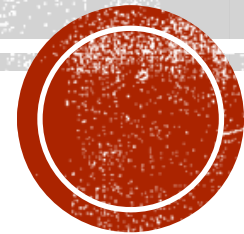


WELLNESS CENTER UPDATE



Jose Pereyra
Director of Wellness Services

WELLNESS CENTER SERVICES

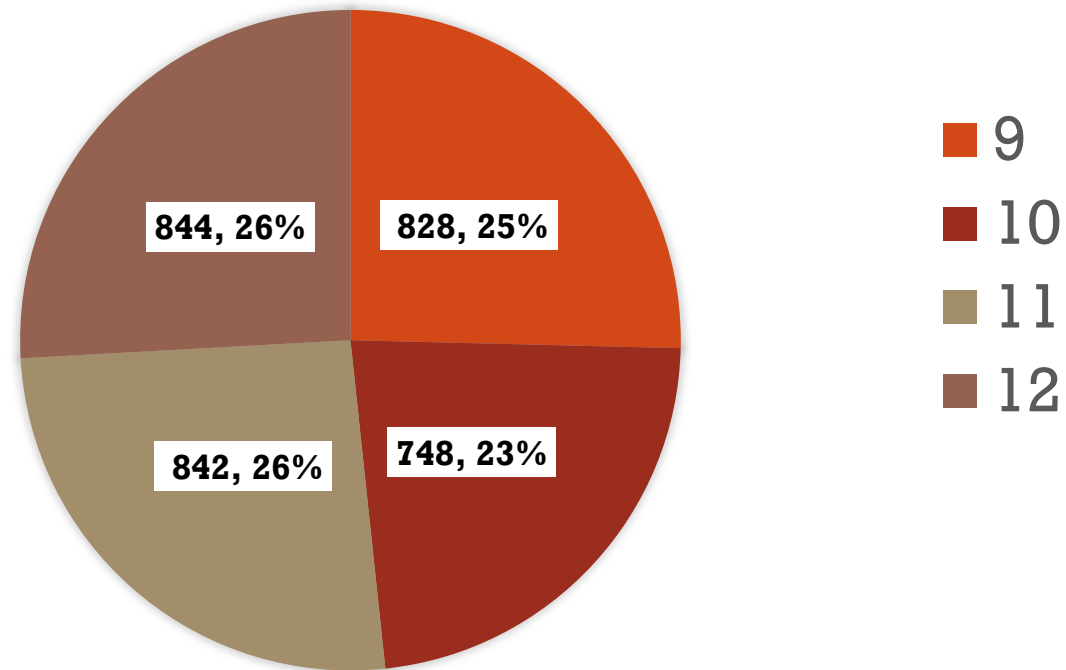
- Individual Counseling
- Group Counseling
- Reset Stations
- Referrals to Outside Agencies
- Group Activities
 - Lunch Presentations
 - Yoga
 - Wellness Lunch Activities



WELLNESS CENTER NUMBERS

As of 11/07/23 Total number of visits districtwide: **3,327 Student Visits**

TOTALS BY GRADE LEVEL



STUDENT VISITS

- 64% of students receive a counseling service (1:1 counseling, group counseling, referral to outside agency)
- 33% of students need time to reset
- 3% of students are considered walk-ins (escorted by a staff member)

Wellness Centers are open before school, during lunch, and after school.

Many students enjoy using the Wellness Center's relaxing environment.



REDUCING MENTAL HEALTH STIGMA

SaintCARE Wellness Center

The SMHS Wellness Center offers a safe, inclusive, and relaxing environment where students have opportunities to reflect, learn, and grow as they nourish their inner self.

Students develop essential coping skills, and find support and education in times of struggle through compassionate solution-based counseling, educational workshops, and collaborative initiatives.

Our goal is to have students engaged and prepared for learning and therefore meeting their ultimate academic potential.



How to receive services:

Students should contact their School Counselor who can refer them to Wellness Center services.

Social Connections

The center is open to all for social connections (referral not needed):

- Before school
- At lunch
- After school



"When people are socially connected they are more likely to make healthy choices and have better mental and physical health outcomes. They are also better able to cope with hard times, stress, anxiety, and depression."

cdc.gov

Resources

24-hour Suicide & Crisis Hotline

Call or text 988
www.988lifeline.org

SAFTY Hotline:

1-888-334-2777
www.casapacific.org

YouthWell.org

Info@youthwell.org

The Trevor Project:

Call, text or chat
1-866-488-7386
Text 678-678

Wellness Center (WC):

Follow us on Instagram
SMHS_Wellness_Center



WC School Website Address-
www.santamariahighschool.org/
wellnesscenter

The Wellness Center is located in Room 342 (between the math hall and small gym)



Services Offered:

- 1:1 Counseling
- Support Groups
- Mental Health Workshops
- Events & Wellness Activities
- Resources
- Peer to peer support (to come)
- Teacher support (to come)

SaintC.A.R.E.

Counseling. Assistance.
Resources. Education.

Confidentiality is valued, respected, and our professional duty.



Mayte Olivera
Crisis Intervention Consultant

Ext. 3382
molivera@smjuhsd.org



Margarita Guillen-Franco
Wellness Counselor

Ext. 3342
mfranco@smjuhsd.org

SaintCARE



Wellness Center

Santa Maria High School

901 S. Broadway
Santa Maria, CA 93454
(805) 925-2567

Hours: 8:00 a.m. – 4:30 p.m.



REDUCING MENTAL HEALTH STIGMA

PUMPKIN PAINTING
@LUNCH
RM 622

COME PAINT A PUMPKIN WITH US
SEE YOU THERE!

WARRIOR WELLNESS



Workshop
Stress Management

Friday, October 27, 2023
 During lunch time at the Wellness Center in Room 342

Learn about stress and how to cope with it.



YOUR VOICE MATTERS

HELP US IMPROVE!
 TELL US WHAT YOU THINK

YOUR FEEDBACK AND PERSPECTIVE PLAY A VALUABLE ROLE IN YOUR SCHOOL'S SERVICES AND YOUR SCHOOL CULTURE

LINK IN BIO **PLEASE TAKE THE SURVEY**

PINTA CALABAZAS

DURANTE EL ALMUERZO EN EL SALÓN 622

VEN A PINTAR UNA CALABAZA CON NOSOTROS
¡ ALLÍ NOS VEMOS!

WARRIOR WELLNESS



Wellness Center Calendar November 2023

"Be kind, for everyone you meet is fighting a battle you know nothing about!"

MON	TUE	WED	THU	FRI
		1 Support Group PLC-WC Team @RHS 2:00-4:00p.m.	2 Support Group	3 Support Group
6 PLC	7 Support Group	8 Support Group Wellness Wednesday Activity during lunch @WC Court	9 Support Group	10 No School- Veteran's Day
13 PLC	14 Support Group	15 Move at lunch time in the Wellness Center Support Group	16 Support Group	17 Support Group Friendship bracelet workshop during lunch in WC
20 No School- Thanksgiving	21 No School- Thanksgiving	22 No School- Thanksgiving	23 Thanksgiving	24 No School- Thanksgiving
27 PLC	28	29 6:00 p.m. Parent Presentation at Cafecito	30	



NEXT STEPS

- Continue to promote the Wellness Centers
- Wellness Center Staff Professional Development
- Student Wellness Ambassador Program
- Staff Wellness



QUESTIONS?





SMJUHSD

Wellness Centers

Music: linktr.ee/relaxdaily