

# SDUSD Wellness Centers

Hoover • Lincoln • Morse • San Diego • Serra

The SDUSD Wellness Centers are open to all high school students at their respective sites and are staffed with part-time Wellness Center Coordinators (WCCs). WCCs are classified professionals that possess a combination of training and experience in health sciences, nutrition, public health and social services. WCCs are responsible for supporting students in accessing services as needed and bridging services in collaboration with school sites as guided by school site administrators.

## Life Skills Education



Wellness Center Coordinators discuss wellness solutions with students, including strategies for stress reduction, healthy relationships, healthy eating, time management, and other health and wellness topics.



Life Skills educational material is provided for students at the Wellness Center, during Wellness Center Visits, in Wellness Workshops and at School-Wide Wellness Events as appropriate.



WCCs also engage and coordinate provision of wellness services with community providers and the delivery of educational materials and content via handouts and Wellness Workshops.

## Resource Connection + Coordination



Wellness Center Coordinators increase student awareness of and access to services, including physical and emotional health resources as well as referrals to community agencies supporting students.



WCCs aim to increase student agency around healthy decision making, as well as accessing support services as needed.

WCCs cultivate relationships with service providers – some of which are located within the Wellness Center – in order to provide students with appropriate referrals and warm hand-offs.



WCCs assist campus staff (administrators, counselors and nurses) with coordinating student support services.

WCCs goal is to decrease barriers to accessing services by assisting with scheduling appointments, navigating eligibility criteria and reducing stigma of seeking help.

## Menu of Services

*WCCs can connect and provide access to the following resources:*

- Cal Fresh
- Clothing Donations
- Drug/Alcohol Recovery
- Financial Literacy Education
- Food Assistance
- Healthy Relationships
- Housing Aid
- Legal Aid
- LGBTQIA/ Gender Identity Navigation
- Medi-Cal Enrollment
- Mental Health Support
- Nutrition & Cooking Education
- Parent & Adult Education
- Peer Mentoring
- Public Health Nursing Services
- Social Work & Case Management
- Tutoring
- Wellness & Health Education
- Workforce Solutions

## Menu of Services Definitions

*Wellness Center Coordinators can connect and provide access to the following resources:*

Cal Fresh	Also known as SNAP, a federally mandated, state-supervised, and county-operated government program that provides food benefits to assist low-income households in buying food needed to maintain adequate nutritional levels.
Clothing Donations	Lightly used clothing at no cost.
Drug/Alcohol Recovery	A comprehensive range of substance abuse treatment, recovery, and supportive services.
Financial Literacy Education	Skills and knowledge that allows an individual to make informed and effective decisions with their financial resources.
Food Assistance	Ranges from food benefits (CalFresh) to identifying food pantry and distribution sites.
Healthy Relationships	Education/prevention strategies regarding relationships that aim to increase the health, academic success, and well-being of students.
Housing Aid	Information regarding affordable and emergency housing.
Legal Aid	Legal support including housing, family law, immigration, CalWorks/CalFresh and restraining orders.
LGBTQIA/ Gender Identity Navigation	Includes educating lesbian, gay, bisexual/pansexual, transgender, questioning/queer, intersex, and asexual (LGBTQIA) students and families on resources and their rights to a safe school environment.
Medi-Cal Enrollment	California's Medicaid program serving low-income individuals. Benefits include emergency services, hospitalization, maternity and newborn care, mental health and substance use disorder treatment, dental (Denti-Cal), vision, and long term care and supports.
Mental Health Support	Psychosocial support that can include education, care, resources, support and treatment for people with emotional, mental and behavioral issues such as anxiety and depression.
Nutrition & Cooking Education	Educational resources include Nutrition Education Curricula as well as on campus resources like cooking clubs or afterschool programming.
Parent & Adult Education	A process for helping parents understand child development, needs and uniqueness, as well as parental roles and responsibilities, often through offering strategies for observing, interpreting, and responding to behavior in order to maximize positive outcomes for both youth and families.
Peer Mentoring	A form of mentorship that usually takes place between a person who has lived through a specific experience (peer mentor) and a person new to that experience (the peer mentee).
Public Health Nursing Services	Public health nursing is defined as the practice of promoting and protecting the health of populations using knowledge from nursing, social, and public health sciences.
Social Work & Case Management	Case management is a collaborative process of assessment, planning, facilitation, care coordination, evaluation, and advocacy for options and services to meet an individual's and family's comprehensive health needs through communication and available resources to promote quality, cost-effective outcomes.
Tutoring	The act of teaching or instructing to support a student's learning journey in a variety of subjects.
Wellness & Health Education	Any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes.
Workforce Solutions	Job trainings, employment opportunities, and career exploration experiences.