



# **School Based Wellness Programs**

A program of the Humboldt IPA

**Humboldt Independent Practice Association**

# Our Background/History

- Private Organization
- McKinleyville Middle School (SBHC)
- Rural community with limited MH Providers
- The Role of the Pandemic
- The transformation of our program into a School Based Wellness Center model
- We are now in 12 schools through Humboldt County, serving over a thousand students regularly.



# Our Services

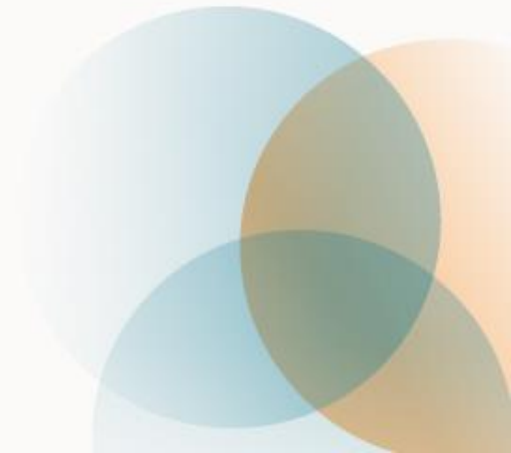
## Wellness Center

- Confidential Drop In Space for Students during school hours
- Emergency Supplies
- Conflict Mediation Support
- Emotional Regulation
- Referrals to community services
- Home visits/support for the whole family
- One on One Visits for Students working to develop Wellness Goals
- Sex Education & Puberty Education
- Wellness Presentations in the Classroom
- Direct Interventions (suicide, brief intervention, anger management, etc.)

## Empowerment Groups

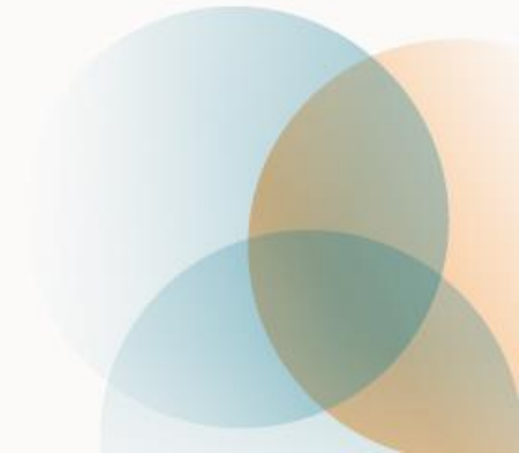
- Pride
  - 2SLGBTQIA+ Student Support Group
- Young Men's Council
  - A male identifying support group
- Girls Group
  - A female identifying support group
- The Multicultural Empowerment Group
  - A supportive space for black and brown students
- Friendship Group
  - A safe space to make friends (K-5<sup>th</sup> grade)

- 1:1 Care vs. Drop in Services
- Referrals (Sites vary, teachers, SARB, etc.)
- Family Resource Center Services
- Direct Intervention Services




# Funding Sources

- Grant Funding from our local county
- Small Local Grants
- Funds directly from our school sites (Community Grant Dollars)
- ECM (Enhanced Case Management through Partnership/Medi-Cal)



# Barriers and our Lessons Learned

- Obtaining consent for services
  - Becoming apart of the school culture
  - Establishing clear policies
  - “Proving” our program
  - We need to meet families where they are, which means calling, texting, home visits
  - Attend trainings, host student services meetings, keep 1-2 of our staff on site
  - This will help create teacher/staff buy in
  - Having organized data is critical
- 



# Communication and Collaboration



- The students/school sites know what will work for them
- Conduct a needs assessment together
- Show effort! Share progress reports/updates in the newsletter, etc.
- Create your own newsletter devoted to SBWC activities
- Include Youth Voices (Peer Educator Program)



Questions, comments?

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