

The background features a collection of watercolor-style circles in various colors including yellow, orange, pink, red, purple, blue, teal, and green. The circles vary in size and opacity, creating a soft, artistic pattern.

*Wellness
Center
Services*



What are Wellness Services?

Wellness Services are intended to establish a prevention oriented, mental health support structure on middle and high school campuses. To that end, various wellness supports and services are available through the Wellness Centers to support all students.



Walk-In and Individual Support

Students can seek walk-in support at the Wellness Center before or after school or during breaks. Wellness Counselors will provide brief support and strategies to support students with coping skills so they can feel better and get back to class.

Students may also be referred to brief individual counseling services to support their social and emotional wellbeing.

Groups and Workshops

Students may be referred to a small group where they will have the opportunity to learn important coping skills and strategies.

Students can also sign up for skills workshops to learn more about specific topics such as:

- Test taking anxiety
- Self-care strategies
- Mindfulness
- Organizational skills
- Journaling
- Stress management skills

Presentations

Wellness Counselors are available to provide classroom presentations focused on a topic each month. Teachers can complete the Classroom presentation request form.

September - Goal Setting

October - Kindness Matters

November - Gratitude

December/January - Resiliency

February - Healthy Relationships

March - Coping Skills

April - Focus/Refocus

May - Healthy Habits

June - Positivity



Wellness Center Activities

Wellness Counselors provide weekly school wide wellness activities to encourage student participation in healthy activities, increase student knowledge of the wellness center services and decrease stigma associated with seeking help for social-emotional or mental health issues.



How can a student access services at the Wellness Center?

Students can be referred in for Wellness Center Services by a school counselor, administrator or teacher. Students can also request support themselves by speaking to the Wellness Center staff.

Each school will receive a PDF containing links to important forms for accessing Wellness Services.



Sample
Wellness Center Links

[Wellness Counseling Referral Form](#)

[SEL Classroom Presentation Request Form](#)

[Appointment Request Link](#)



Appointment QR Code



Staff Wellness

Various Wellness Activities for staff are offered at each school based on the needs of that school. Staff can attend wellness oriented workshops, group discussions or request individual meetings with a wellness counselor.



WELLNESS CENTER GUIDELINES

You must have an official hall pass, all students without will be sent back

Students are allowed 20 minutes in the Wellness Center

You don't have to talk about what's going on but you do need to let a clinician know why you're in the wellness center

No phone use while in the Wellness Center

Let a Wellness Counselor know when you are ready to leave

If you need to do school work please go to the Library

If you are waiting for a sports practice or other activity, please do so outside of the wellness center

The wellness center is open at lunch for guided wellness activities



Who is in the Wellness Center

Each Wellness Center is staffed with Mental Health Clinicians as well as Wellness Trainees who are graduate students pursuing an advanced degree as a Marriage Family Therapist and/or Social Work. Additionally, supervision of the Wellness Trainees will be provided by a Mental Health Clinician, who is a licensed Marriage and Family Therapist.

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Wellness Data

Middle School

Wellness Services Middle School	Aug/Sept	Oct	Nov	Dec	Jan	Total
Number of Students in Individual Counseling	29	51	53	64	74	116
Number of Students in Groups	7	18	7	7	0	31
Number of Lunch Bunch Activities	0	0	42	49	33	124
Number of Student Visits to Lunch Bunch Activities	0	0	484	529	388	1,401

High School

Wellness Center Services High Schools	Aug/Sep	Oct	Nov	Dec	Jan	Total
Number of Students Participating in Classroom Presentations	2481	295	163	228	0	3,167
Number of Students Attending Groups and Workshops	157	185	131	110	170	208
Number of Student Drop-in Visits	1707	1821	898	3309	2468	10,203
Number of Students In Individual Counseling	99	114	133	149	166	344

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If you have any questions or concerns
please contact Jennifer Mundy
jmundy@conejousd.org

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Thanks!