus? Ex: band, debate, sports, cheer
2. Why do you want to be a Wellness Peer?
3. How should your school promote wellness?
4. Why is wellness important?

References

Wellness Peer Reference Check

Instructions: Thank you for taking time out of your schedule to complete the following Reference Check. As part of the pre-employment, the student listed below understands and agrees to obtain information from prior acquaintances on relevant experience relating to the Wellness Peer position. Please fill out each question and return it to the student.

Students Name: _____ Students Grade: _____

1. How would you describe the student?
2. Would this student be a good fit as a Wellness Peer? Why?
3. How would you describe the student's reliability and dependability?
4. What do you see as the student's strengths and weaknesses?
5. Is there additional information you would like to provide about the student?

Reference checked by: _____

Signature: _____ Date: _____

Interview

1. Ice Breaker - What is your go-to good vibes song and why?
2. Why do you believe you will be a great Wellness Peer?
3. What are your strengths?
4. What skill would you like to build/strengthen as a Wellness Peer?
5. Do you have any questions or would you like to share anything else with us?



Training



Summer/Winter ←

Winter Survey Results:

100% Agreed or Strongly Agreed that they feel confident they can talk to their peers about mental and behavioral health.

98% Agreed or Strongly Agreed that they learned how to talk to their peers about mental and behavioral health.

97% Agreed or Strongly Agreed that they feel confident referring their peers to the Wellness Center.



Wellness Peers



Kaitlin



THE NEST

Monse



Dan

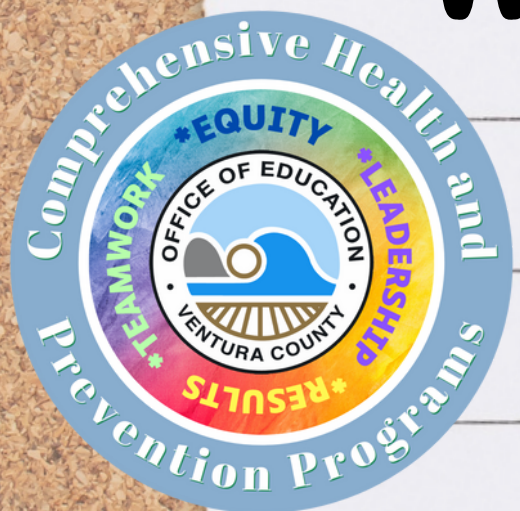
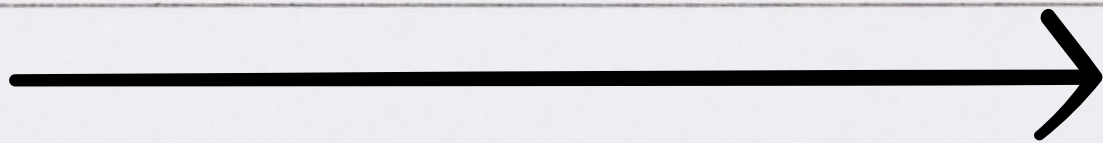




What was the process like
becoming a Wellness
Peer?

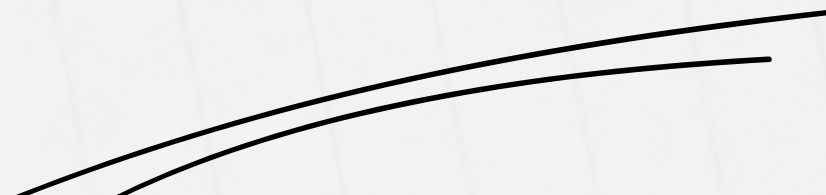
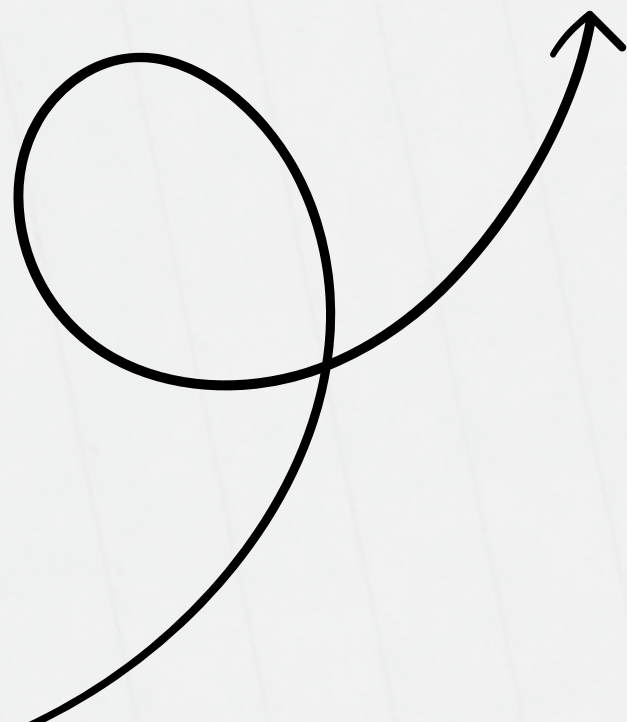


Why did you
want to be a
Wellness Peer?



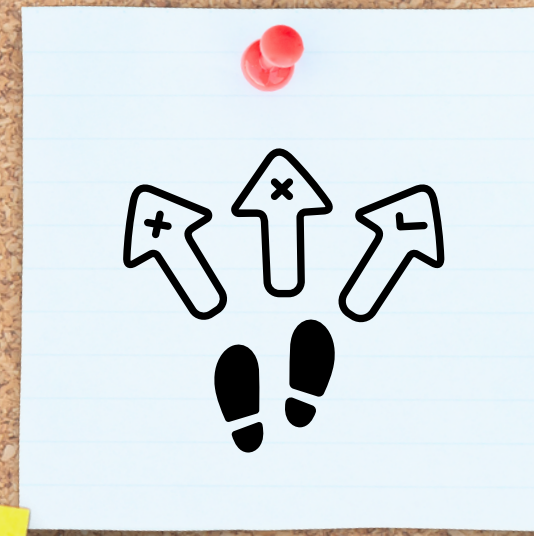


What are some of the
most important things
you've learned as a
Wellness Peer?

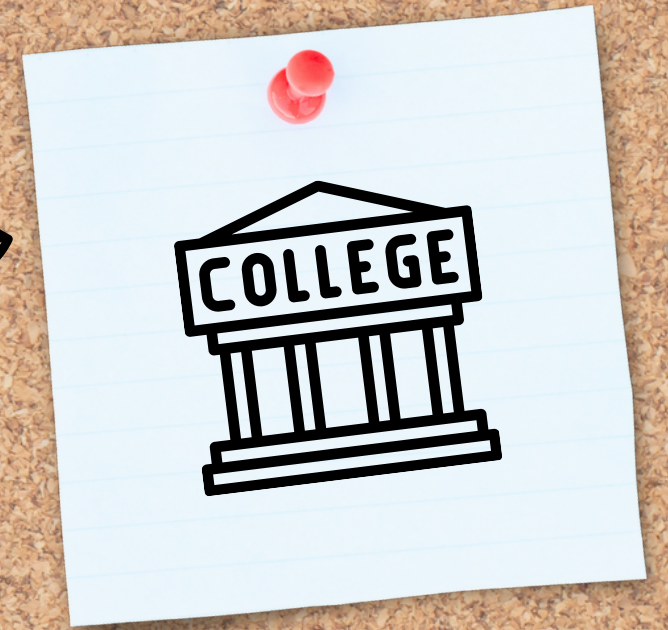


How do you know the Wellness Center is successful?





How do you think
being a Wellness
Peer will help you in
the future?



Questions

• YOU ARE •
Stronger
• THAN YOU THINK •

♦ Mental
Health
Matters

- You're -
ENOUGH

BE KIND TO
YOUR MIND

♦ You can
do hard
♦ things ♦

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Thanks! 
A special thanks to
Monse, Dan, & Kaitlin!!

