

DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.



Larry Meredith, Ph.D.
DIRECTOR

20 North San Pedro Road
Suite 2002
San Rafael, CA 94903
415 473 3696 T
415 473 3791 F
415 473 3344 TTY
www.marincounty.org/hhs

December 12, 2014

Re: Letter of Support for Tamalpais Union High School District (TUHSD) Wellness Centers

To the TUHSD Board of Trustees,

Marin County Department of Health and Human Services (HHS) strongly supports the development of Wellness Centers within TUHSD, starting at Redwood High School in fall 2015. Health and Human Services believes that supporting the health, mental health, substance use and abuse, and reproductive health needs of our teens is critical to ensure each student's health, well-being and academic success.

TUHSD's Wellness Centers, sited on campus, will be leading Marin County in offering an innovative and comprehensive program that will include prevention, early intervention, education, youth development and community partnerships to support teens' healthy development and growth. Bringing the Wellness Centers to the school environment will significantly increase student access to the services and care they need but often don't receive, while providing them with the skills and support to cope with the complex issues they face every day. Our organization believes that strong, healthy, well-supported teens will improve the health of our entire community.

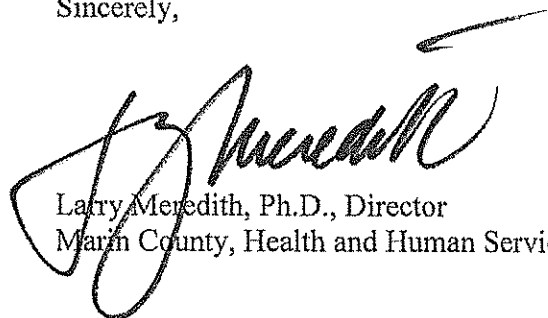
Many staff throughout HHS had the opportunity to meet with Ms. Colvin to hear first-hand about the concept of the Wellness Centers. The Department looks forward to continuing to discuss partnership opportunities as the planning continues.

The mission of HHS is to promote and protect the health, well-being, self-sufficiency, and safety of all people in Marin County. Our various divisions which focus on Community Health, Policy and Prevention, Public Health, Mental Health and Substance Use and Socials Services, are strong committed to supporting the efforts of our community partners in these areas.

We are especially excited about the community partnership aspect of the Wellness Center model and understand that Wellness Centers will function as a bridge between students, families and community resources to increase students' access to health and mental health services. We look forward to partnering with the Wellness Centers to

offer our experience in prevention and early intervention, mental health, substance use and abuse and community partnerships.

Sincerely,

A handwritten signature in black ink, appearing to read "Larry Meredith". The signature is fluid and cursive, with a long horizontal stroke at the end.

Larry Meredith, Ph.D., Director
Marin County, Health and Human Services

Administration 415/927-5110
Fire
Public Works
Recreation
Customer Service
Library 415/927-5005



Planning 415/927-5038
Community Development
Building Permits/Inspection
Twin Cities Police 415/927-5150
Fax 415/927-5022
Web: www.ci.larkspur.ca.us

CITY OF LARKSPUR

December 5, 2014

Board of Trustees
Tamalpais Union High School District
395 Doherty Drive
Larkspur, CA 94939

Re: Letter of Support for TUHSD Wellness Centers

To the TUHSD Board of Trustees,

The Twin Cities Coalition for Healthy Youth strongly supports the development of Wellness Centers within Tamalpais Union High School District, starting at Redwood High School in fall 2015.

The Coalition shares a common goal to reduce the incidents of under-age use and abuse of alcohol and other drugs (AOD). Schools, parents and youth are 3 of the 12 key stakeholder groups in the Coalition. Over the course the last 3-1/2 years, the City of Larkspur and the Central Marin Police Authority have developed a strong working relationship with Redwood High School with our Schools Resource Officer and through parenting education programs, AOD-free events for students, developing strategies for reducing access to AOD and changing community norms associate with their use.

Corte Madera Vice Mayor Bob Ravasio, my Twin Cities counterpart on the Coalition, and I have met with Wellness Director Jessica Colvin to learn more about the concept. We believe the TUHSD's Wellness Centers will become the leader in Marin County in offering an innovative and comprehensive program that will include prevention, early intervention, education, youth development and community partnerships to support teens' healthy development and growth.

The Coalition has limits on its direct reach to youth. On campus Wellness Centers will significantly increase student access to the services and care they need, but often don't receive. Students will now have a venue to learn skills and get the support to coping with the complex issues they face every day.

Based upon the success of similar programs, we believe there will be measurable improvements in student behavioral health and in overall school climate at the sites where

there is a Wellness Center. Strong, healthy, well-supported teens will only serve to increase the health of our entire community.

There is no singular cause or solution to the problem with AOD use and abuse in our community. One of the roles of the Coalition to bring all stakeholders to the table to address these issues. We are especially excited about the community partnership aspect of the Wellness Center model and understand that Wellness Centers will function as a bridge between students, families and community resources to increase students' access to health and mental health services.

We applaud and support your efforts to provide our community with a new tool to promote the health, well-being and academic success of our youth and look forward to having the Wellness Centers involved our Coalition.

To learn more about the Coalition, you can visit our web site at TheCoalitionConnection.com. If there is any additional information I can provide in support of TUHSD's innovative and greatly needed Wellness Centers, please do not hesitate to contact me.

Sincerely,

A handwritten signature in black ink, appearing to read "Larry Chu". The signature is fluid and cursive, with the first name "Larry" and the last name "Chu" clearly distinguishable.

Larry Chu
Mayor, City of Larkspur
Central Marin Police Council
Co-Chair, Twin Cities Coalition for Healthy Youth
E-Mail: LChu@cityoflarkspur.org
Phone: 415-945-0634



THE TOWN OF
CORTE MADERA
MARIN COUNTY CALIFORNIA

300 TAMALPAIS DRIVE
CORTE MADERA, CA
94925-1418

www.townofcortemadera.org

TOWN MANAGER
TOWN COUNCIL
415-927-5050

TOWN CLERK
415-927-5086

FINANCE / BUS. LICENSE
415-927-5055

FIRE DEPARTMENT
415-927-5077

PLANNING / ZONING
415-927-5064

BUILDING INSPECTOR
415-927-5062

TOWN ENGINEER
PUBLIC WORKS
415-927-5057

RECREATION DEPARTMENT
415-927-5072

SANITARY DISTRICT NO. 2
415-927-5057

CENTRAL MARIN
POLICE AUTHORITY
415-927-3150

Board of Trustees
Tamalpais Union High School District
395 Doherty Drive
Larkspur, CA 94939

Re: Support for TUHSD Wellness Centers

To the TUHSD Board of Trustees:

The Twin Cities Coalition for Healthy Youth strongly supports the development of Wellness Centers within the Tamalpais Union High School District., starting at Redwood High School in fall 2015.

The Coalition shares a common goal to reduce the incidence of under-age use of alcohol and other drugs. Schools, parents, and youth are 3 of the 12 key stakeholder groups in the Coalition. In the last 3 and one half years, the Town of Corte Madera, City of Larkspur, and the Central Marin Police Authority have developed a strong working relationship with Redwood with our Schools Resource Officer, and through parenting education programs, Friday Night Live, and developing strategies for changing community norms.

Larkspur Mayor Larry Chu, my Co-Chair on the Coalition, and I have met with Wellness Director Jessica Colvin to learn more about the concept, and think that TUHSD Wellness Centers can become the leaders in Marin County in offering programs that address this issue.

We have limits on what we can do by engaging the community. On campus Wellness Centers will significantly increase student access to the services and care they need. We believe there will be measurable improvements in student behavior, health, and in the overall school climate where there are Wellness Centers.

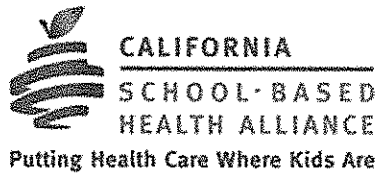
We are also excited about the community partnership aspect of the Wellness Center model, and understand that Wellness Centers will function as a bridge between students, families, and community resources, to increase students' access to health and mental services.

We applaud and support your efforts in creating this innovative program, and look forward to working with the Wellness Center in our coalition.

Sincerely,

Bob Ravasio

Vice-Mayor, Town of Corte Madera
Co-Chair, Twin Cities Coalition for Healthy Youth



12/4/2014

Re: Letter of Support for TUHSD Wellness Centers

The California School-Based Health Alliance (CSHA) strongly supports the development of Wellness Centers within TUHSD, starting at Redwood High School in fall 2015. CSHA believes that supporting the health, mental health, substance use and abuse and reproductive health needs of our teens is critical to ensure each student's health, well-being and academic success.

TUHSD's Wellness Centers will be leading Marin County in offering an innovative and comprehensive program that will include prevention, early intervention, education, youth development and community partnerships to support teens' healthy development and growth. Bringing the Wellness Centers to the school environment will significantly increase student access to the services and care they need but often don't receive, while providing them with the skills and support to cope with the complex issues they face every day. Based upon the success of similar programs, we believe there will be measurable improvements in student behavioral health and in overall school climate at the sites where there is a Wellness Center. Our organization believes that strong, healthy, well-supported teens will only serve to increase the health of our entire community.

The California School-Based Health Alliance is a nonprofit organization dedicated to improving the health and academic success of children and youth by advancing health services in schools. Our work is based on two basic concepts:

- Health care should be easily accessible and where kids are, and
- Schools should have the services needed to ensure that poor health is not a barrier to learning.

We are especially excited about the community partnership aspect of the Wellness Center model and understand that Wellness Centers will function as a bridge between students, families and community resources to increase students' access to health and mental health services. We look forward to partnering with the Wellness Centers to offer ongoing technical assistance and support in the development, implementation and sustainability of this innovative program.

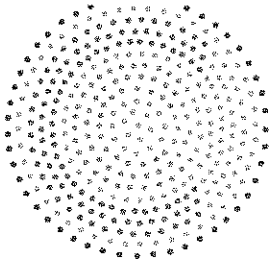
Please let me know if there is any further information I can provide in support of TUHSD's innovative and greatly needed Wellness Centers.

Sincerely,

A handwritten signature in black ink that reads "Alicia Rozum". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Alicia Rozum, MSW, PPSC

Project Director, Mental Health



The Coalition
Connection

December 3, 2014

Re: Letter of Support for TUHSD Wellness Centers

To the TUHSD Board of Trustees,

The Twin Cities Coalition for Healthy Youth strongly supports the development of Wellness Centers within TUHSD, starting at Redwood High School in fall 2015. The Twin Cities Coalition for Healthy Youth believes that supporting the health, mental health, substance use and abuse is critical to ensure each student's health, well-being and academic success.

TUHSD's Wellness Centers will be leading Marin County in offering an innovative and comprehensive program that will include prevention, early intervention, education, youth development and community partnerships to support teens' healthy development and growth. Bringing the Wellness Centers to the school environment will significantly increase student access to the services and care they need but often don't receive, while providing them with the skills and support to cope with the complex issues they face every day. Based upon the success of similar programs, we believe there will be measurable improvements in student behavioral health and in overall school climate at the sites where there is a Wellness Center. Our organization believes that strong, healthy, well-supported teens will only serve to increase the health of our entire community.

The Twin Cities Coalition for Healthy Youth works collaboratively in the community to prevent underage alcohol and drug use. We work with the communities, schools, parents and youth to create new norms that will protect our youth and reduce the incident of drug and alcohol use that is pervasive in Marin County. We have representatives from 12 sectors of the community, knowledge of the issues and information to make change. We work with parents and youth by providing information, solutions and alternatives to drug and alcohol events.

We are especially excited about the community partnership aspect of the Wellness Center model and understand that Wellness Centers will function as a bridge between students, families and community resources to increase students' access to health and mental health services. We look forward to partnering with the Wellness Centers to offer solutions, data and resources to combat and address the issues surrounding underage alcohol and drug use.

Please let me know if there is any further information I can provide in support of TUHSD's innovative and greatly needed Wellness Centers.

Sincerely,

Linda Henn, Program Coordinator, Twin Cities Coalition for Healthy Youth

Twin Cities Coalition for Healthy Youth
250 Doherty Drive • Larkspur, California • 94939
thecoalitionconnection@gmail.com



December 11, 2014

Re: Letter of Support for TUHSD Wellness Centers

To the TUHSD Board of Trustees,

Family Service Agency of Marin (FSA) strongly supports the development of Wellness Centers within TUHSD. FSA believes that supporting the health, mental health, substance use and abuse and reproductive health needs of our teens is critical to ensure each student's health, well-being and academic success.

The Wellness Centers will be leading Marin County in offering an innovative and comprehensive program that will include prevention, early intervention, education, youth development and community partnerships to support teens' healthy development and growth. Bringing the Wellness Centers to the school environment will significantly increase student access to the services and care they need but often don't receive, while providing them with the skills and support to cope with the complex issues they face every day.

FSA has become familiar with the students in the district through administering TeenScreen since 2008 with the sophomore classes. TeenScreen was developed in 1991 by Columbia University, and is an evidence-based mental health screen consisting of a self-administered computer survey that includes questions about depression, S/I, S/A, anxiety, substance use, PTSD, eating issues and general health problems. In the cases that the need for treatment is indicated, the FSA clinician assists youth and families in connecting with effective services and support, so that teens can avoid losing critical years of healthy development and growth.

The results from the TeenScreen program in TUHSD indicate that both depression and anxiety are issues for TUHSD students. Many sophomores at the schools experience heightened concern about their academic performance in high school, and they may be at higher risk for anxiety and anxiety driven depression and perhaps substance use to reduce the depression and anxiety. In some cases, the students base their self worth on their GPA and college potential.

We are especially excited about the community partnership aspect of the Wellness Center model and understand that Wellness Centers will function as a bridge between students, families and community resources to increase students' access to health and mental health services. We look forward to partnering with the Wellness Centers in the future.

Margaret Hallett
FSA Director



marin community clinics

December 5, 2014

Re: Letter of Support for TUHSD Wellness Centers

To the TUHSD Board of Trustees,

Marin Community Clinics strongly supports the development of Wellness Centers within TUHSD, starting at Redwood High School in fall 2015. Marin Community Clinics believes that supporting the health, mental health, substance use and abuse and reproductive health needs of our teens is critical to ensure each student's health, well-being and academic success.

TUHSD's Wellness Centers will be leading Marin County in offering an innovative and comprehensive program that will include prevention, early intervention, education, youth development and community partnerships to support teens' healthy development and growth. Bringing the Wellness Centers to the school environment will significantly increase student access to the services and care they need but often don't receive, while providing them with the skills and support to cope with the complex issues they face every day. Based upon the success of similar programs, we believe there will be measurable improvements in student behavioral health and in overall school climate at the sites where there is a Wellness Center. Our organization believes that strong, healthy, well-supported teens will only serve to increase the health of our entire community.

Marin Community Clinics serves 34,000 residents of Marin and offers comprehensive health services. We have been engaged in how we might participate and are very open to discussing how we might play a role in advancing adolescent health. We are particularly well-equipped to provide reproductive health services, which would be reimbursed by Family PACT (www.familypact.org).

We are especially excited about the community partnership aspect of the Wellness Center model and understand that Wellness Centers will function as a bridge between students, families and community resources to increase students' access to health and mental health services. We look forward to partnering with the Wellness Centers to offer reproductive health services and reduce barriers to health care.

Please let me know if there is any further information I can provide in support of TUHSD's innovative and greatly needed Wellness Centers.

Sincerely,

Mitesh Popat, MD, MPH
Chief Medical Officer
Marin Community Clinics

Administration: 1177 East Francisco Blvd., Suite B, San Rafael, CA 94901

Clinic Locations: Greenbrae, Novato, San Rafael

Phone: 415-448-1500

www.marinclinics.org



Where there's Huckleberry,
there's Hope.

**ADMINISTRATIVE
OFFICES**

3310 Geary Blvd.
San Francisco, CA 94118
(415) 668-2622
1-800-735-2929 (TTY)
Fax (415) 668-0631
www.huckleberryyouth.org

SAN FRANCISCO

Huckleberry House
1292 Page Street
San Francisco, CA 94117
(415) 621-2929
1-800-735-2929 (TTY)
Fax (415) 621-4758

**Huckleberry Youth
Health Center**
555 Cole Street
San Francisco, CA 94117
(415) 386-9398
1-800-735-2929 (TTY)
Fax (415) 386-8212

**Huckleberry Wellness
Academy-San Francisco**
555 Cole Street
San Francisco, CA 94117
(415) 386-9398
1-800-735-2929 (TTY)
Fax (415) 386-8212

**Huckleberry Community
Assessment &
Resource Center (CARC)**
44 Gough Street, Suite 104
San Francisco, CA 94103
(415) 437-2500
Fax (415) 437-2511

MARIN

**Huckleberry Youth
Multi-Service Center-Marin**
361 Third Street, Suite G
San Rafael, CA 94901
(415) 258-4944
1-800-735-2929 (TTY)
Fax (415) 258-4943

**Huckleberry Wellness
Academy-Marin**
361 Third Street, Suite G
San Rafael, CA 94901
(415) 258-4944
1-800-735-2929 (TTY)
Fax (415) 258-4943

December 4, 2014

Re: Letter of Support for TUHSD Wellness Centers

To the TUHSD Board of Trustees,

Huckleberry Youth Programs strongly supports the development of Wellness Centers within TUHSD, starting at Redwood High School in fall 2015.

Huckleberry Youth Programs believes that supporting the health, mental health, substance use and abuse and reproductive health needs of our teens is critical to ensure each student's health, well-being and academic success.

TUHSD's Wellness Centers will be leading Marin County in offering an innovative and comprehensive program that will include prevention, early intervention, education, youth development and community partnerships to support teens' healthy development and growth. Bringing the Wellness Centers to the school environment will significantly increase student access to the services and care they need but often don't receive, while providing them with the skills and support to cope with the complex issues they face every day. Based upon the success of similar programs, we believe there will be measurable improvements in student behavioral health and in overall school climate at the sites where there is a Wellness Center. Our organization believes that strong, healthy, well-supported teens will only serve to increase the health of our entire community.

For 47 years, HYP has provided high-needs youth in Marin and San Francisco Counties with a continuum of high quality, safety-net services. Huckleberry's mission is to educate, inspire, and support underserved youth to develop healthy life choices, to maximize their potential, and to realize their dreams. We seek to empower young people to develop and maintain healthy relationships as well as promote their talents, ideas, leadership and health. Today, Huckleberry Youth Programs offers a comprehensive series of services in San Francisco and Marin Counties which include a crisis shelter, juvenile justice diversion, health clinics, mental health services, substance abuse counseling and treatment, health education workshops, youth development, job readiness, and college access programming. Huckleberry Youth Programs (HYP) hopes to partner with Tamalpais Unified High School District to increase specialized substance abuse support programming on-site. Huckleberry plans to place a specialized substance abuse counselor on-site in the Wellness Center to provide early intervention and outpatient treatment (consisting of individual and group counseling) for youth attending Redwood High School.

We are especially excited about the community partnership aspect of the Wellness Center model and understand that Wellness Centers will function as a bridge between students, families and community resources to increase students' access to health and mental health services. We look forward to partnering with the Wellness Centers to offer substance abuse counseling and substance abuse outpatient treatment.

Please let me know if there is any further information I can provide in support of TUHSD's innovative and greatly needed Wellness Centers.

Sincerely,

A handwritten signature in black ink, appearing to read "Jasmine Stevenson". The signature is fluid and cursive, with a horizontal line above the first few letters.

Jasmine Stevenson
Associate Executive Director, Marin
Huckleberry Youth Programs
361 3rd Street Suite G, San Rafael 94901
415-258-4944 ext. 102
jstevenson@huckleberryyouth.org



December 15, 2014

Re: Letter of Support for TUHSD Wellness Centers

To the TUHSD Board of Trustees,

Muir Wood Adolescent and Family Services strongly supports the development of Wellness Centers within TUHSD, starting at Redwood High School in fall 2015. Muir Wood Adolescent and Family Services believes that supporting the health, mental health, substance use and abuse and reproductive health needs of our teens is critical to ensure each student's health, well-being and academic success.

TUHSD's Wellness Centers will be leading Marin County in offering an innovative and comprehensive program that will include prevention, early intervention, education, youth development and community partnerships to support teens' healthy development and growth. Bringing the Wellness Centers to the school environment will significantly increase student access to the services and care they need but often don't receive, while providing them with the skills and support to cope with the complex issues they face every day. Based upon the success of similar programs, we believe there will be measurable improvements in student behavioral health and in overall school climate at the sites where there is a Wellness Center. Our organization believes that strong, healthy, well-supported teens will only serve to increase the health of our entire community.

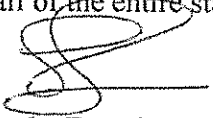
Muir Wood Adolescent and Family Services is dedicated to providing the highest quality of services for young people and their families who are struggling with issues of substance abuse and addiction. We currently have a co-ed Outpatient Program located in Mill Valley, as well as a six-bed, gender specific residential program for boys ages 12-17, located on a beautiful six-acre property in Sonoma County. It is our intention to open a similar gender specific residential program for girls in 2015.

We are especially excited about the community partnership aspect of the Wellness Center model and understand that Wellness Centers will function as a bridge between students, families and community resources to increase students' access to health and mental health services. For the last two years, we have been a partner with the Wellness Programs at St. Ignatius School in San Francisco, and it has been an incredible opportunity to interface directly with young people to provide education and early intervention to all students. Often times we are limited to only

providing treatment services to those that come looking specifically for it, after an incident has occurred, and we at Muir Wood believe very strongly that the key to substance abuse prevention is in early education, which the Wellness centers in TUHSD would create a platform for. We look forward to partnering with the Wellness Centers to offer education and early intervention services to students and their parents around issues of drug and alcohol abuse and addiction, as well as local resources for substance abuse treatment for those that need it.

Please let me know if there is any further information I can provide in support of TUHSD's innovative and greatly needed Wellness Centers.

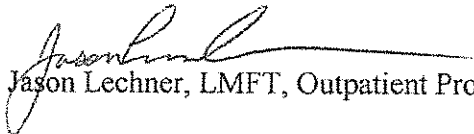
On behalf of ~~the entire~~ staff of Muir Wood Adolescent and Family Services,



Scott Sowle, Founder and Executive Director



Jennifer Golick, LMFT, Clinical Director



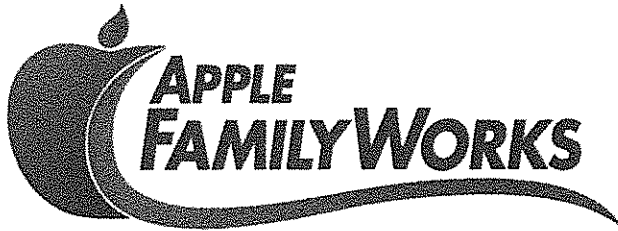
Jason Lechner, LMFT, Outpatient Program Director

Muir Wood Adolescent and Family Services

1733 Skillman Lane, Petaluma, CA, 94952

1 (855) 684-7966

www.muirwoodteen.com



December 8, 2014

Board of Directors

Anjana Berde, President
Rita Trumbo, Vice President
Doug Woodard, Treasurer
Mark Clark, Secretary
Libby Pischel
Brigid Breen

Executive Director

Mary Jane DeWolf-Smith, RN, MFT

Associate Director

Michael Diehl

Administrative Staff

Adriana Cazares
Michelle Corona
Candace Fraser
Cynthia Roldan
Patricia Saunders, MFT
Lew Tremaine
Kellie Walker
Diana Wilkins

Clinical Supervisors

Christine Armstrong, MFT
Lenore Cantrell, MFT
Lou Dangles, MFT
Carol Fones, MFT
Fran Goldie-Marcus, LCSW
Gretchen Hoskins, MFT
Martha Lawlor, MFT
Patricia Saunders, MFT
Pam Sweeney, MFT
Susan Theobald, LCSW
Jessica Reid Tsukahara, MFT



The "Best in America" seal is awarded to the top 3% of non-profit agencies nationwide, because "upon rigorous, independent review," the agency can "certify, document, and demonstrate on an annual basis that they meet the highest standards of public accountability, program effectiveness, and cost-effectiveness."

This seal of approval is a service mark of Independent Charities of America and is used under license. Licensee, not Licensor is responsible for the content of any materials in which the service mark is used.

Dear TUHSD Board of Trustees,

APPLE FamilyWorks is honored to support the development of Wellness Centers within Tamalpais Union High School District starting at Redwood High School in the fall of 2015. APPLE FamilyWorks has long believed that student's academic success is dramatically enhanced when their healthy social-emotional-physical development is supported. And in growing healthy teens, the health of our entire community and our future is enhanced.

TUHSD's Wellness Centers will lead Marin County with innovative and comprehensive programs including prevention, early intervention, education, youth development and community partnerships. Bringing the Wellness Centers to the school environment dramatically increases the accessibility and thus utilization of services and care teens often don't receive, yet which they need to develop skills to cope with the complex issues they face every day. We can feel confident, based upon the success of similar programs, that the TUHSD's Wellness Center will show measurable improvements in student behavioral health and their overall academic experience.


The staff of APPLE FamilyWorks is especially excited about the community partnership aspect of the Wellness Center model and understand that Wellness Centers will function as a bridge between students, families and community resources to increase students' access to health and mental health services.

For the past thirty-six years, APPLE FamilyWorks has been a leader in providing family wellness programs. As founder of Marin's first parenting center, we continue to design and deliver effective and innovative services for parents and youth of all ages. Life skills education, facilitated support groups, parenting classes, school and home-based programs, as well as therapeutic services serve 2000 adults and youth throughout Marin. Our licensed professional staff and intern therapists are compassionate, skilled and mature men and women who receive state of the art training and supervision to facilitate life skills support groups for parents and teens, to deliver workshops, and to provide positive social-emotional guidance.

We look forward to partnering with the Wellness Centers to offer *Building Bridges- to a Bright Future* services for teens and parents with key goals such as Finding Inner Balance; Drawing Safe Boundaries; Creating Respectful and Responsible Relationships; Managing Anxiety and Depression; Setting Priorities; and Learning Essential Life Skills. Further information about our comprehensive programs can be found at www.familyworks.org as well as in our magazine posted online. I can be reached at 415-492-0720 x 232.

Please let me know if there is any further information I can provide in support of TUHSD's innovative and greatly needed Wellness Centers.

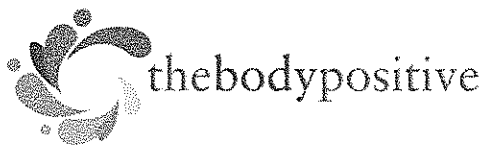
Sincerely,



Mary Jane DeWolf-Smith, HNC, PHN, MFT
Executive Director

Strengthening Relationships... For a Lifetime

4 Joseph Court • San Rafael, CA 94903 • (415) 492-0720 • (fax) (415) 492-1099
www.familyworks.org info@familyworks.org



12/3/14

Re: Letter of Support for TUHSD Wellness Centers

To the TUHSD Board of Trustees,

The Body Positive strongly supports the development of Wellness Centers within TUHSD, starting at Redwood High School in fall 2015. We believe that supporting the social, physical and emotional health needs of our teens is critical to ensure each student's academic success. It is our experience that these are the areas teens in Marin struggle.

The Body Positive is a Marin non-profit organization that works to address negative body image in teens. A negative body image is linked to eating disorders, depression, anxiety, suicidality, cutting, poor self-care, dieting and weight cycling, dating violence, substance abuse, poor overall life quality. We provide body-oriented social emotional education and leadership training to students to promote a healthy school culture where excellent self-care and healthy eating are the norm. We hope to team with TUHSD's Wellness Centers to create schools where all students can feel confident in their bodies and avoid the pitfalls of a negative body image. Without programs like these even the brightest students can and do fail academically at alarming rates.

The Body Positive has worked with high schools in Marin for 18 years and it is apparent that a greater level of coordination is needed to improve student access to services as well as the efficient delivery of essential support. TUHSD's Wellness Centers will provide this much needed coordination. We are excited to collaborate in implementing a cutting edge service delivery model in these schools and in the process create a much healthier climate for our Marin teens. Based upon our experience with similar programs in schools all over the United States, we have found a measurable improvement in student's resiliency and in overall school climate at the sites where there are Wellness Centers.

Please let us know if there is any further information we can provide in support of TUHSD's innovative and greatly needed Wellness Centers.

Warmly,

Elizabeth Scott L.C.S.W.

Co-Director, The Body Positive

1

Elizabeth Scott L.C.S.W. • The Body Positive • 605 B Street, San Rafael, CA 94901

Elizabeth@thebodypositive.org • (415) 456-8007 • www.thebodypositive.org