



Wellness Centers

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Presentation Outline

- Appreciations
- Why Wellness Centers
- Structure
- Background Information
- Costs and Revenue
- Service Delivery
- Measurements of Success/Purpose
- Next Steps
- Questions

Appreciations

- Start with a few acknowledgements
 - Leadership support and approval
 - Board Members
 - Superintendent McLaughlin
 - Directors and Site Administrators
 - Conejo Schools Foundation donations
 - Facilities and Planning Department
 - Neighboring districts with Wellness Centers
 - Overall community support

Why a Wellness Center

- Limited proactive general education social emotional services available in high school
 - 2 FTE Wellness Counselors across all high schools
- Wellness counseling provided only on a referral basis (reactive)
- Steady rise in referrals
- Number of risk assessments
- Number of red flag warnings
- Number of students referred for social emotional services as part of special education
- Overall - a desire to build a proactive model and serve more students

Wellness Centers Structure

- Locations:
 - 5 High Schools designated space on each campus
- Staffing:
 - 4 Mental Health Clinicians
 - 1 FTE at NPHS, TOHS, WHS
 - .5 FTE at Century and CVHS
 - 1 Senior Mental Health Clinician Supervisor
 - 13 Part-time Wellness Counselor Interns
 - 1.25 FTE at NPHS, 1.5 FTE TOHS, WHS

Costs and Revenue

Annual Costs:

- Staffing = \$450,000
- Materials = \$15,000

Funding:

- Conejo Schools Foundation (CSF) Donation = \$60,000 (each year for three years)
- Prevention and Early Intervention Grant from VCOE = \$184,000 annually for 2019-2022
 - A new grant application for 2022-2025 will be submitted
- One time Expanded Learning Opportunity Grant (ELOG) = \$525,000 (used over 2 years)

Service Delivery - How We Reach Students

- Classroom Presentations:
 - Mental health 101, growth mindset, positive thinking, mindfulness, self-care
- Student Drop In
- Referral from Parent and/or Staff
- Workshops
 - Anxiety management, body image, coping skills, self-care, healthy relationships, test taking anxiety, social media
- Groups
 - Social skills, healthy relationship, anxiety, grief and loss

Service Delivery - Services to Date

August 18, 2021 - February 28, 2022:

- 1,838 students have participated in classroom presentations
- 637 students have attended groups and workshops
- 5,242 student drop-in visits
- 567 students have received ongoing individual counseling

Service Delivery - Feedback

- “The Wellness Center has provided a great on-campus resource to help students address a wide range of social-emotional issue” (Principal)
- “I think wellness centers are very helpful for people who want to be more comfortable at school” (TOHS Student)
- “It’s hard to reflect on time when we didn’t have wellness centers as it is an integral part of what we do and offer students” (School Counselor)
- “This (wellness room) is my safe space on campus” (NPHS Student)
- “Thank you for listening to me when others don’t” (NPHS Student)
- “I love there are wellness centers available for all students now. I think it is really important” (WHS Student)

Next Steps

- Continue to identify funding sources as part of LCAP
- Continue to apply for grant funds and donations
- Continue to build relationships with graduate schools to recruit graduate students to be Wellness Counselors
 - Be intentional about recruiting for diversity (linguistically and culturally)
- Communicate and collaborate with site staff on needs and make adjustments to effectively serve
- Solicit input from students to inform services



Questions