

SCHOOL-BASED MENTAL HEALTH AND WELLNESS SERVICES

CONEJO VALLEY UNIFIED SCHOOL DISTRICT

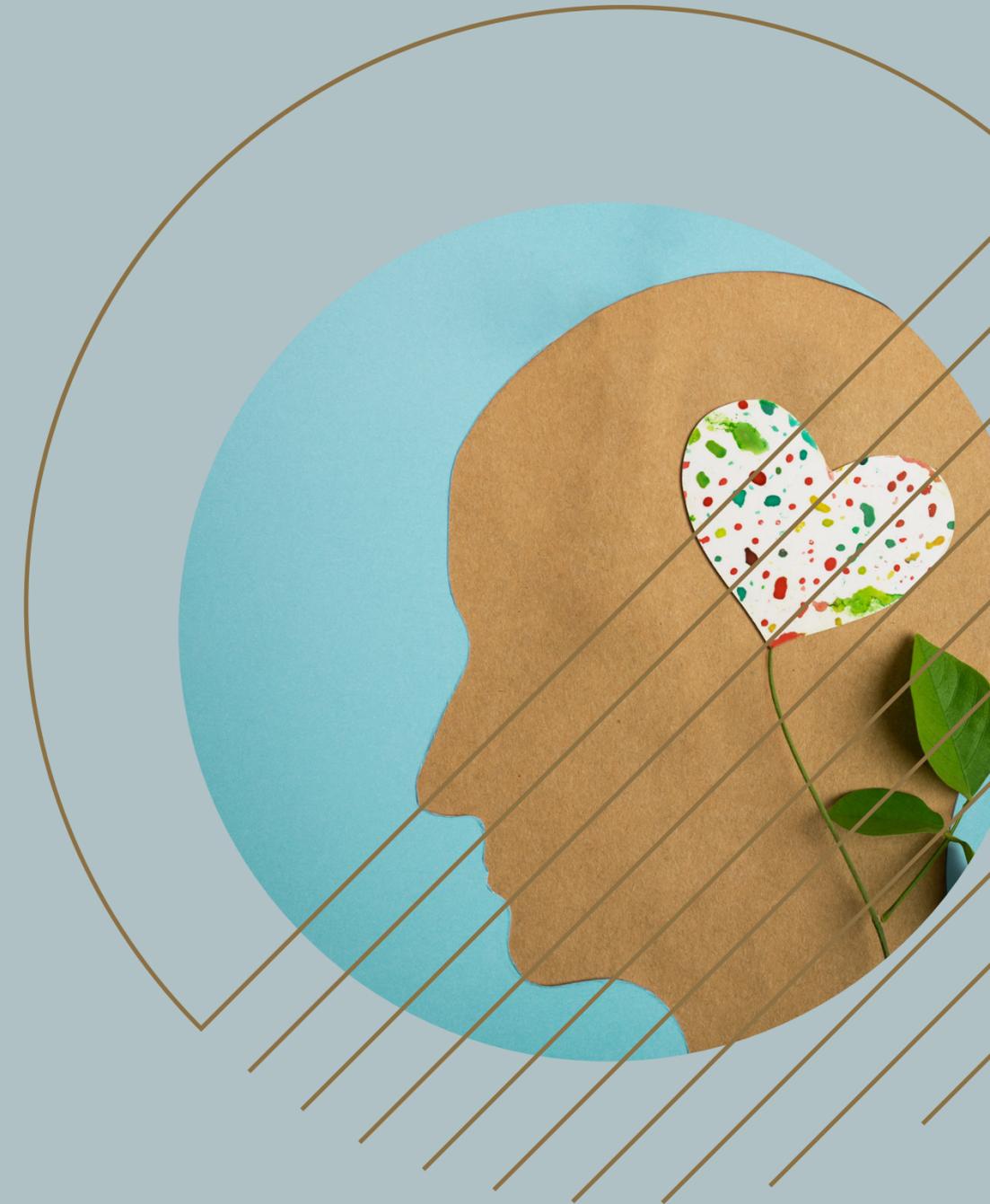
October 18, 2023

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DIRECTOR, MENTAL HEALTH AND WELLNESS SERVICES**

INTRODUCTION

CVUSD MENTAL HEALTH CONTINUUM OF SERVICES:

- Appreciations
- Middle School Wellness Services/Data
- High School Wellness Services/Data
- Reasons Students Cited for Accessing Wellness Services
- Generalized Anxiety Disorder (GAD-7)
- PHQ-9 Depression Scale
- Student Feedback
- Progress on Goals
- Current Challenges





MIDDLE SCHOOL WELLNESS SERVICES

- Small group
- Lunch bunch activities
- Individual counseling



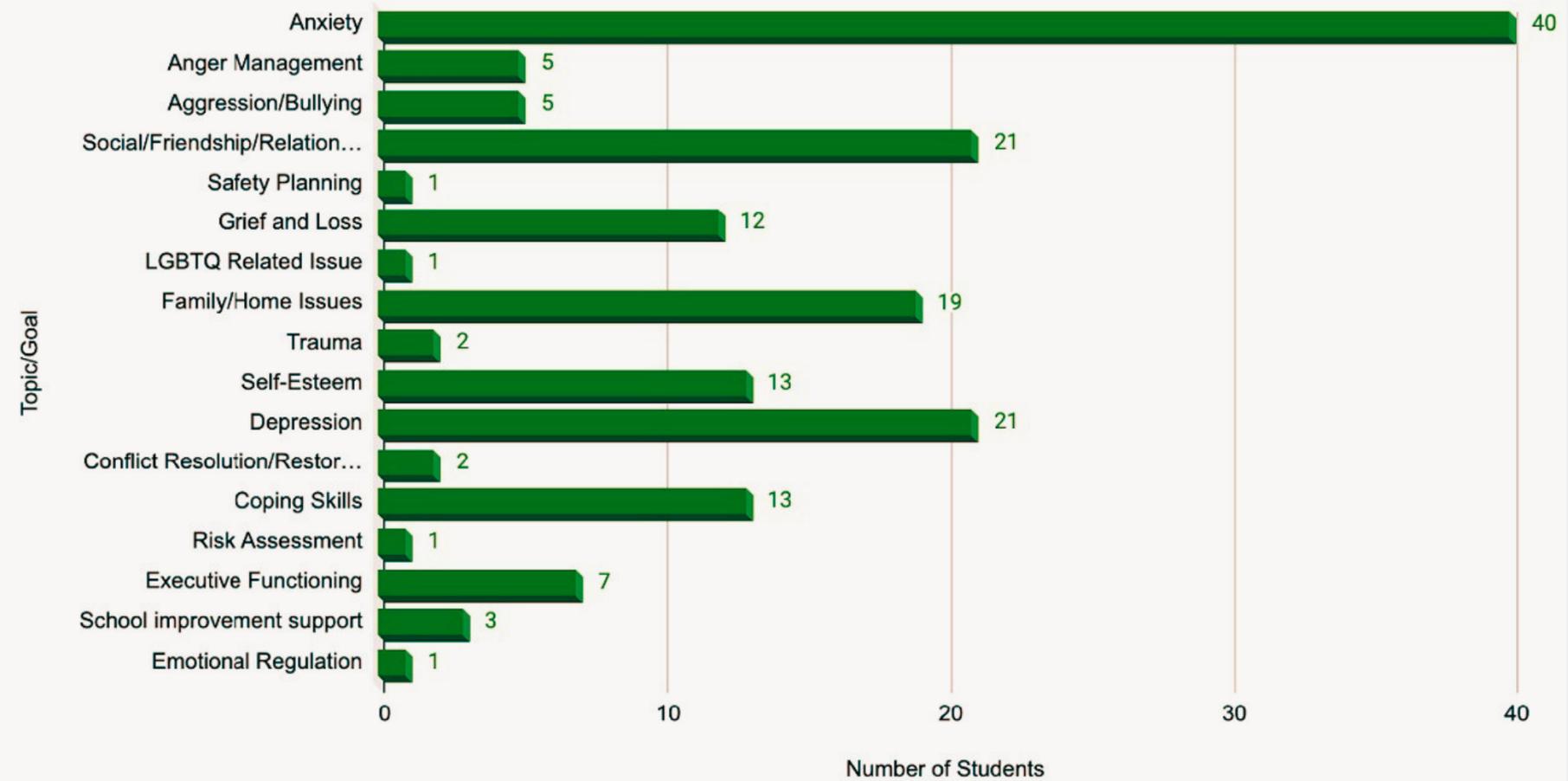
MIDDLE SCHOOL DATA

<i>*Asterisk Denotes Duplicated</i>	2021-2022	2022-2023	8/24/23-9/30/23
MS individual counseling	415	104	33
MS group/students	123	14/66	28
MS lunch activities/visits		346/*4,545	43/*429

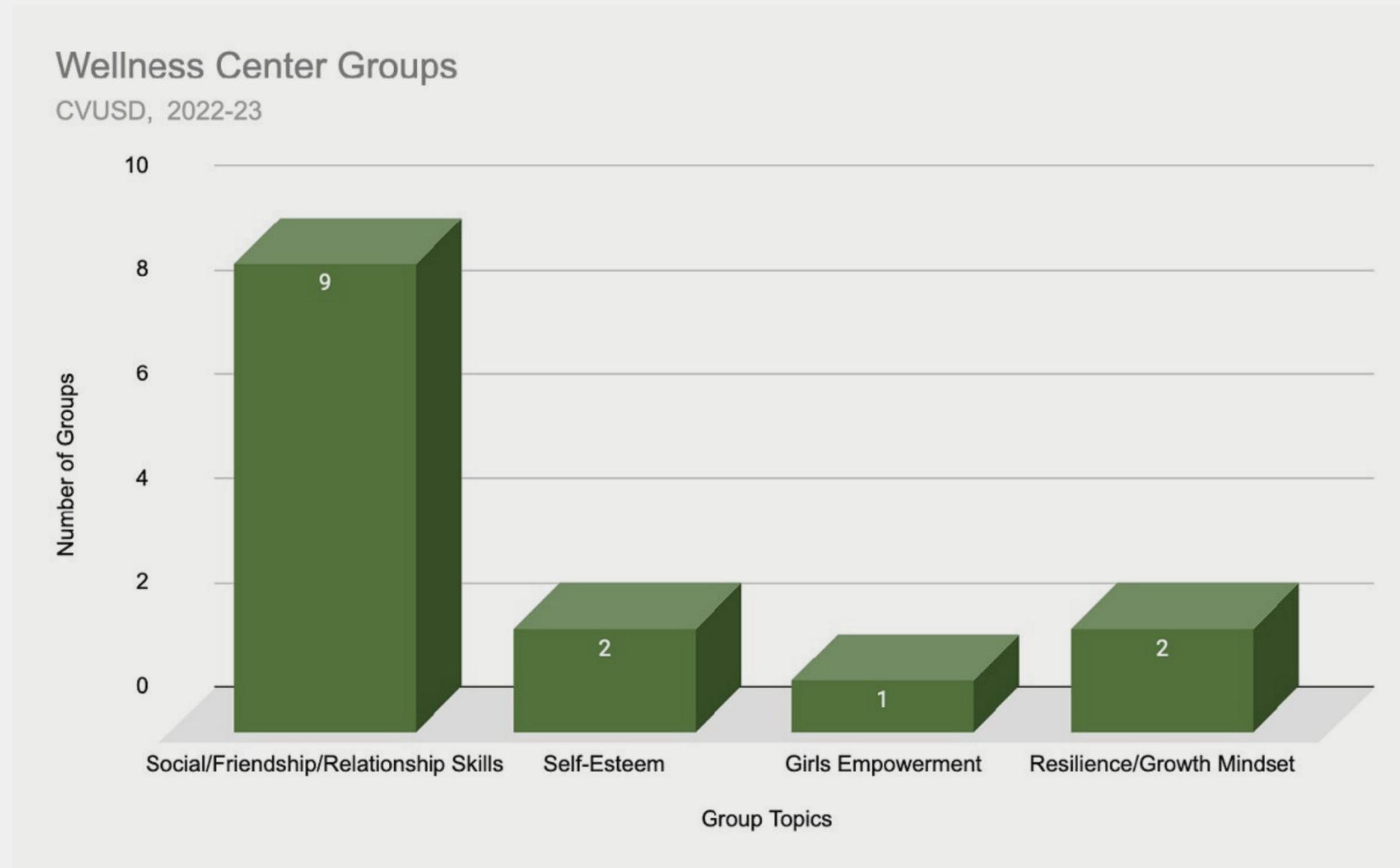
MIDDLE SCHOOL SCHOOL TOPIC/GOALS OF INDIVIDUAL THERAPY

Topics/Goals in Individual Therapy

CVUSD 2022-23



MIDDLE SCHOOL GROUP TOPICS



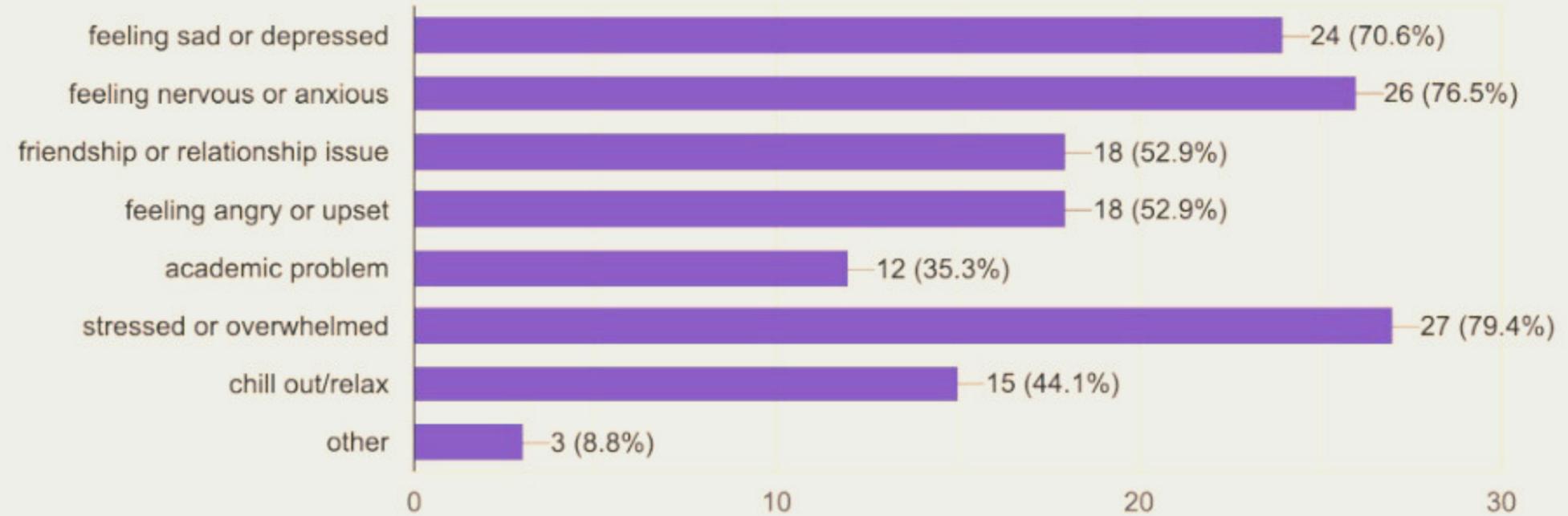
HIGH SCHOOL WELLNESS SERVICES

- **Walk-ins**
- **Request an appointment**
- **Individual counseling**
- **Small Group Workshops/Counseling**
- **Classroom Presentations**
- **School wide events**

HIGH SCHOOL DATA

<i>*Asterisk Denotes Duplicated</i>	2021-2022	2022-2023	8/24/23-9/30/23
HS walk-in	*8,766	*21,180	509/*1,389
HS request an appointment	N/A	309	45
HS individual counseling	*996	404	166
HS workshops & group counseling	*1,428	66	35
HS classroom presentations	*1,944	92/*4,017	*2,065
HS school-wide activities	N/A	624/*24,368	25/*2258

REASON FOR WALK-INS 2022-23



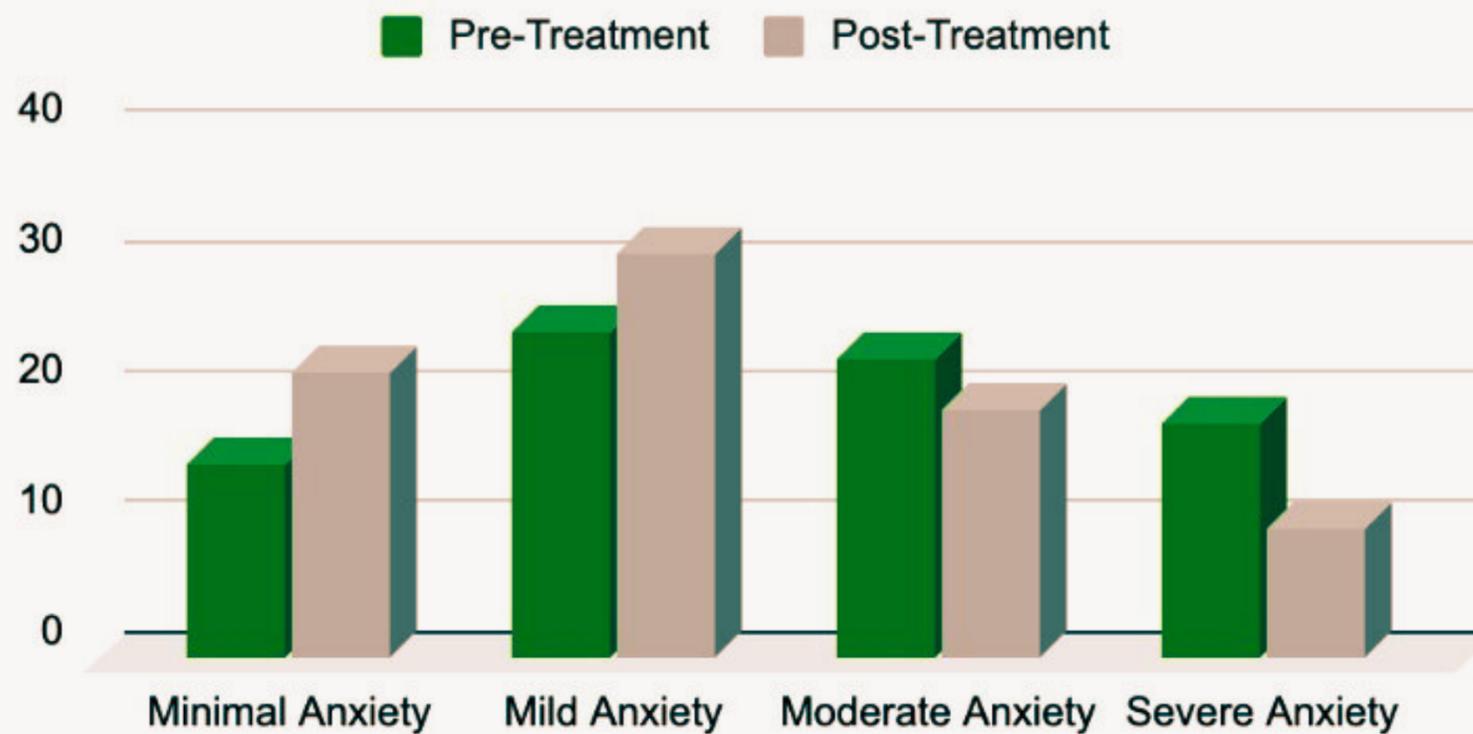
REASONS FOR REQUESTED APPOINTMENTS

Reasons for Requested Appointments 2022-23	Frequency
Anxious/Nervous/Worried	88
Schoolwork Related Issue	30
Sad/Unhappy	68
Need Advice	24
Friendship/Relationship Issue	25
Stressed/Overwhelmed	61
All	6
Angry/Upset	13
Other	14

GAD-7 GENERALIZED ANXIETY DISORDER

GAD-7

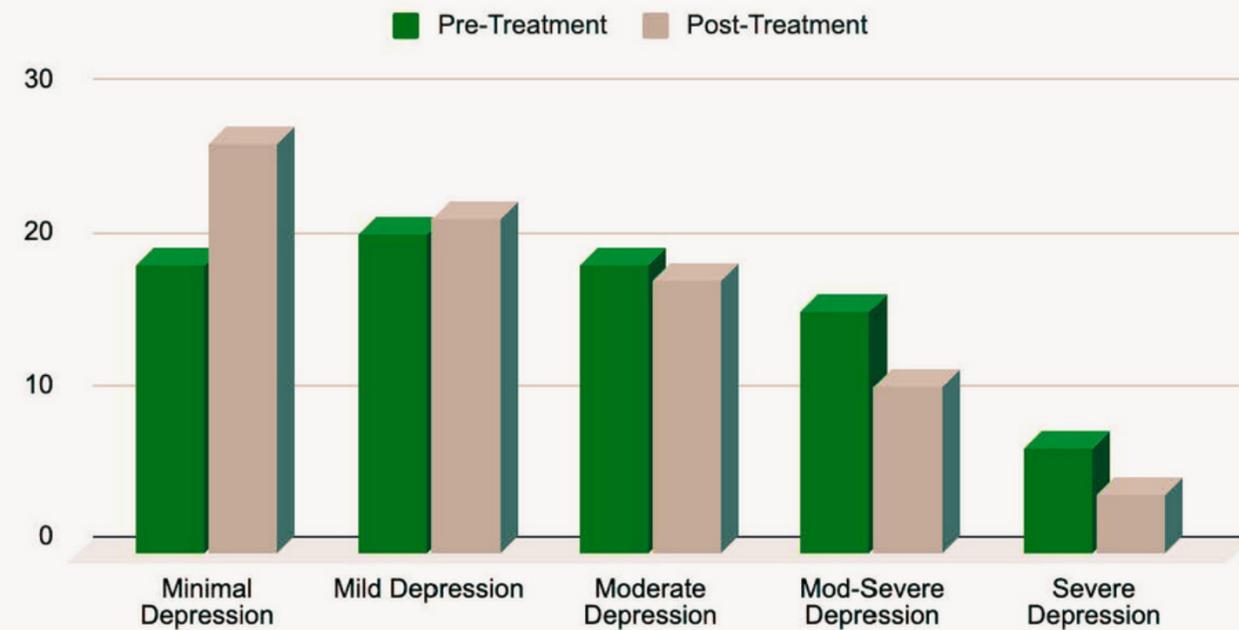
CVUSD 2022-23



PHQ-9 DEPRESSION

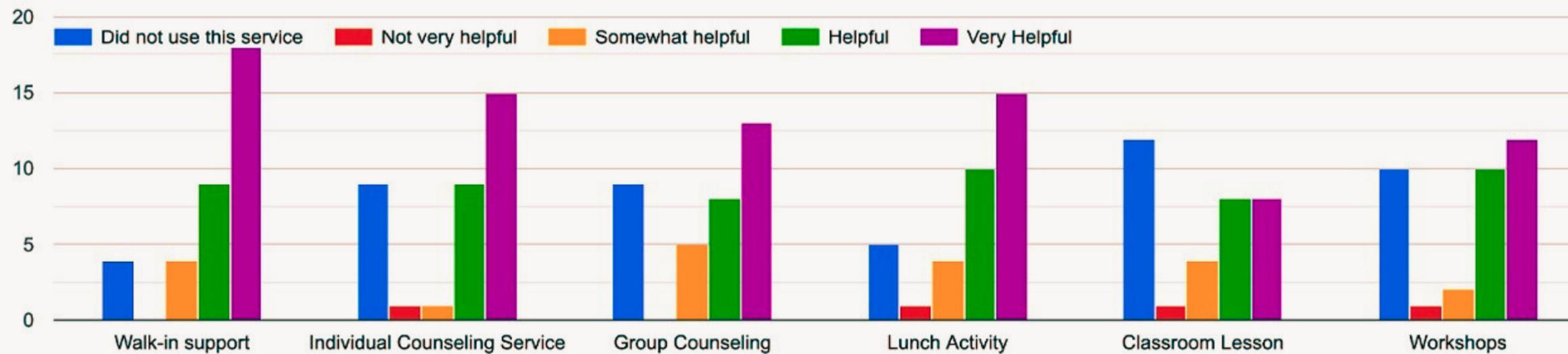
PHQ-9

CVUSD, 2022-23



HIGH SCHOOL STUDENT FEEDBACK

Which of the following Wellness Center Services did you utilize and how helpful was it?





GOAL UPDATES

- Continue to collaborate with school counselors to deliver coordinated support to students
- Establish a bigger presence on the CVUSD website
- Expand Suicide Prevention Training to all elementary sites
- Certification training for Mental Health and Wellness staff
- Expand Professional Development for teaching, counseling and/or administrative staff (Reflective Practice, Child Development Revisited, Threat/Risk Assessment)
- Ongoing, in-depth Trauma Book Club on *The Body Keeps the Score* (Vanderkolk)



CURRENT CHALLENGES

- Staffing for Elementary
- Tracking Unduplicated Services

QUESTIONS





THANK YOU

on behalf of the

Mental Health and Wellness Services Team