



# Student Wellness Partnership

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Report to the LBUSD Board of Education

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# In the News

## School 'wellness centers' could be an answer to soaring mental health needs in California

*Schools should join with health agencies and nonprofits to provide mental and physical health services for families, commission says.*



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# CHOC-LBUSD Collaboration

- **Care Coordination**

- Consented, secure LBUSD Nurse access to CHOC Health Record
- Available CHOC RN case manager
- Psychiatric Consultation Line to Assist Staff

- **Wellness and Prevention**

- Safe, non-stigmatized location to relax
- Mindfulness
- Stress Reduction
- Light Snacks
- Nutrition Counseling

# What is a Well Space?

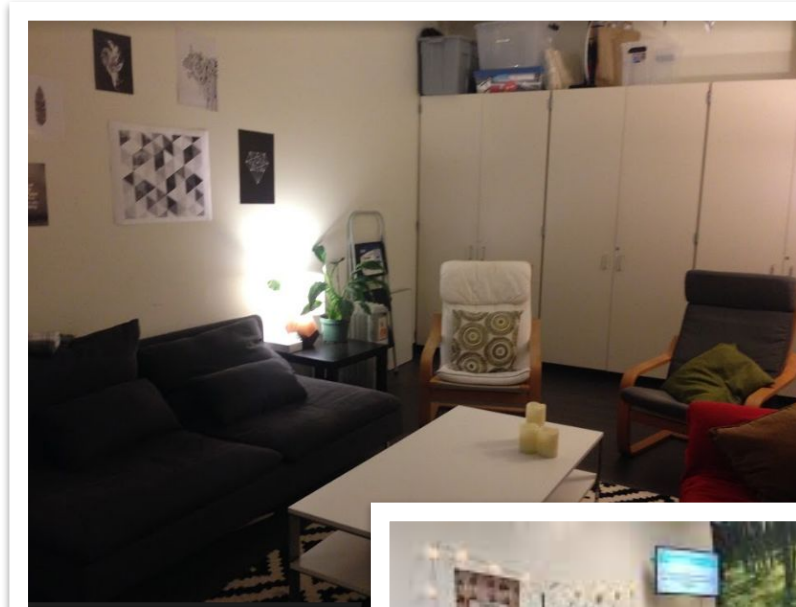
- Permanent Space
  - Like the library or cafeteria
  - Installation of professional signage
- Features
  - Biophilic design
  - Home-like feel
  - Space of calm





# Phase 1: Space of Calm

- Identify an open space
  - Classroom, large office, meeting space
- Use furnishings to create calming space
- Identify a certificated staff member to supervise
- Make available easy low-cost items
  - Tissue, essential oils, tea, mindful coloring, educational resources



# Transformations



*Los Alamitos School District, open January 2021*

*Before*



*After*



Los Alamitos School District



*Before*



*After*



*Before*



Los Alamitos School District



*After*



*Before*



*After*





*Before*



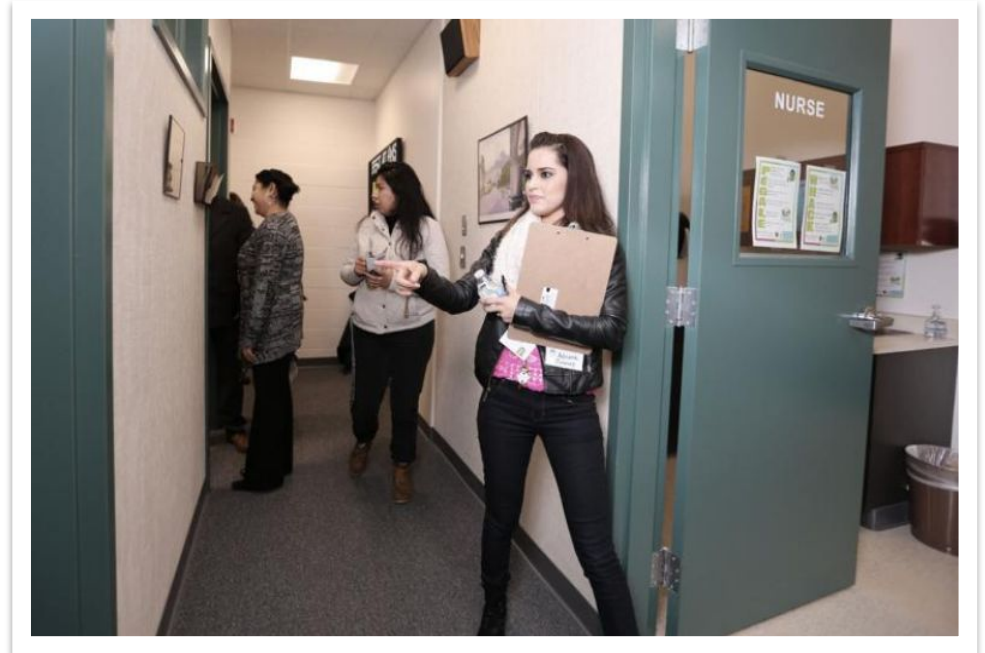
Los Alamitos School District

*After*



# Phase 2: Basic Student Support Services

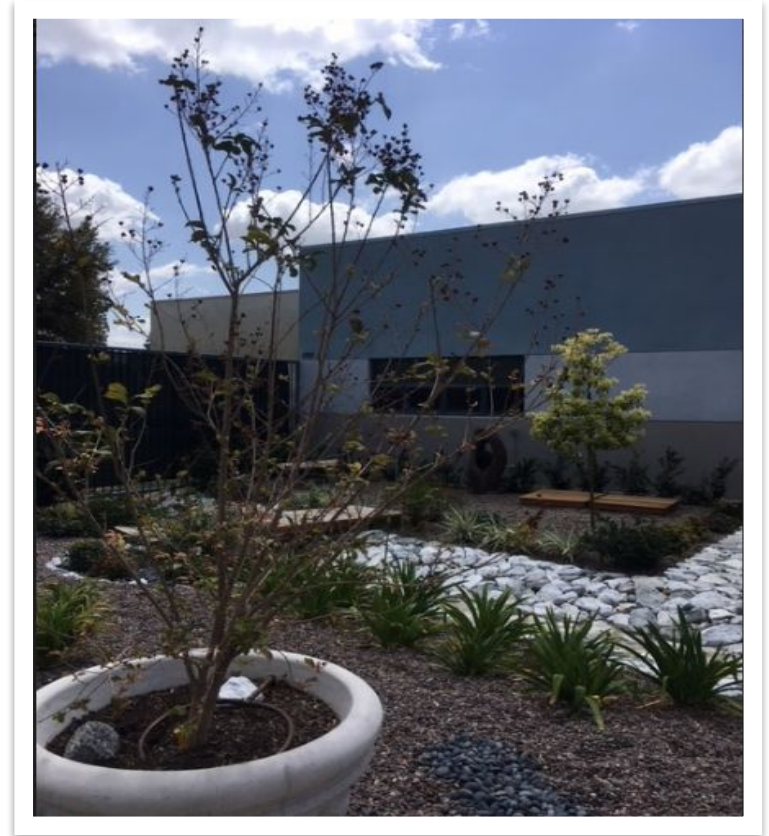
- Position student support staff in or near Well Space
- Select a coordinator to facilitate all student services and referrals
- Provide selected services
  - Individual and group counseling
  - Crisis intervention services
  - Health talks for students (nutrition, substance use, teen dating, healthy relationships, etc.)
  - Referrals to community partners





# Phase 3: Comprehensive Student Support Services

- Universal screening (physical/mental health)
- Preventive care visits and mobile dental services
- Telehealth specialty care
- Mindful Movement program
- Mindfulness garden
- On-Site community partner services
- Youth outreach leaders support campus-wide student wellness campaigns, events



# Partnership Opportunities

- Service Menu

- Select the options to explore
  - Staff Training
  - Social Emotional Learning Programs
  - Health Education
  - Well Spaces

Menu of Services for WellSpace School Sites (updated December 2020)

Note: All services are no-cost to schools

Item #	Program	MS	HS	Description of Services	Format	OCDE Staff to Contact	Funding Source & Value
1	BASE Education	X	X	BASE Education is a fully remote, CASEL approved and evidence-based, Social Emotional Learning platform. The clinical content is crafted by mental health professionals and educators with more than 25 years of real-world experience. The platform meets the standards and core competencies of MTSS, PBIS, and is CASEL approved.  OCDE is able to pay for one year of BASE Education for each WellSpace school site. CHOC is able to pay for year two.	Virtual	Stacy Deeble-Reynolds Director <a href="mailto:sdeeble-reynolds@ocde.us">sdeeble-reynolds@ocde.us</a> Student Achievement and Wellness Unit, OCDE	OCDE
2	Student Advocates for Mental Health	X	X	Mental Health Awareness activity/event - can be a prioritized school site (15 will be selected). <b>Students</b> select activity and mental health <b>area</b> of focus.	Virtual	Stephanie Loscko, MSW Program Specialist, Youth Development Programs <a href="mailto:sloscko@ocde.us">sloscko@ocde.us</a> Student Achievement and Wellness Unit, OCDE	OC Health Care Agency (MHSA)
		X	X	Directing Change Projects - can apply to be one of six schools to work on developing videos for the California Directing Change Program and Film Contest. This statewide contest encourages <b>students</b> to create 30 and 60 second films to raise awareness about mental health and promote suicide prevention in their school communities.	Virtual		
3	Bullying Prevention Programs	X		I've Got Your Back - Two-day bullying prevention training for <b>student</b> ambassadors (4 hour workshop and school-wide assembly)	Virtual	Jacquie Johnson Project Liaison, Youth Development Programs <a href="mailto:jjohnson@ocde.us">jjohnson@ocde.us</a> Student Achievement and Wellness Unit, OCDE	OC Health Care Agency - Violence Prevention Education (MHSA)
		X	X	Cyberbullying & the Harm on Youth - 45-60 minute <b>student</b> workshop	Virtual		
		X	X	Cyberbullying and Digital Drama: Keeping Kids Safe, Happy and Healthy in the Digital Age - 90 minute <b>parent training</b>	Virtual		





# Next Steps

1. Menu option selection
2. District/CHOC MOU execution
3. School(s) selection
4. Room designation for Well Spaces
5. Site coordinator identification

