



VENTURA COUNTY  
Office of Education

Dr. César Morales, County Superintendent of Schools

# + . WELLNESS CENTERS

○ Comprehensive Health and Preventions Programs Department



VENTURA COUNTY  
**BEHAVIORAL HEALTH**  
A Department of Ventura County Health Care Agency

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 VENTURA COUNTY

## FILLMORE HIGH SCHOOL

[https://fillmorehighschool.fillmoreusd.org/apps/pages/index.jsp?uREC\\_ID=360995&type=d&pREC\\_ID=2179494](https://fillmorehighschool.fillmoreusd.org/apps/pages/index.jsp?uREC_ID=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



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

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

# LESSONS LEARNED

- 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

# SUCCESSSES

- 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 10<sup>th</sup>.
- Wellness Centers are being created at non-grant schools including middle schools
- Sustainability options are being considered

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## CONTACTS

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