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+ WELLNESS CENTERS

Comprehensive Health and Preventions Programs Department



In partnership with Ventura County Behavioral Health

WELLNESS CENTER GOALS

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, nonjudgmental space

For Peers by Peers

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FIVE SCHOOL DISTRICTS IN VENTURA COUNTY

OXNARD UNION HIGH SCHOOL DISTRICT

VENTURA UNIFIED
SCHOOL DISTRICT

FILLMORE UNIFIED
SCHOOL DISTRICT

MOORPARK UNIFIED SCHOOL DISTRICT

SANTA PAULA UNIFIED SCHOOL DISTRICT

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EIGHT WELLNESS CENTERS IN YENTURA COUNTY

FILLMORE HIGH SCHOOL

https://fillmorehighschool.fillmoreusd.org/apps/pages/index.jsp?uREC_I D=360995&type=d&pREC_ID=2179494

MOORPARK HIGH SCHOOL

https://sites.google.com/mrpk.org/musd-wellness-center/home

CHANNEL ISLAND HIGH SCHOOL

https://www.channelislandshigh.us/wellness/

HUENEME HIGH SCHOOL

https://sites.google.com/oxnardunion.org/vikingstudentwellness/home

OXNARD HIGH SCHOOL

https://sites.google.com/oxnardunion.org/mrsisaac/home

PACIFICA HIGH SCHOOL

https://sites.google.com/oxnardunion.org/phswellnesswebsite/home

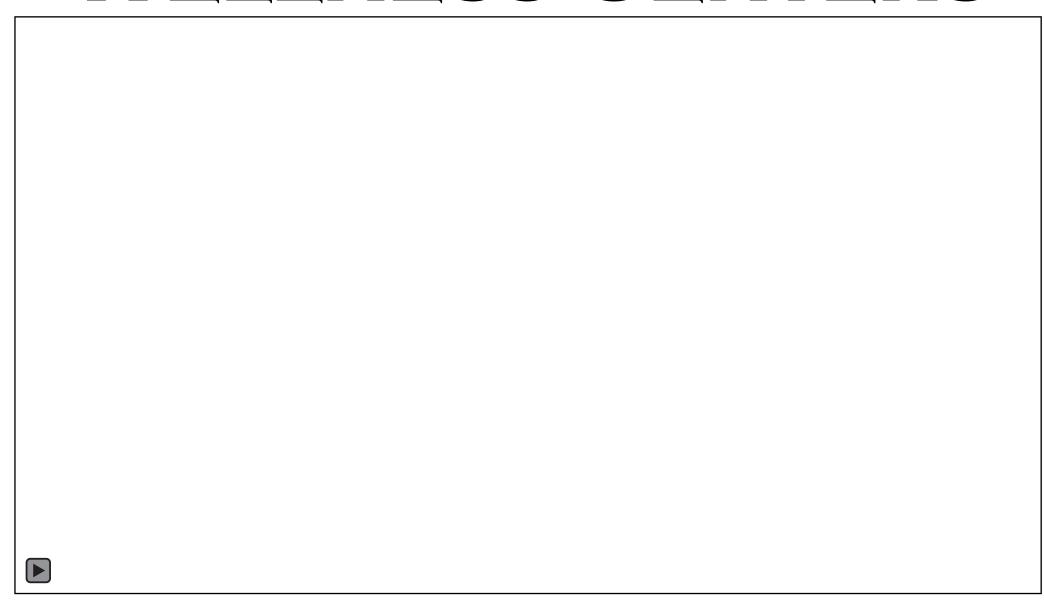
SANTA PAULA HIGH SCHOOL

https://sites.google.com/spunifiedsd.org/virtual-wellness-room/home

BUENA HIGH SCHOOL

https://sites.google.com/venturaedu.org/buenavirtualwellnesscenter/home

Wellness Centers



VCBH WELLNESS CENTER CLINICIAN



ALFONSO GUTIERREZ

Wellness Center BH Clinician

- 1. Screening, assessment, and triages on site
- 2. Mental Health Psychoeducation presentations and workshops
- 3. Short-term treatment services
- 4. Long-term treatment referrals and linkage
- 5. Risk assessment and safety planning
- 6. Liaison with partner placement agencies and community organizations
- 7. Works closely with Mental health and Child protective services, law enforcement agencies, schools, employers, health and welfare to provide coordinated care

VCBH WELLNESS CENTER COMMUNITY SERVICES COORDINATOR



ANGELES SMALL

Wellness Center BH Community Services Coordinator

- 1. Screens students' needs to link them with MH services and other programs
- 2. Links clients in accessing VCBH services, Beacon Health Services or related services
- 3. Presents a variety of psychoeducational MH workshops for students, parents
- 4. Liaison with representatives from agencies to coordinate care
- 5. Collaborates with a multi-disciplinary team (school staff, social worker, teachers, etc.) to support the students.

WELLNESS PEER ROLES

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Provide support to Wellness Center Participants

Suggest ways of managing emotions

De-escalate emotional situations

Refer students to the center and community resources

Promote the center through events and communication plan activities

Provide mental health education to students

Develop and participate in Wellness Center workshops

Distribute information about on-site resources

THINGS TO CONSIDER

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- Communication
- Systems of change
- MOUs
- Location, Location
- Space needed vs. actual space size
- Hiring of staff
- Wellness Center staff schedules
- Purchasing of items
- Tap into existing resources

LESSONS LEARNED

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- Approval from Admin and IT to create a webpage
- Recruiting qualified staff including Wellness Peers
- Space issues and assembly of furniture
- Building rapport and referrals due to no in-person visits
- Buy-in from school staff
- Time for data input
- Coordinator schedule
- Clinician and CSC schedule

SUCCESSES

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- 7 of the 8 had virtual Wellness Centers up and running in 2020
- * Student surveys indicate this is a safe space for all students
- Graduation rates have increased, and dropout rates have decreased
- * Peer to Peer support
- Peers being trained to identify MH issues and provide resources
- * Monthly MH Campaigns are rolling out on all campuses
- * Stigma of MH is being reduced
- · Communities are engaging
- So far, the Centers have seen a total of 12,072 students as of May 10th.
- Wellness Centers are being created at non-grant schools including middle schools
- Sustainability options are being considered



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