

# CALIFORNIA ON CAMPUS WELLNESS CENTERS



## WELLNESS CENTERS

Wellness Centers are designed to be a safe space where students can go to get support and information. These centers will: increase school attendance, improve employee and student support, provide access to mental health resources, decrease stigma around seeking help and help to coordinate care

### Some of the benefits of on campus Wellness Centers are:

- Provide immediate access to support
- Allow students to remain on campus and return to class
- Reduce mental health use of Home and Hospital program (*65% for anxiety in a local district*)
- Deliver early intervention for mental health support
- Build awareness and reduce stigma on campus
- Engage the community in mental health awareness
- Improve coordination of services amongst nurses, counselors, support and administration

### Wellness Centers work in collaboration with the Counseling Department and Health Office to expand support services for students, faculty and staff. These services include mental health counseling, outreach, peer support and case management:

- Staffed by district employees
- District Wellness Director – coordinate staffing and sites to meet student needs
- Wellness Coordinator – Licensed LCSW, PPSC
- Intake / Triage Specialist – to greet student, perform initial triage, referrals
- Interns – MFT or PCC Trainee, MSW Intern or similar
- Adjacent to or in close proximity to existing counseling services
- Comfortable furnishings such as couches and bean bags with neutral décor. Space should offer privacy but not hideaways
- Open during school hours – option to open after hours in crisis such as student death
- Integrated with Student Health Classes
  - Freshman orientation tour

- Mental Health Presentations by Wellness Center

**Data collection process for reporting and assessment through district:**

- Student name/ID number
- Number of visits
- Number of unique visits
- Referrals (internal/external)
- Evaluation linked to CHKS results

**DAY TO DAY MODEL**

Wellness Centers are open to students, faculty, staff, parents and community support groups. It provides immediate support for people experiencing stress, anxiety, depression, grief, suicide ideation or other mental health issues.

Students can self-refer or be referred by faculty/staff to Wellness Center. Upon arrival are greeted at the door, which preferably can be accessed independently of other school departments, by the Wellness advocate for triage. A student would sign in electronically with either name or student ID card and then be given an opportunity to share their situation. Triage options could include:

- 10 minutes to collect thoughts
- hot/cold beverage/snack
- One on one conversation
- Referral to: Wellness Coordinator, Counselor, School Psychologist, Assistant Principal, - immediate or by appointment
- Wellness Coordinator can refer to additional resources such as outside agency, community support group, etc.
- Referral to student club
- Crisis intervention – 5150 process
- Return to class with excused status
- “Handle with Care” status – Handle with Care is a collaboration between law enforcement and the school district. When law enforcement visits a home (for any reason) and school age children are present, the names and schools of the children. The Police would then notify the district who in turn would notify the school site that these students should be “Handled with Care”. The teacher would only be informed of this status to give the child some leeway. They have had a bad day/night.
- A student would not be returned to class until their immediate need is met

