



VENTURA COUNTY
OFFICE OF EDUCATION

Dr. César Morales, County Superintendent of Schools

WELLNESS CENTERS

- + .
- o Comprehensive Health and Preventions Programs
Department



VENTURA COUNTY
BEHAVIORAL HEALTH

A Department of Ventura County Health Care Agency

In partnership with **Ventura County Behavioral Health**

Wellness Center Goals

Prevent mental illness from becoming severe and disabling

Reduce risk factors that negatively affect mental health and academic success

Improve access to school and community based mental health services

Provide safe and supportive environments where high school students can discuss concerns and needs in a confidential, nonjudgmental space

For Peers by Peers

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FIVE
SCHOOL
DISTRICTS
IN VENTURA COUNTY

**Oxnard Union
High School District**

**Ventura Unified
School District**

**Fillmore Unified
School District**

**Moorpark Unified
School District**

**Santa Paula Unified
School District**

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EIGHT WELLNESS CENTERS

IN VENTURA COUNTY

Fillmore High School

https://fillmorehighschool.fillmoreusd.org/apps/pages/index.jsp?uREC_ID=360995&type=d&pREC_ID=2179494

Moorpark High School

<https://sites.google.com/mrpk.org/musd-wellness-center/home>

Channel Island High School

<https://www.channelislandshigh.us/wellness/>

Hueneme High School

<https://sites.google.com/oxnardunion.org/vikingstudentwellness/home>

Oxnard high School

<https://sites.google.com/oxnardunion.org/mrsisaac/home>

Pacifica High School

<https://sites.google.com/oxnardunion.org/phswellnesswebsite/home>

Santa Paula High School

<https://sites.google.com/spunifiedsd.org/virtual-wellness-room/home>

Buena High School

<https://sites.google.com/venturaedu.org/buenavirtualwellnesscenter/home>

Wellness Centers



Targeted populations

Migrant

Foster

Homeless

LBGTQ+

Low socio-economic status

Chronically absent, at risk of drop out, suspended and expelled youth

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+ VCBH Wellness Center Clinician



**ALFONSO
GUTIERREZ**

Wellness Center BH
Clinician

1. Screening, assessment, and triages on site
2. Mental Health Psychoeducation presentations and workshops
3. Short-term treatment services
4. Long-term treatment referrals and linkage
5. Risk assessment and safety planning
6. Liaison with partner placement agencies and community organizations
7. Works closely with Mental health and Child protective services, law enforcement agencies, schools, employers, health and welfare to provide coordinated care

+ VCBH Wellness Center Community Services Coordinator



ANGELES SMALL

Wellness Center BH
Community Services
Coordinator

1. Screens students' needs to link them with MH services and other programs
2. Links clients in accessing VCBH services, Beacon Health Services or related services
3. Presents a variety of psychoeducational MH workshops for students, parents
4. Liaison with representatives from agencies to coordinate care
5. Collaborates with a multi-disciplinary team (school staff, social worker, teachers, etc.) to support the students.

Wellness Peer Roles



Provide support to Wellness Center Participants

Suggest ways of managing emotions

De-escalate emotional situations

Refer students to the center and community resources

Promote the center through events and communication plan

Provide mental health education to students

Develop and participate in Wellness Center workshops

Distribute information about on-site resources

activities

OUHSD – Channel Islands High School

<https://drive.google.com/file/d/1qL9sbFLtbwXF8AGNErucNyYZaFYuL-VS/view?amp;ts=619bc739>



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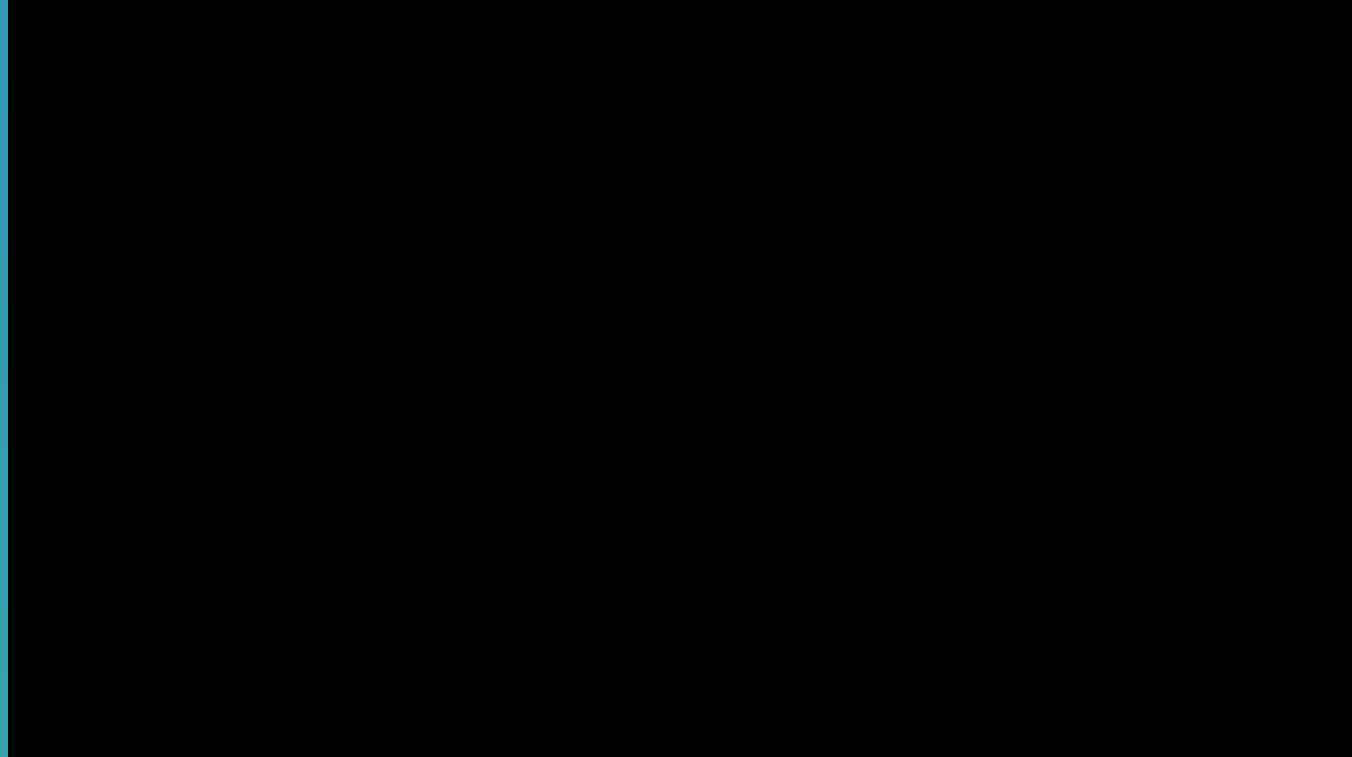
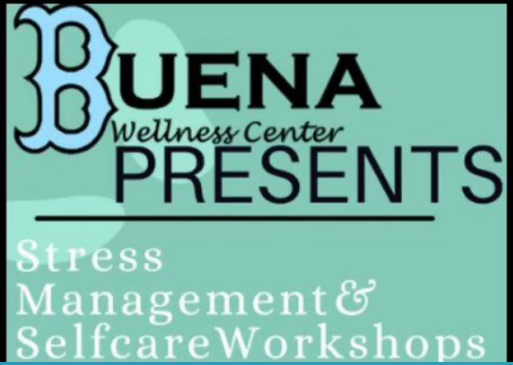
Moorpark High School



Moorpark Unified
Wellness Mentors

Wellness Wednesday Tips

Buena High School Wellness Peers



Lessons Learned

- Approval from Admin and IT to create a webpage
- Recruiting qualified staff including Wellness Peers
- Space issues and assembly of furniture
- Building rapport and referrals due to no in-person visits
- Buy-in from school staff
- Time for data input
- Coordinator schedule
- Clinician and CSC schedule

Successes

- 7 of the 8 had virtual Wellness Centers up and running in 2020
- Safe space for all students
- Graduation rates have increased, and dropout rates have decreased
- Peer to Peer support
- Peers being trained to identify MH issues
- MH Campaigns are rolling out on all campuses
- Stigma of MH is being reduced
- Communities are engaging
- Wellness Centers are being created at non-grant schools including middle schools
- Sustainability options are being considered



One last Wellness Peer Video...

- OUHSD – Channel Islands High School
 - <https://drive.google.com/file/d/1jl-mIqxVxwaoRH9krnjI0I-T7fjf0SCk/view?amp;ts=619bc735>

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Moorpark
wellness center
Discover wellness. Discover you.



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**THANK YOU
FROM OUR WELLNESS
CENTERS TEAM!**

**PHS WELLNESS
THE COVE**



**Buena Wellness
Center**

