



WELLNESS CENTER

T A M D I S T R I C T



OUR MISSION

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 comprehensive and coordinated health, mental health, substance abuse, reproductive health and other support services within the school environment. ☀️

ISSUES WE ADDRESS

SELF ESTEEM, PEER PRESSURE, **STRESS**,
DEPRESSION, **ANXIETY**, SUICIDALITY,
BODY IMAGE, BULLYING, SEXUAL HEALTH,
ALCOHOL AND DRUGS, HEALTHY
RELATIONSHIPS, **EATING DISORDERS**, NUTRITION,
SLEEP, FITNESS, **SELF-HARM**,
GRIEF AND LOSS, CHRONIC ILLNESS,
FAMILY DYNAMICS, LIFE BALANCE,
PREGNANCY PREVENTION, SEXUAL ORIENTATION,
GENDER IDENTITY, DATING VIOLENCE AND
MORE

HOW WELLNESS WORKS

Students access Wellness services 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.

» GROUP

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

» ONE-ON-ONE

Our Wellness staff provides **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.

And 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 coordinates 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.

