

Sierra HS & The Olive Branch Serving the Community

Sierra High School

San Bernardino Unified School District



[SHS SBHC Counseling and Wellness](#)



[The Olive Branch Resource Center](#)

GROUP	START TIME	11:40-12:00	WALK 5 min	12:05-12:25	WALK 5 min	EXIT TIME	Arrival at Campus
Group 1	11:40	Wellness Center Guides: Angel, Stephanie, Kimberly, Devianna	12:00-12:05	Olive Branch Guides: Steven, Joline, Gitzel	12:25-12:30	12:35	12:40
Group 2	11:45	Wellness Center Guides: Alyssa, Angelica, Daysha, Hailee	12:05-12:10	Olive Branch Guides: Paul, Chasyde, Tee	12:30-12:35	12:35	
Group 3	11:40	Olive Branch Guides: Manny, Diego	12:00-12:05	Wellness Center Guides: Miah, Freddy	12:25-12:30	12:35	12:40
Group 4	11:45	Olive Branch Guides: Freddy, Pedro,	12:05-12:10	Wellness Center Guides: Brandon, Kai, Camila	12:30-12:35	12:35	12:40

Awards

Model Continuation School 2024

PBIS Gold 2024

***Recognized American School Counselor Association
(ASCA) Model Program 2021***

America's Healthiest School 2023

- Strengthening Social-Emotional Health & Learning
- Implementing School Wellness Policy
- Improving Nutrition & Food Access

America's Healthiest School 2024

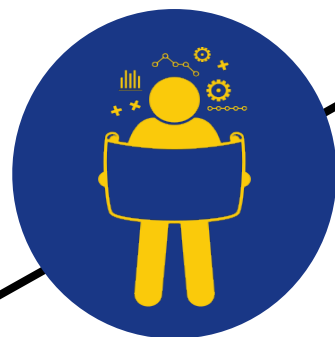
- Implementing Local School Wellness Policy
- Improving Nutrition & Food Access
- Strengthening Social-Emotional Health & Learning
- Promoting Tobacco-Free Schools
- Increasing Family & Community Engagement
- Supporting School Health Services





Timeline

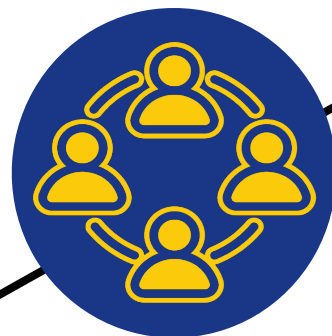
2017-2018
Groundwork Begins



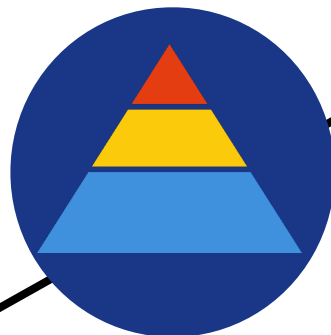
2016-2017
Planning



2019-2020
Official Opening & Tiered Interventions



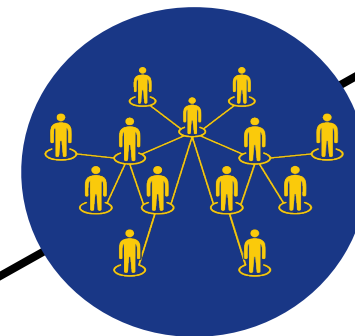
2018-2019
Collaborative Systems of Support



2020-2021
Health & Wellness Class



2021-2022
Expanding Efforts



2022-2023
Moving Towards a Community School



2023-2024
Community School & Peer to Peer



Tiered Interventions



Individual Student Support

- Wellness Survey
- Request for Intervention
- New Student Survey/Meetings
- Graduation Check Meetings

Classroom Instruction School-Wide Events

- How to Thrive at Sierra
- Life After High School, CCB class
- SBVC Presentations class
- Mental Health and Wellness Class
- Monthly Wellness Campaigns



Small Group Support

- DBT (Group Dialectical Behavioral Therapy)
- Sunshine Crew: Youth Advocates
- Progress Reviews
- Essential Skills for Success Lessons
- College/Career/Financial Aid

Individual Student Support

- Counseling Appointment Requests
- Case Management



Individual Student Support

- Individual Counseling
- Individual Therapy-Loma Linda, Sierra HS associate therapists
- Partners Against Violence
- IEHP Navigator
- Hazel Health, Crisis Care
- RISE Meetings
- COST (Coordination of Services Team) /Wellness Team

School Based Health Center Counseling and Wellness



Sierra High School Health & Wellness Services



Mental Health



Staff

1 Associate Professional Clinical Counselor
2 Associate Marriage & Family Therapist
(therapy & groups)

Partners

Loma Linda University Child Psychology Doctoral Students (therapy & groups)
Partners Against Violence (sexual assault survivor services-counseling)
School Social Work Interns: Case Management

Physical Health



Partners

Hazel Health: Telemedicine
Healthy Teeth 4 Kids: Dental preventive care
IEHP Navigator: Insurance, Dr Appointments
Healthcare Liaison
*Lestonnac: Exams & Glasses
Community Health Systems: Mobile Medical Unit

Health & Wellness Class



Teacher/Staff

Mental Health: Stigma Reduction & Education
Sexual Health & Pregnancy Prevention
Substance Use Prevention
SBCSS: TUPE

Guest Presenters/Partners

Loma Linda U Medical Students/Residency: Adolescent Depression Awareness Program, Substance Use Prevention
STI Prevention
Narcotics Anonymous Panel
SBCSS: Nutrition Education
Friday Night Live (FNL): Wellness Campaigns

Olive Branch Resource Center



Staff

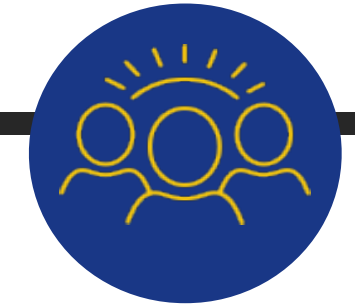
Olive Branch Student Workers
Resource Center: Food, Clothing & Diapers

Partners

Food Distribution: Community Action Partnerships (CAPS)
Bienestar: Produce
IEHP: Washer & Dryers



Additional Supports



Partners

Inland Career Education Center Barber Program: Haircuts 2x yearly
Vegetable & Fruit Garden: SBCSS Nutrition Ed & IERCD:
CHEWS (Community Health Education Workers): Health Promotion & Advocacy

2025: Sunshine Crew
Peer 2 Peer Advocates & Mentors

Peer-to-Peer Youth Mental Health



Peer-to-Peer High School Pilot Demonstration Grantees

Public High Schools across California were invited to apply for the Peer-to-Peer Youth Mental Health High School Pilot Demonstration grant opportunity in early 2024. After a robust selection process, Eight phenomenal school communities were selected as grant recipients and pilot demonstration partners.



El Cerrito High School, EL Cerrito, CA



Da Vinci RISE High School, El Segundo, CA



Nevada Union High School, Grass Valley, CA



Oakland Technical High School, Oakland, CA



Serrano High School, Phelan, CA



Sierra High School (Continuation High School),
San Bernardino, CA



Mission Hills High School, San Marcos, CA



Antioch High School, Antioch, CA

The collaborative partnership with the eight high school grantees will help TCP identify best practices for peer-to-peer programs that can be implemented statewide, serve as a model for national efforts, and contribute to advocacy for sustainable funding and infrastructure for youth-driven, culturally responsive peer support programs in California.



The Sunshine Crew is a student-led Wellness Ambassador program focused on promoting mental and physical health, substance abuse prevention and harm reduction.

Key Training:

- Tobacco Use Prevention Education (TUPE)
- Substance Use Prevention (SUP)
- Psychological education on CBT skills and practices
- Teen Mental Health First Aid (tMHFA)
- Youth Advocacy 101

Activities:

- Organize wellness fairs and with interactive booths.
- Advocate for healthy coping strategies and resilience.
- Participate in district Student Leadership Advisory Council
- Promote services at the Sierra School-Based Health Center.

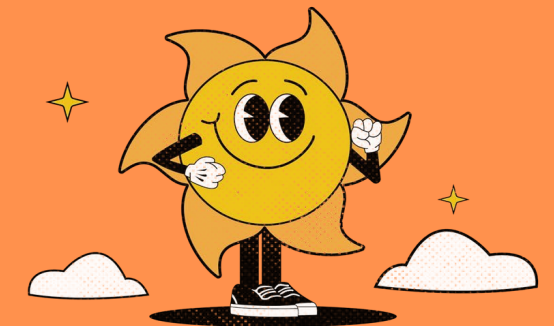
TCP Expansion

- Vision: Build upon the Sunshine Crew to include:
 - Student led podcast focused on mental health advocacy and education.
 - Peer to peer counseling support and linking students to resources.
- Goals:
 - Address unmet mental health needs.
 - Strengthen peer-to-peer connection and support.
 - Further build leadership skills
 - Equip students with skills to positively impact their community.



The Children's
Partnership

SUNSHINE
est. 2022 **CREW**





JOIN OUR TEAM OF PEER HEALTH
& WELLNESS AMBASSADORS!

SUNSHINE CREW

- ✓ DEVELOP LEADERSHIP SKILLS
- ✓ LEAD WELLNESS INITIATIVES
- ✓ BUILD A POSITIVE SCHOOL CLIMATE
- ✓ IMPROVE SCHOOL & COMMUNITY HEALTH
- ✓ GAIN EFFECTIVE COMMUNICATION SKILLS



SCAN TO SIGN UP

The Olive Branch

Resource
CENTER

The Olive Branch
— SIERRA HIGH SCHOOL —
K12

OPEN
Monday - Thursday
10:00 AM - 3:00 PM

(909)888-8167
olivebranch@sbcusd.k12.ca.us
555 E Olive Street San Bernardino CA, 92410

Community Closet,
Food Pantry, Fresh
Produce & Diapers

DONATION
If you would like to donate
Scan the QR Code



sierra_high_school Sierra Suns Sierra High School



Produce Distribution



Text

**FREE >>>
PRODUCE &
DISTRIBUTION**

**OPEN TO
EVERYONE!**

EVERY 2 WEEKS ON FRIDAYS

Location:
555 E Olive Street San
Bernardino CA, 92410

9:00AM - 11:30AM

**SCAN THE QR or
VISIT THE WEBSITE ON THE RIGHT >>**

**MAKE SURE TO REGISTER
PRIOR AND VIEW
DISTRIBUTION DATES**

**PLEASE VISIT
bienestarcommunity.org**



sierra_high_school Sierra Suns Sierra High School



MEDICAL MOBILE UNIT

Healthcare at Your Reach!

AVAILABLE MEDICAL SERVICES

- Acute Sick Visits
- Medication Management
- Blood Pressure
- Physical Exams
- Birth Control Methods
- Laboratory Services

HEALTH COVERAGE AND SERVICES

- Family PACT (FPACT)
- Every Woman Counts (EWC)
- Child Health & Disability Prevention Program (CHDP)
- Covered California Enrollment and More!

SLIDING-FEE PROGRAM AVAILABLE TO ALL

- Services at discounted rates are provided to those who qualify.
- Based on family size and income only.
- Nominal fee applies.

THE OLIVE BRANCH

555 E. Olive St, San Bernardino, CA 92410

January 14, February 11, March 11, April 15, May 13, & June 2 + 10, 2025

9:00 am - 3:00 pm



CONTACT US TO SCHEDULE AN APPOINTMENT TODAY!
(951) 571-2333



DENTAL MOBILE UNIT

Healthcare at Your Reach!

AVAILABLE DENTAL SERVICES

- **FREE Dental Screenings**
- Dental Exams
- X-Rays
- Deep Cleaning
- Routine Cleaning
- Fillings

HEALTH COVERAGE AND SERVICES

- Medi-Cal
- Private Health Insurances
- Help with Medi-Cal Enrollment
- Covered California Enrollment and More!

SLIDING-FEE PROGRAM AVAILABLE TO ALL

- Services at discounted rates are provided to those who qualify.
- Based on family size and income only.
- Nominal fee applies.

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