

About the NEW Wellness Center

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The Wellness Center provides a safe, supportive environment for all Lincoln High School students to go during the school day to get support with the following:

- Needing a quick break from the stress of school
- Feeling overwhelmed, anxious, or sad
- Need support with family/friend relationships
- Feeling worried about a friend or family member
- Supporting students with overcoming substance abuse
- Students experiencing a **crisis** and needing support
- Students and families seeking to connect with community resources



We provide support for the following:

- Mental Health Support and Education
- Substance Use/Abuse
- Referrals Community Resources
- And So Much More!

How to access Wellness Services:

- Drop in to the campus Wellness Center located in **room 14**
- Talk to your School Counselor

Need immediate
calming?
Try our virtual
calming corner
(Beta)



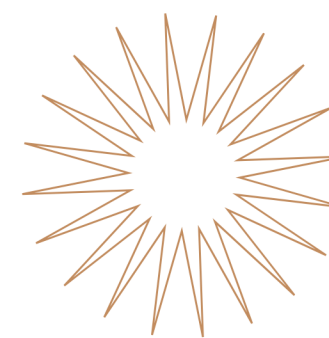
We can't wait to support you!

LHS Wellness
Center Staff:

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Wellness Center Staff Bios



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Hey! I'm Kris



Mental Health Specialist, AFMT #128413 Placer County Office of Education

As a former Fighting Zebra turned therapist, I know that high-school can be STRESSFUL. This period of your life is filled with experiences that are both challenging and incredibly fun. As your Mental Health Specialist in the Wellness Center, I am here to support you through this season of your life. I can offer you in the moment tools to tackle your biggest emotions and resources for long-term care.

In my previous roles in both community agencies and as a private practice provider, I have specialized in providing quality therapeutic care to youth and families. I believe that mental health doesn't have to be scary or awkward. Mental health for students can and should be fun!

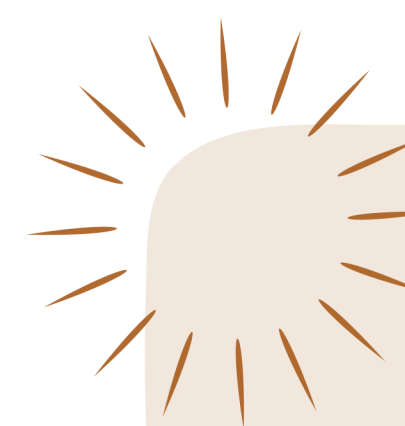
When I'm not providing therapy, I am generally baking, chasing around my son, caring for my garden, and indulging in my guilty pleasure of watching reality TV shows.

Youth and Family Community Liaison Placer County Office of Education

As a passionate advocate of the Foundations of Wellness, I too am in the process of learning how take a more active role in my wellness journey. By setting my wellness as a daily priority, I take an active role in reducing stress while setting healthy boundaries. As a wife, mother, grandmother, sister to seven siblings, auntie, and friend I know this takes some heavy lifting. But hey, might as well have a lofty goal.

As a lifelong learner and an educator who strives to be a relevant role model for our youth, I understand how much Wellness is needed for all. In my previous role with PCOE for past six years, I have been honored to serve Placer County high schools youth in partnership with Department of Rehabilitation as an Employment Specialist coaching students for the reality of becoming job ready and futures planning. All of this adulting can become very overwhelming for some of our youth. With my 25 years in education, serving school communities from preschool to college aged, I respect the importance of building trusting relationships and bridging the gaps by remaining humble in the process.

In my off time, I love to be a Grammie, reading, learning, baking and taking long walks in our forest with my husband, yellow lab and kitty.



Hello! I'm Nancy



Crisis Resources

Placer County Adult Crisis & Intake 24-Hour
Phone Line:
916-787-8860 or 1-888-886-5401

Placer County Children's 24-Hour Hotline:
916-872-6549 or 1-866-293-1940.

Suicide Hotline
Call or Text
988

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