

TUHSD WELLNESS: A FRAMEWORK FOR EXPANDED STUDENT SUPPORT

There are over 230 school based health centers (SBHC), including Wellness and various other models, in California schools. Wellness is a hybrid model that is significantly less expensive than the traditional SBHC model and allows for greater collaboration in schools (because Wellness implements a FERPA vs. HIPAA model). The Wellness model is a research based model that has been evaluated for over 14 years. The Wellness model provides a framework for TUHSD and allows and encourages the assessment of specific site based needs in it's development and implementation.

TUHSD's Wellness Director, Jessica Colvin, with Wes Cedros, the Senior Director of Student Services conducted a comprehensive needs assessment in 2014-2015 including hundreds of individual meetings with stakeholders, focus groups, three computer surveys (for Redwood students, staff and parents), the California School Based Health Alliance SWOT analysis, and UC-Berkeley's School of Social Welfare's award winning research project, in partnership with TUHSD, including a comprehensive literature review, needs assessment and analysis of student survey results.

The plan is that a needs assessment will also take place at Tamalpais and Drake High Schools that will be led by the site's Wellness Design Team members in collaboration with Jessica Colvin, Wellness Director and Wes Cedros, Senior Director of Student Services.

FOCUS AREAS OF THE WELLNESS MODEL:

- Health
- Mental Health
- Substance Use/Abuse
- Reproductive Health

Wellness will offer direct services (individual and group) and prevention and education (for students, staff & parents) that will focus on each of the four areas above.

PROGRAM COMPONENTS:

Coordination and Delivery of Direct Services

- 1:1 Counseling (mental health and substance use/abuse counseling services)
- Support/Empowerment Groups
- Nursing and health services
- Case management
- Reproductive Health Services
- Youth development and advocacy
- Crisis Support and Intervention

- Mentoring
- Peer Support

Health Education & Prevention

- Education and prevention activities for 9-12th grade students
- Classroom workshops & health education theater opportunities
- School wide awareness events
- Support Social Issues teachers and classrooms
- Support Peer Resource students
- Condom Availability Program
- Outreach to sports teams (concussions, nutrition, life balance, stress...)
- Interactive Wellness Website (www.tamdistrict.org/wellness)
- Nursing intern services (development of workshops and programs, hearing/vision, tobacco cessation)

Community Partnerships

- Develop relationships with Community Based Organizations (CBOs) and creation of MOUs between TUHSD and CBOs
- Provide comprehensive orientation to TUHSD, School site and Wellness policies and data collection procedures
- Triage and coordinate student referrals and cases with community partners
- Liaison between community provider and school as needed
- Linking teachers to community presenters
- Data collection

Youth Development, Engagement & Advocacy Opportunities

- Wellness/Peer Resource partnership (see <http://www.tamdistrict.org/Page/8690>)
- Wellness Youth Advisory Council
- TA training and support program
- Collaboration with student leadership groups and clubs
- Outreach to traditionally underserved or marginalized student and communities on site
- Mentoring programs
- Conflict mediation

Wellness Drop In Center

- A “chill zone,” space to de-stress, take a breather, get water, tea, healthy snack (#1 request from students on Redwood survey)
- A place to get health, mental health, substance use/abuse and reproductive health information and referrals
- A place to talk with trusted adults and get support
- Crisis support and intervention
- Meditation/silent area (if possible)

Parent/Guardian Education and Consultation

- Work with PTSA Parent Ed Coordinators to arrange for monthly site based trainings and district wide parent programming
- Wellness information to parents through Principal's Newsletter, parent email listserve, and parent section on Wellness Website
- Support and consultation available to parents/guardians re: adolescent development and issues related to teen health and well-being

Staff Training and Consultation

- Professional development, as needed, on topics relating to teen health and well-being offered during District and site PD days and offered as site based brown bag workshops
- Support and consultation available to staff re: adolescent development and issues related to teen health and well-being and classroom behavior management
- Staff section on Wellness Website
- Support in integrating wellness related issues and topics into curriculum
- Support, training, curriculum and in class workshops with TUHSD Social Issues teachers

Wellness Advisory Board

- The TUHSD Wellness Advisory Board includes 20 parents, students, staff, admin, and community members, including community experts in the field of adolescent health and wellness, who meet quarterly to oversee and guide the work of the Wellness Centers within TUHSD

Evaluation

- We are working with Evaluation, Training and Research Associates (ETR) and UC-Berkeley's School of Social Welfare research department to develop an evaluation plan for the Redwood Wellness Center that can be replicated or modified for other sites in the future. In addition, ETR has created, and Redwood Wellness is implementing a service data management system to confidentially keep track of all Wellness student services by provider and type of service.
- Evaluation focus for 2015-2016 - Service implementation and stakeholder satisfaction including assessment of services implemented and satisfaction of Wellness participants and stakeholders. Data collection activities will include student, staff, and parent surveys and focus groups, as well as detailed analyses of service utilization data.
- Concurrently, with the help of ETR and UC Berkeley's School of Social Welfare, will be conceptualizing and operationalizing an outcomes evaluation plan for implementation during Year 2.

Legal

- Working with Attorney, Elizabeth Estes, to create and implement:
- New contracts to bring CBOs on campuses
- Consent forms (student and parent)
- Wellness Policies and Procedures
- Wellness Privacy Practices

- Enhanced Parent Notification, Condom Availability Program and Social Issues notification
- FERPA vs HIPAA Compliance

WELLNESS MODEL STAFFING:

2-3 Site Based District Positions Per Site*:

- Wellness Coordinator (Certificated) - Qualifications: PPSC in School Social Work; Licensed Social Worker (LCSW)
- Wellness Outreach Specialist (Classified) - Youth Advocate, Health Educator, and Triage
- Wellness Nurse (Certificated) - Credentialed School Nurse and Health Educator

1 District Position:

- Wellness Director (Management) – Master’s in Social work, Master’s in Public Health, PPSC in School Counseling and PPSC in School Social Work

* SFUSD High School Wellness model, a successful research based model, staffs all three positions in some form at each site.

SFUSD WELLNESS/SCHOOL BASED HEALTH CENTERS(SBHC) vs. REDWOOD WELLNESS:

A few examples of how the Redwood Wellness Center differs from SFUSD and other SBHC and Wellness models:

- No on site doctors or dentists
- No full time nurse
- Wellness Center is in Counseling office allowing for more collaboration to support students
- New referral and communication procedures created to ensure that Redwood School Counselors remain student’s primary case manager
- Peer Resource/Wellness partnership (instead of using SFUSD’s Wellness Youth Outreach Worker Program model)
- Wellness Coordinator and Wellness Outreach Specialist positions both District positions allowing for more information to be discussed (with Counselors, APs, teachers) to coordinate and enhance support and care (FERPA vs. HIPAA)