

Wellness

TAM DISTRICT



OUR MISSION

To improve the health, well-being, and education outcomes of all students through on-campus counseling and Wellness Center services offering programs in health, mental health, substance abuse, sexual health, and other support services.

HOW WELLNESS WORKS

WELLNESS: Coordinates • Implements • Evaluates

PROGRAMS & SERVICES:

Direct Student Services
1:1 and Group

Prevention & Education
For Student, Staff, and Parents

FOCUSING ON:

Health • Mental Health • Substance Use/Abuse • Sexual Health

PREVENTION COORDINATION CONSULTATION TRAINING
CRISIS INTERVENTION EDUCATION EARLY INTERVENTION
COMMUNITY PARTNERSHIP YOUTH DEVELOPMENT

WELLNESS 101

WELLNESS SUPPORT ON CAMPUS

ALL STUDENTS

- Health Education (in classrooms, Wellness Center, and Wellness Website)
- School Wide Health and Wellness Awareness Events
- Wellness Drop In Center
- Parent/Guardian Education and Consultation
- Staff Training and Consultation

GROUPS

- Support and Empowerment Groups
- Clubs
- Youth Development and Student Leadership Groups

ONE-ON-ONE

- Individual Counseling (mental health and substance use/abuse)
- Crisis Support and Intervention
- Case Management
- Health and Sexual Health Services

WELLNESS COMMUNITY CONNECTION

ON-SITE CAMPUS SUPPORT

We collaborate with community-based organizations, clinics, and local universities to bring additional expertise **directly to the students on campus.**

OFF-SITE COMMUNITY RESOURCES

Wellness helps students and families **access and navigate community and private healthcare and behavioral healthcare systems and social services.**

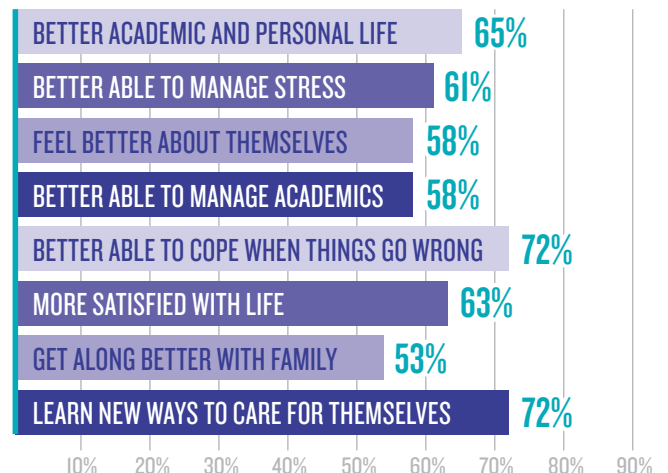
COUNSELING & WELLNESS STAFF

School Counselors
Wellness Coordinator
School Psychologists
Wellness Outreach Specialist
Wellness/BACR Counselors
School District Nurse
Wellness Community Partners/Providers
Wellness/BACR Interns
Peer Resource
Wellness Student Ambassadors

COMMUNITY PARTNERSHIPS

Bay Area Community Resources
Huckleberry Youth Programs
Family Works
Marin Community Clinic
Marin City Health and Wellness Center
Sphar Center
Inside Circle
UCSF and Dominican Nursing Interns
UC-B, SFSU, USF, Wright Graduate Interns

200+ STUDENTS WHO USE THE WELLNESS CENTER REPORT*



*A Spring 2017 anonymous survey of 200+ Students who used the Redwood Wellness Center 1 or more times.

WHY WELLNESS?

2015-2016 TUHSD CALIFORNIA HEALTHY KIDS SURVEY

42% 9TH GRADERS
73% 11TH GRADERS

Reported having **used alcohol** one or more times

27% 9TH GRADERS
57% 11TH GRADERS

Reported having **used marijuana** one or more times

12% 9TH GRADERS
24% 11TH GRADERS

Reported having used **prescription drugs** to get "high"

27% 9TH GRADERS
30% 11TH GRADERS

Reported **chronic sad or hopeless feelings** in the past 12 months

14% 9TH GRADERS
13% 11TH GRADERS

Reported they **seriously considered attempting suicide** in the past 12 months

OVER
1/2

of students say they **don't know if help is available** or think help is not likely available at school to help them reduce their use of alcohol or other drugs

REGIONAL DATA

30% GET TREATMENT
→ OF THOSE
70% IN SCHOOL SETTING

Only **30%** of youth who have mental health needs get treatment, even among those with insurance and adequate financial resources. Of those 30% of students receiving treatment, over **70%** receive their mental health treatment/services in the school setting

50%
STRESS RELATED HEADACHES, DIFFICULTY SLEEPING AND EXHAUSTION DUE TO STRESS

Reported by Bay Area teens over the past month



Teen girls who have access to a Wellness Center are more likely to get **reproductive preventative care**.

73%
ACADEMIC STRESS
NUMBER ONE REASON FOR USING DRUGS

yet only 7% of parents believe teens might use drugs to deal with stress

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