



# ALL ABOUT WELLNESS CENTERS



Angela Collins  
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Santa Maria Joint Union  
HIGH SCHOOL DISTRICT

# SESSION FACILITATOR

## Izzy Hernandez

Wellness Center Counselor

I am an alumni of the SMJUHSD (district). I graduated from RHS in 2014, attended AHC from 2014-2017, Cal Poly from 2017-2019, and received my master's degree from Brandman University in 2022. I coached football at RHS from 2018-2022 while substitute teaching and working as an Instructional Assistant I. After completing the school counseling program I was hired at PVHS to be an intervention counselor before transitioning to the Wellness Center last year.



# SESSION FACILITATOR

## Angela Collins

### Crisis Intervention Consultant

I have thirty-two years' experience in crisis intervention and working with teens. I have worked in the District for over 17 years, starting at Santa Maria High School for 5 ½ years and Pioneer Valley High School for 12 years. Prior to working for the District, I was the Teen Services Director for Domestic Violence Solutions and the Crisis Hotline Coordinator for the North County Rape Crisis and Protection Center. I graduated from the University of California Santa Barbara with a Sociology degree.



# SESSION AGENDA



## WELLNESS CENTER OVERVIEW

1. Structure of the Wellness Center
2. Wellness Center services
  - a. 1:1 Counseling
  - b. Group Counseling
  - c. Community Referrals



## GROUP COUNSELING IN DEPTH

1. Groups that are offered
2. How group counseling happens
3. Process vs Psychoeducational groups



## A DAY IN GROUP COUNSELING

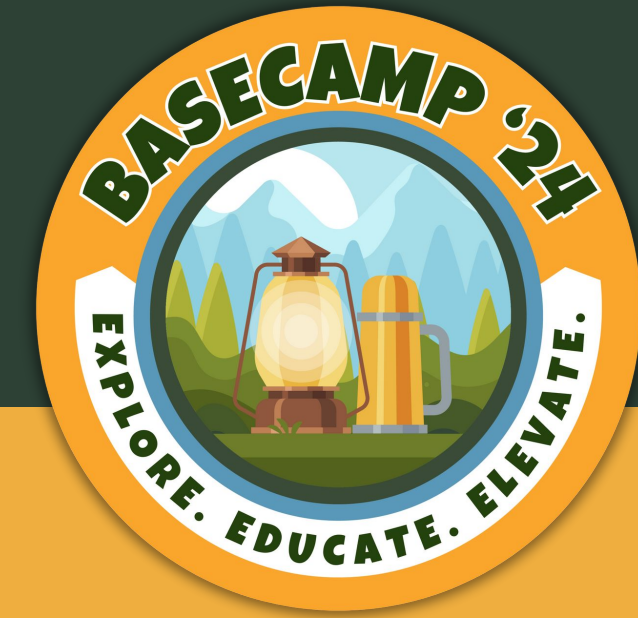
Participants will have an opportunity to complete a mini group counseling session from the Wellness Group



## Q&A SESSION

Participants will have the opportunity to ask questions regarding the presentation and Wellness Center.

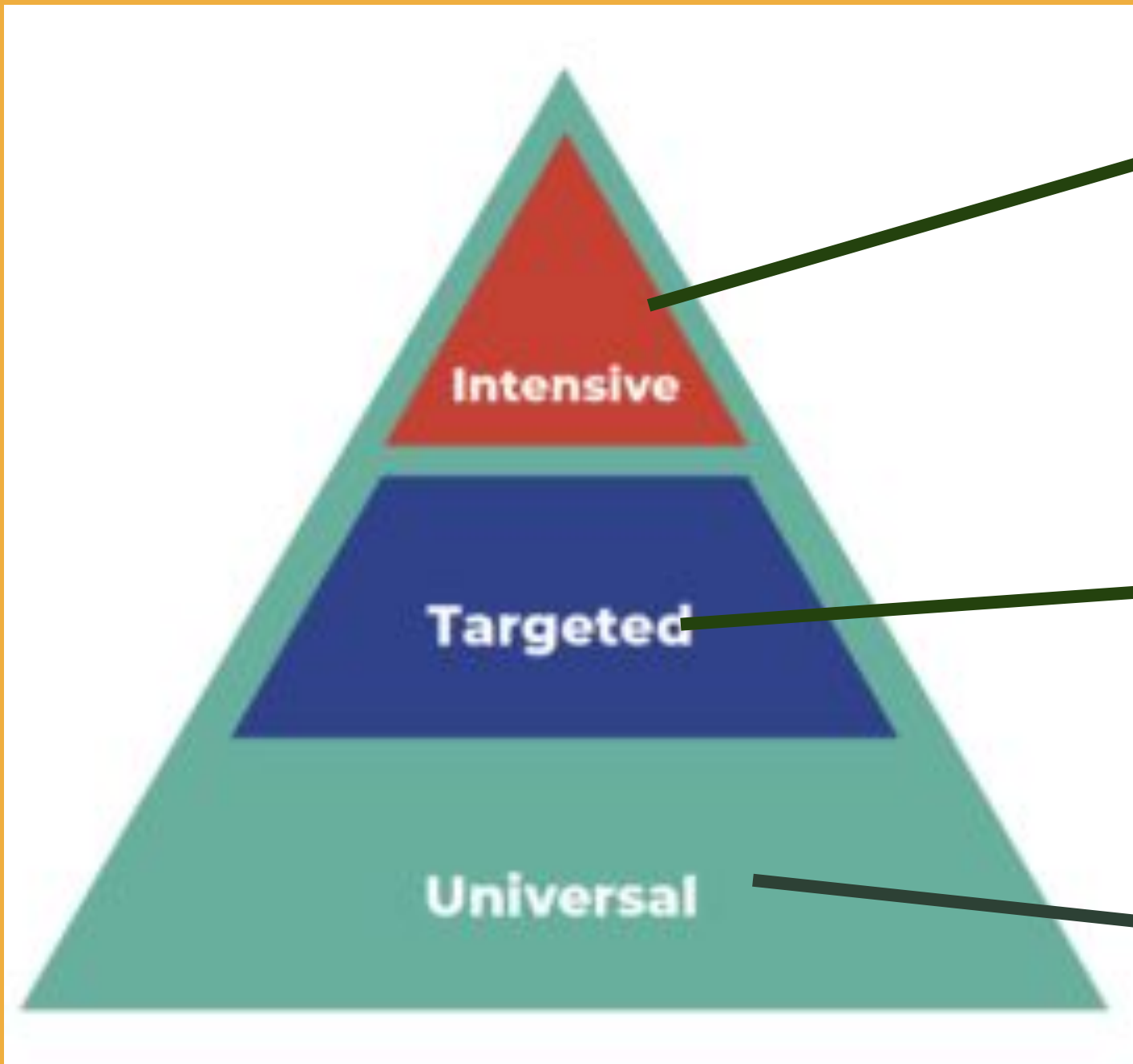
# PARTICIPATION



**ANSWER A RED QUESTION AND GET A  
PIECE OF CANDY**

**ANSWER A BLUE QUESTION AND GET A MINI  
STRESS BALL**

# TIERED SYSTEMS OF SUPPORT



## TIER 3

- **ESS THERAPISTS**
- **OUTSIDE REFERRAL**

## TIER 2

- **WELLNESS CENTER**
- **SUPPORT GROUPS**
- **PSYCHOLOGISTS**

## TIER 1

- **COUNSELORS**
- **PRESENTATIONS**

\* Note

Wellness Center will also do tier 1 services. As a tier 2 service we are fluid between tier 3 and tier 1.

# Wellness center



## WHAT IS A WELLNESS CENTER?

- A school Wellness Center is a dedicated space within a school designed to support the mental, emotional, and physical well-being of students.
- The SMJUHSD centers offer a variety of services and programs aimed to help aid student health.





# PHYSICAL ENVIRONMENT



## CALM AND INVITING ATMOSPHERE

- Light covers for a dim and calming light
- Soothing water fountain
- Pluggins with relaxing scents
- Calming music
- Inspirational posters
- Tea station
- Comfortable furniture



# PHYSICAL ENVIRONMENT



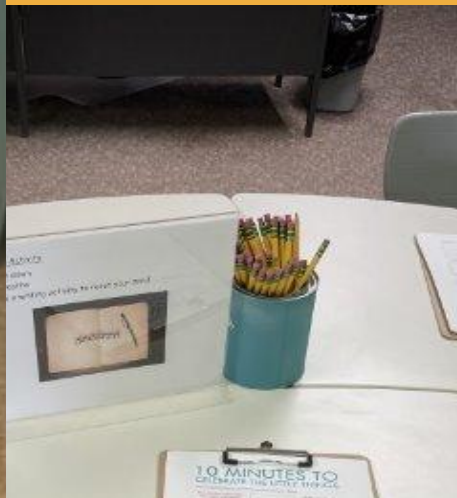
Updated Picture\*\*



# PHYSICAL ENVIRONMENT




## FURNITURE



## STUDENT STATIONS



## PRIVATE SPACES



**Can you name something that is calming about the Wellness Center other than comfortable seating?**

# RULES FOR THE WELLNESS CENTER



## STUDENTS Need TO KNOW

- Students need permission to come to the Wellness Center during class time (they must ask an adult).
- Students are limited with how long they can be in the Wellness Center, typically about 15 minutes (Case by case exceptions).
- Wellness Center is a no phone zone. Students are asked to place their phone in the phone pouch while in the Wellness Center.
- When students come to the Wellness Center during non-class time, it is still to remain a quiet and calming place.

# GETTING YOUR STUDENT TO THE WELLNESS CENTER



**1. CONTACT  
ASSIGNED  
SCHOOL  
COUNSELOR**

**2. CALL WELLNESS  
CENTER, OR EMAIL  
me TO see  
AVAILABILITY**

**3. OTHER SUPPORT STAFF  
OR FRONT OFFICE  
AVAILABILITY**



**Who is the first person that you should contact if you want to connect a student to the Wellness Center?**

# WELLNESS CENTER CHECK IN

## HOW DOES IT WORK?

- Sign into the ipad
- Put phone away into phone pouch
- Meet with wellness staff
- Pick from activities (options)
  - Reset
  - 1:1 counseling
  - Private Space





# SERVICES OFFERED



## WELLNESS CENTER

### GROUP COUNSELING

**Healthy Relationships Girls Group**  
Support group for girls providing awareness about relationship violence issues and focuses on healthy relationship skills.

**LGBTQ+ Support Group**  
Support group for students of various gender and sexual identities. Group works together to identify supports, discuss stressors, and explore coping techniques.

**Teen Grief Group**  
Support group for students who have lost a loved one. Students work through stages of grief, their own journey, changes, balances, and memories

**Wellness Group**  
Support Group for students who are struggling with stress and anxiety. Students learn calming techniques, coping strategies, and work to identify their emotions.

**Other Services**

1. Individual Counseling
2. Positive mindset resets
3. Lunch Time Workshops
4. Resources and Referrals

Group Interest QR Code

Hours: 8:00 AM - 4:30 PM  
Location: Room 601

Instagram: PVHS\_Wellness\_Center

## WHAT ELSE DO WE DO?

- Lunch time activities
- Outside Referrals
- Group Counseling

# ACTIVITIES





**Can you name two services that the Wellness Center can provide to a student?**

# GROUP COUNSELING



# WELLNESS CENTER GROUPS



## BASICS

- About 10 students per support group
- Groups are 8 weeks long
- Meetings are once a week
- Rotate through periods 2-6 for support group times. Group counseling happens during class times.
- Support groups are voluntary outside of D&A groups



## GROUPS

- Wellness Group
- Grief Group
- LGBTQ+ Support Group
- Healthy Relationships Girls Group

# GROUP COUNSELING

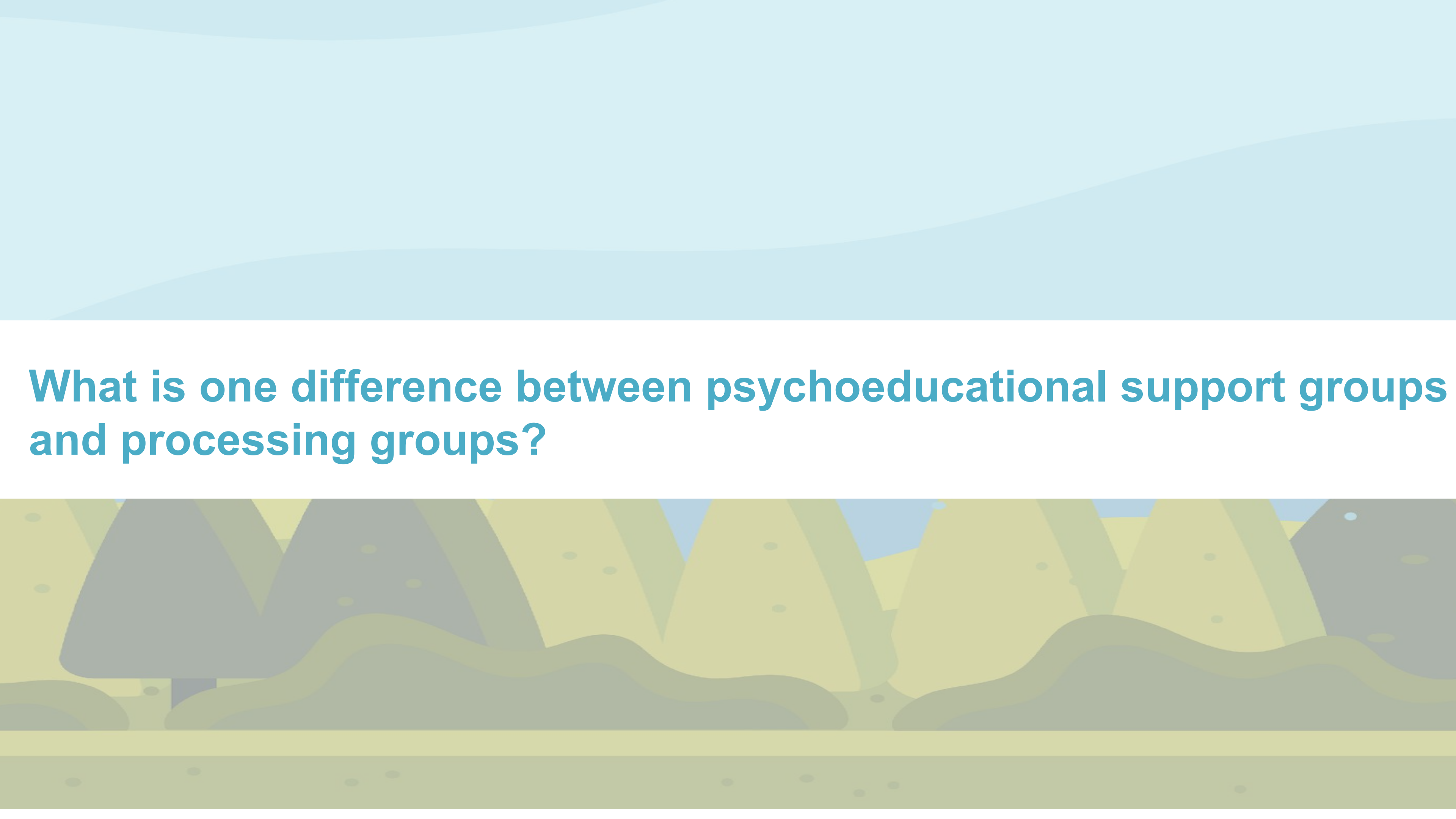


## PROCESSING

- Process groups are a space for students to share in depth personal experiences and feelings.
- Purpose of process groups is to provide space for students to engage with themselves, their inner struggles, and bring about change.
- Process groups typically go longer than psychoeducational groups. Work is on going and there is a lot of time spent developing trust.
- Commonly referred to or thought of as more therapeutic groups

## PSYCHOEDUCATIONAL

- In a psychoeducational group there is room for discussion between group members, but it is usually not the focal point of the group experience.
- It is normal to be a part of a psychoeducational counseling group to learn about a given issue, but not share in depth about your own personal experiences
- Students in the group should share a similar experience or struggle related to the group topic
- The purpose of a psychoeducational group is to raise and spread awareness about a given topic.
- Students should feel empowered from information they learned from the psychoeducational group



**What is one difference between psychoeducational support groups and processing groups?**

**YOUR TURN!**





# PARTICIPATION



**READ A SECTION TO GET A PIECE OF CANDY**

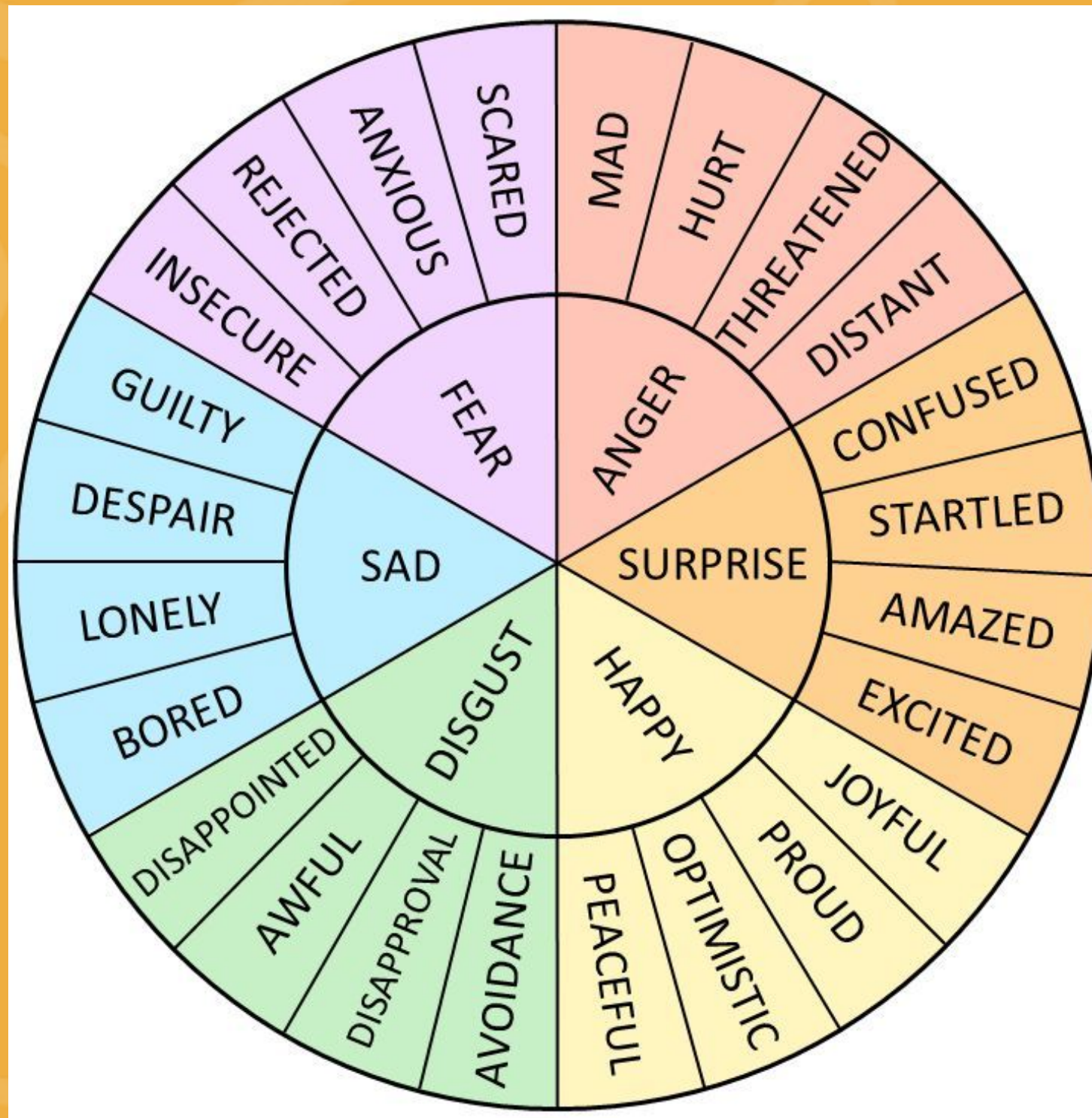
**BLUE QUESTIONS STILL APPLY**

**READ A WHOLE SLIDE OR BE A VOLUNTEER FOR  
A MINI STRESS BALL**

# A DAY IN GROUP COUNSELING



## ICEBREAKER EXAMPLES



1. Check in using emotions Wheel
2. Rose, Bud, Thorn
3. Favorite form of potato
4. Favorite Song/Last song you played
5. Sweet, Salty, or spicy

# A DAY IN GROUP COUNSELING

## HANDOUTS

### Coping with Causes of Stress Inside Myself

Circle the number for each question that best describes how you feel. Score your questionnaire by adding the numbers you chose for each section as instructed.

#### **SECTION I: Do I Accept Myself as I AM?**

	Almost Always	Often	Sometimes	Almost Never
I feel pretty comfortable with other people.	1	2	3	4
I get scared to try new things.	4	3	2	1
I keep my thoughts and feelings to myself, because they are not worth very much.	4	3	2	1
I am proud of the things I've done.	1	2	3	4
I feel I am not a very important person.	4	3	2	1
I hate to talk to people I don't know.	4	3	2	1

Section I  
Score

#### **SECTION II: Do I Want to be Perfect?**

	Almost Always	Often	Sometimes	Almost Never
When something goes wrong, I tend to blame myself.	4	3	2	1
I worry about all the things I should do better.	4	3	2	1
I feel it's OK for me to make mistakes.	1	2	3	4
I feel really bad when I don't win.	4	3	2	1
I want to do better than everyone else.	4	3	2	1
There are lots of things I'm not great at, but I like to do them anyway.	1	2	3	4

Section II  
Score

#### **SECTION III: Am I Always In a Hurry?**

	Almost Always	Often	Sometimes	Almost Never
When I have something hard to do, I tend to put it off.	4	3	2	1

When things are piling up, I try to plan ahead.	1	2	3	4
I get my schoolwork in late.	4	3	2	1
I keep my room pretty clean.	1	2	3	4
I have time to do everything I want to do.	1	2	3	4
I'm late for school, appointments, and dates with my friends.	4	3	2	1

Section III  
Score

#### **SCORE YOUR QUESTIONNAIRE**

Add all the circled numbers in each section and write the total in the box after "Section Score". Then add the section scores and write that total in the box after "Total Scores".

Total  
Score

#### **Find Your Score Below:**

56 – 72 You probably feel a lot of stress in your life and do not find it easy to manage. You may be bothered by some of the physical symptoms of stress. You probably scored high on all three sections of this questionnaire. Pick one section and work on it at a time. Because you tend to care a lot and are serious about things, you will probably be super successful at learning how to manage your stress. However, you have to want to do it!

41 - 55 You probably feel a fair amount of stress in your life. Sometimes you cope with it very well, but there are other times it gets the best of you. Sometimes your stress keeps you from doing what you want to do, and it makes you feel less than your best. There is probably one section of this questionnaire on which you scored quite a bit lower than others. This is an area of your personality that does not cause you much stress. Concentrate on the section that your score was the highest. Begin working on ways to reduce the causes of stress in your life.

26 – 40 You probably have a more easygoing personality than most. At this time in your life, you are probably coping with most stressful situations in a helpful way. There are still times when things affect you more than you want. There will certainly be times later in life when work or responsibility piles up and you feel you just can't cope. Prepare for these situations now. Learn strategies for managing time, it will help when things get rough, now and in the future.

18 – 25 Your score is so low that it may make you wonder if you were accurate in filling the questionnaire out. Your answers show an almost complete lack of personality traits that cause people to feel stress. Hardly anyone is this laidback! Try taking the questionnaire again, by yourself, when you have the time. Your score most certainly will be higher, if not...check to see if your heart is still beating. Stress is an important part of life. Stress keeps us striving to go on. If your score is still low, you may consider writing a book on how to handle stress.

# TIPS FOR MANAGING STRESS

## NOT ACCEPTING MYSELF AS I AM

When you feel worthless, or unimportant, think about two things you are proud of.



When you're afraid to say what you think or feel, try it out on someone else close to you.

Break down what you want to try into small steps. Try the first step and once you've succeeded move on to the other steps.



# TIPS FOR MANAGING STRESS

## WANTING TO BE PERFECT

When you are tempted to blame yourself for something, think of all the reasons it has nothing to do with you.

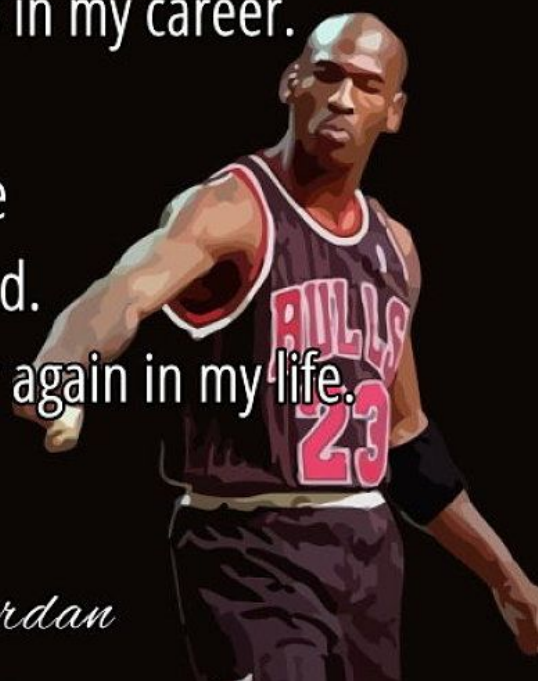


When you're afraid you'll make a mistake, ask several people you admire to describe mistakes they have made.

When you feel bad about losing, try to think of a great athlete who has never lost. (Hint: There aren't any!)

I've missed more than 9000 shots in my career.  
I've lost almost 300 games.  
26 times, I've been trusted to take the game winning shot and missed.  
I've failed over and over and over again in my life.  
And that is why I succeed.

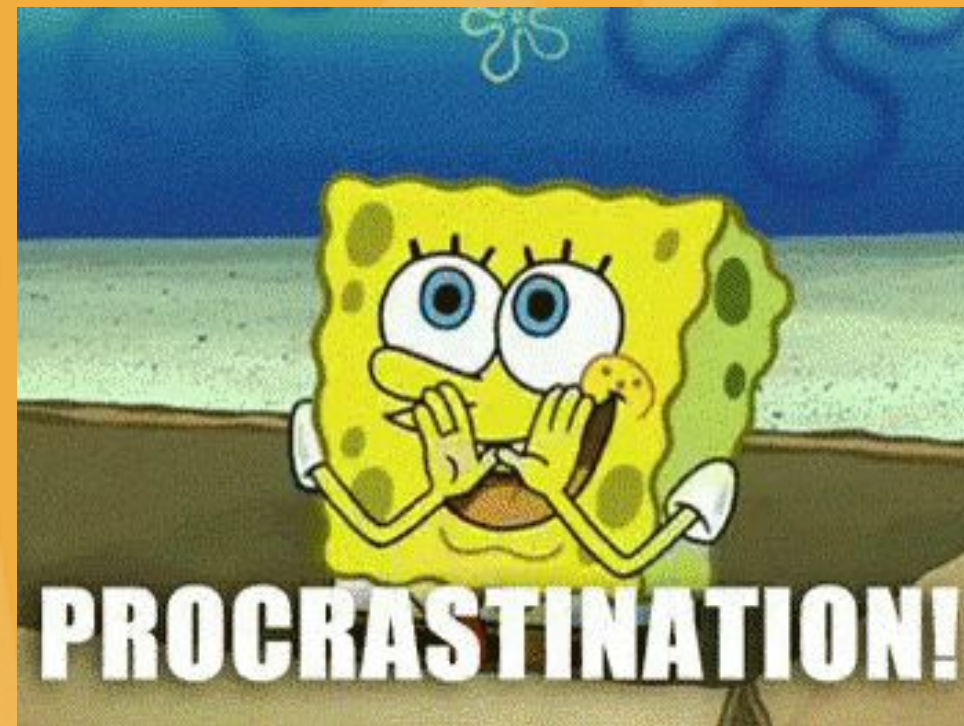
- Michael Jordan



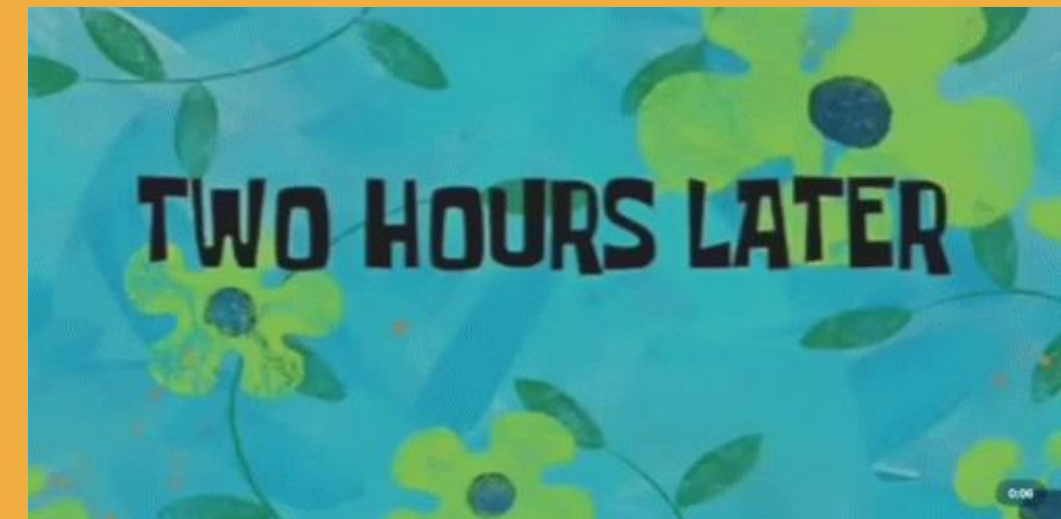
# TIPS FOR MANAGING STRESS

## ALWAYS IN A HURRY!!!

When you have too much to do in one day, list all your tasks from most important to least important. Then do them in that order. The least important ones can wait a day if necessary.



When you find yourself being late a lot, think backwards; decide what time you have to get there, figure out how long it takes, and leave exactly ten minutes earlier than you have to.



When you find yourself putting off a hard job, do one part of it, reward yourself with a break that is fun and then get back to it.



**Does anyone have an example of personally using one of these strategies?**

# STRESS

## HARMFUL Responses

- Hope my stress will just go away
- Ignore my feelings
- Try to do it all by myself
- Think about only bad things
- Blame myself
- Expect to be perfect
- Expect to change EVERYTHING
- Mistreat my body:  
drugs, alcohol, nicotine, junk food, no food, too much sleep, too little sleep, self-harm, etc.

## UNMANAGED STRESS

- “I can’t handle this!”
- My stomach hurts!
- I have a headache.
- My neck and shoulders are tense.
- I can’t concentrate!
- I’m exhausted and overwhelmed

**GREATER  
CHANCE OF  
ILLNESS**



# STRESS

## HELPFUL Responses

- Face my stressors
- Express and cope with my feelings
- Get help
- Think about good things
- Appreciate myself
- Give myself a break
- Accept that some things can't be changed
- Take care of my body, exercise, relax, eat well, sleep well



## MANAGED STRESS

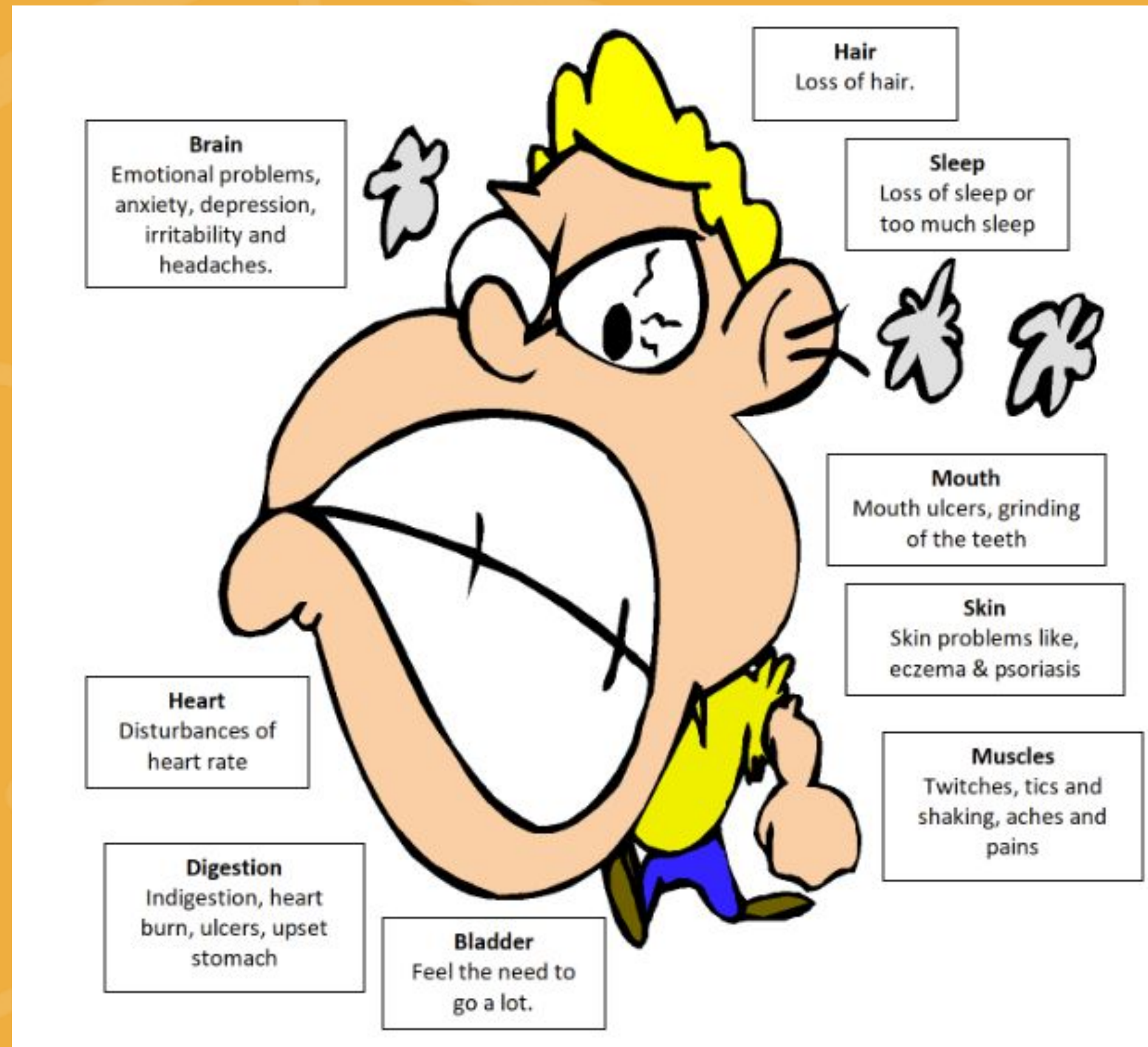
- “I can handle this”
- “Life is tough sometimes, I'm strong”
- “I can't quit now!”
- “I am confident that I can learn and do new things”




**GREATER  
CHANCE OF  
WELLBEING**

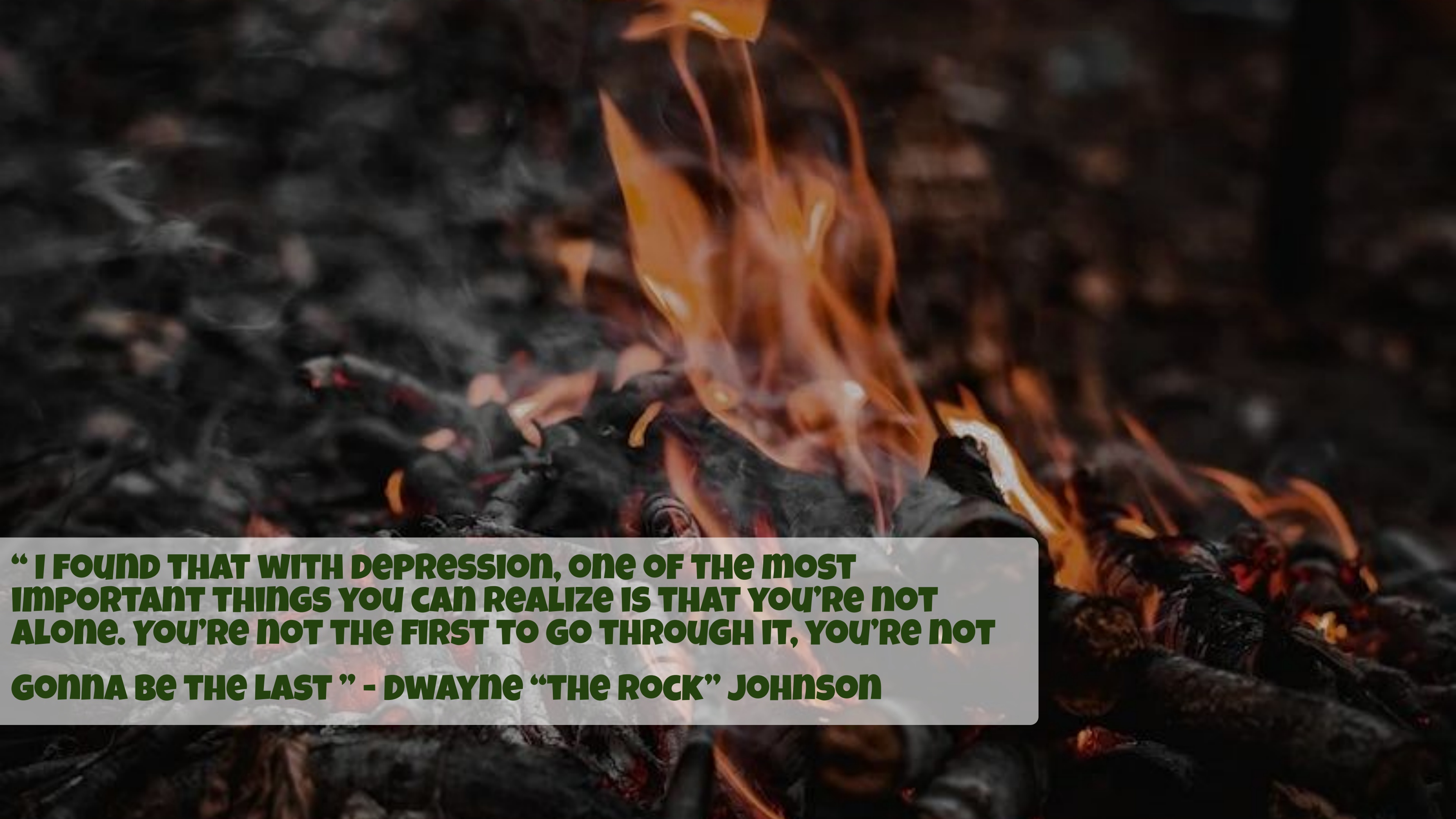


# PHYSICAL RESPONSES TO STRESS





**TAKE AWAYS? / QUESTIONS**



**“ I FOUND THAT WITH DEPRESSION, ONE OF THE MOST IMPORTANT THINGS YOU CAN REALIZE IS THAT YOU’RE NOT ALONE. YOU’RE NOT THE FIRST TO GO THROUGH IT, YOU’RE NOT GONNA BE THE LAST ” - DWAYNE “THE ROCK” JOHNSON**

**come see us in  
THE WELLNESS  
center!**



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HIGH SCHOOL DISTRICT