

Wellness Presentation to the Board of Trustees



JANUARY 13, 2014

Presentation by:

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Presentation Overview



- Wellness Director: Goals for 2014-2015
- Community Needs Assessment
- Identified Needs & Gaps in Services
- Preview of Proposed Wellness Model for TUHSD

Wellness Director: Goals for 2014-2015



- Community Needs Assessment
- Wellness Education And Outreach
- Wellness Site Integration
- Building Relationships and Partnerships With Students, Staff, Parents and Community Partners
- Design Wellness Center Model For TUHSD and Redwood

Wellness Center Mission Statement



In order to improve the health, well-being, and educational outcomes of all students, the mission of the Tamalpais Union High School District Wellness Program is to enhance the delivery of coordinated and comprehensive health, mental health, substance abuse, reproductive health and other support services within the school environment.

Wellness Community Needs Assessment



- **Qualitative Data**

- **Key Informant Interviews**

- ✦ **Students:** Peer Resource, Social Issues, Body Positive, Friday Night Live, Leadership, Link Crew, Principal's Student Advisory Council, Student Focus Group and more
- ✦ **Staff:** 68 individual and small group meetings with staff; Wellness presentation to all staff at faculty meeting
- ✦ **Parents:** School Site Council, Principal's Advisory Council, PTSA, Redwood Foundation, Parent Ed Night, and multiple individual meetings with parents.
- ✦ **Community Partners:** 83 community meetings with community providers, local government agencies and non-profits serving Marin County.

- **SWOT Analysis: California School Based Health Alliance**

- **Comprehensive Literature Review with UC-Berkeley**

Wellness Community Needs Assessment



- Quantitative Data
 - Partnership with UC-Berkeley and Evaluation, Training and Research, Inc. (ETR) to develop and administer student, staff and parent surveys January/February 2015
 - California Healthy Kids Survey Data: 2013-2014

Qualitative Data: Overall Findings



100% SUPPORT

From Students, Parents, Staff &
Community Partners

Qualitative Data Findings: Student Community's Identified Wellness Issues

- Stress
- Alcohol and drug use/abuse
 - Binge drinking
 - Marijuana use/abuse
 - Prescription pill abuse
- Body Image
 - Eating disorders
- Anxiety
- Depression
- Self Esteem
- Sexual Orientation
- Suicidal Ideation
- School/Life Balance
- Sexual health decision making and support
- Pressure
 - Peer pressure
 - Parent pressure
 - Self pressure
- Self Injurious behavior
- Sleep
- Relationships
 - Family
 - Friends
 - Teachers
 - Boyfriend/girlfriend

Qualitative Data Findings: Staff, Parent & Community Needs



- Examples of STAFF Needs
 - Identifying and supporting students behavioral health needs
 - Professional development, training and consultation
- Examples of PARENT Needs
 - Support in navigating behavioral health systems
 - Understanding adolescent development
- Examples of COMMUNITY Needs
 - Community doesn't feel they have access to get in to schools to support students
 - Students rarely access off campus community support services

Qualitative Data Findings: Identified Needs & Gaps In Support Services



- **Prevention:**
 - Education, Outreach and Services
- **Coordination:**
 - Comprehensive Health and Behavioral Health Services
- **Community:**
 - Partnerships & Referrals

Identified Needs & Gaps in Support Services:

Prevention: Education, Outreach and Services



- Health, wellness and social/emotional curriculum beyond 9th grade
- School-wide prevention programming re: health, mental health, substance use/abuse and reproductive health
- Coordination between student leadership groups and clubs to support, develop and promote school-wide health and wellness
- Comprehensive nutrition education programming
- School climate and community building
- Parent and staff awareness, education, consultation and support

Identified Needs & Gaps in Support Services: **Comprehensive and Coordinated Health & Behavioral Health Services**



- Coordination of existing support services
- Central place for students to get comprehensive support
- Help navigating and accessing behavioral health services
- Reproductive health education and service promotion
- Nursing and health promotion, assessments, and services
- Alcohol and drug abuse prevention, education and counseling services

Identified Needs & Gaps in Support Services: Community Partnerships and Referrals



- Alcohol and drug counseling for targeted education and intervention
- Wellness Public Health Nursing
- Reproductive health education and services
- Community expertise
- Knowledge of community resources and referrals to support students
- Community partner services on campus
- Referrals to community agencies and services

Quantitative Data Findings

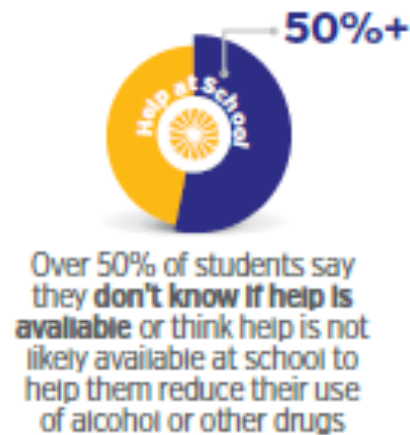
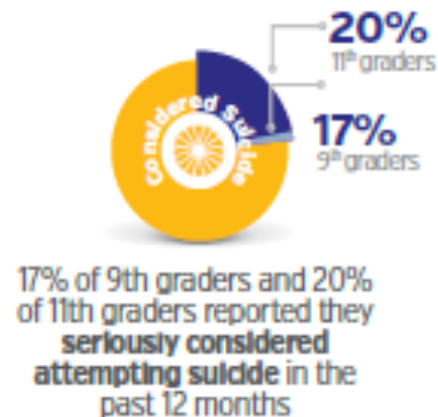
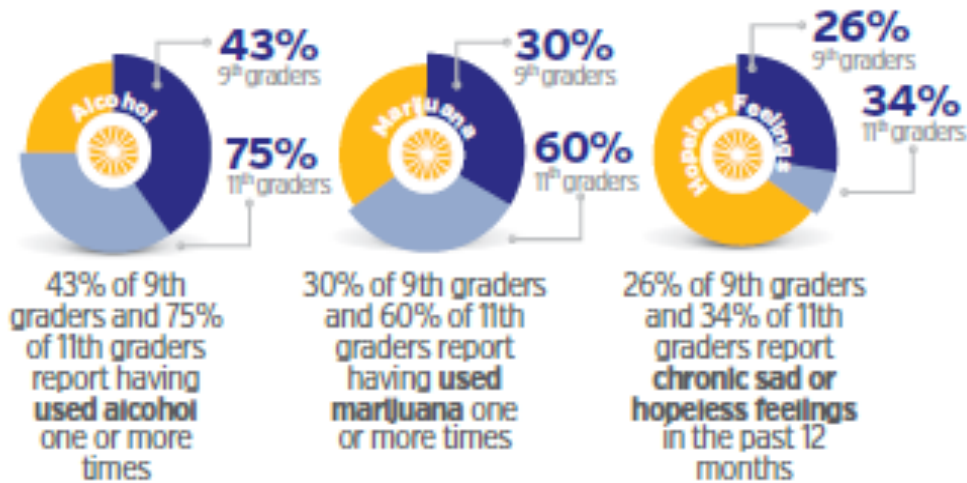


- **Partnership with UC-Berkeley and Evaluation, Training and Research, Inc. (ETR) to develop student, staff and parent surveys**
 - ✦ Timeline- Survey administration, data Analysis and discussion of results with stakeholder groups from January-April 2015

- **TUHSD California Healthy Kids Survey 2013-2014**

WHY WELLNESS?

TUHSD California Healthy Kids Survey: 2013-2014



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Wellness Center Service Delivery Model



How Wellness Works

Students access Wellness in school:

ALL

- Wellness offers relevant health education in classrooms and coordinates school-wide events around adolescent health issues, regularly using a peer-to-peer model. The Wellness Center offers a safe and welcoming space for students to hang out while accessing information through our interactive Wellness website, health education and awareness materials and connecting with caring staff to support students' health and well-being.

GROUPS

- Wellness provides a wide variety of support and empowerment groups and clubs as a means of health promotion, prevention of risky behavior and relationship building. Student-focused leadership groups bring student voice and choice into the types of programming offered by Wellness and provides positive peer support, outreach and education to the larger student community.

1 ON 1

- Our Wellness staff provide individual students with counseling, crisis intervention, case management, health and reproductive health information, support and services, conflict mediation and related services to support the whole student.

Wellness Center Service Delivery Model



How Wellness Works

We connect them to a network of support:

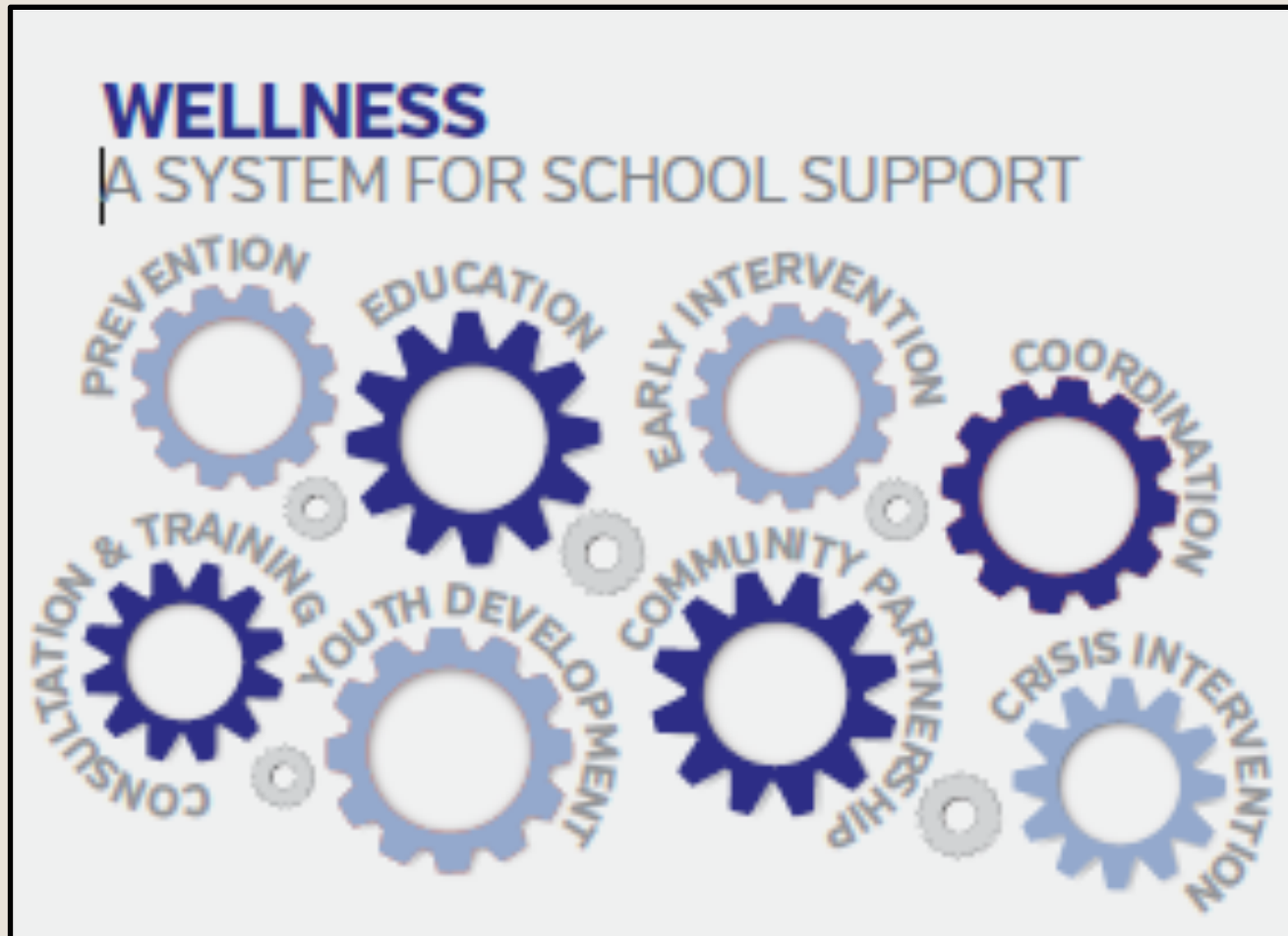
ON-SITE

- We collaborate with community-based organizations, clinics and local universities to serve students at school. Wellness staff coordinate with these community partners to bring additional expertise directly to the students at the school site.

OFF-SITE

- Wellness helps students and families navigate community and private healthcare systems for adolescent focused primary and behavioral health care services, including mental health and substance abuse treatment. We also connect students with local teen clinics for reproductive health education and services.

Wellness Center Service Delivery Model



Wellness Center Staffing Model



Wellness Plan for Spring 2015



- Administer surveys and compile results to inform Wellness Center development
- Convene Wellness Advisory Board
- Identify and work towards developing a space for Wellness at Redwood High School
- Submit funding request – March 2015 from Board of Trustees
- Expand program development materials

Examples:

- Policies & procedures
- Hiring
- Formalize community partnerships
- Communications plan