

Wellness Services Update

November 15, 2022

Dr. Heather Chamberlin-Scholle, Coordinator, Mental Health



LCAP Goal #4

- In accordance with LCAP Goal #4 to “enhance the social, emotional and physical well-being for all students through targeted actions that support positive student outcomes,” CVUSD continues to expand its Wellness Services
- Currently all middle schools and high schools have Wellness Services



What are Wellness Services?

- General education ongoing targeted small group and/or individual interventions for students who are observed to have a need for additional teaching and practice opportunities to develop their social emotional learning (SEL) skills, and to try and prevent the difficulty(ies) from escalating and increasing interference with school success.
- The goals of wellness services are to provide students with support and strategies that encourage healthy stress management and positive coping to optimize classroom learning.



Staffing

- 0.5 FTE Mental Health Coordinator
- 1 FTE Senior Mental Health Clinician
- 1 FTE Mental Health Clinician 2
- 4 FTE Mental Health Clinician 1
- 31 Part-time Mental Health Interns



Middle School Data (August 24-October 31, 2022)

Wellness Service Provided	Number of Students Served
Individual Counseling	80
Small Group Counseling	25



High School Wellness Data (August 24-October 31, 2022)



Wellness Service Provided	Number of Students Served
Individual Counseling	213
Small Groups/Workshops	342
Classroom Presentations	2,776
Drop-In Services	3,528

Questions?

