

WELCOME TO
WELLNESS!





HELLO!

Dr. Jessica Verdicchio, LCSW

Supervisor of Wellness & Special Projects

Wellness Center room 223

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HELLO!

Jason Grabelsky, LSW

SAC counselor

Wellness Center room 223

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HELLO!

Allison Rocca, LSW

SAC counselor

Wellness Center room 223

roccaa@northernhighlands.org

WHAT IS THE WELLNESS CENTER?

A safe, inclusive space for the NH community to access mental health support and education

- We aim to build positive relationships with students, parents, and staff
- Educate the school community on important prevention efforts
- Partner with community organizations to provide additional resources

WHAT WE DO

- ★ Build relationships with students through engagement and classroom connections
- ★ Provide individual counseling to students
- ★ Consult with teachers, parents, and our administration
- ★ Collaborate with NH teachers & Counselors
- ★ Run support & social groups & workshops
- ★ Provide referrals to outside resources/programs

AREAS WE SUPPORT

- School stress/ pressure.
- Social issues.
- Feeling sad, overwhelmed, or lonely.
- Conflict.
- Family Issues.
- Grief and loss,
- Mental health challenges.
- Self-esteem
- Eating disorders.
- Suicidal thoughts / feelings.
- Substance use.
- LGBTQ+ support.

All meetings with the SAC counselor are confidential.

SCHEDULING AN APPOINTMENT

Appointments are easily booked through 10-8

<https://10to8.com/book/nhrhswellness/>

OR

By emailing a counselor directly

OR

By stopping in to the Wellness Center throughout the day

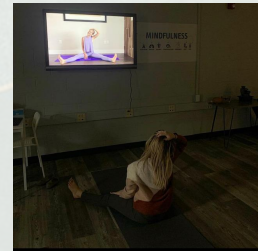
MINDFULNESS ROOM



Our mindfulness room is a space that is designed to promote grounding and calming.

Students can access the space before & after school

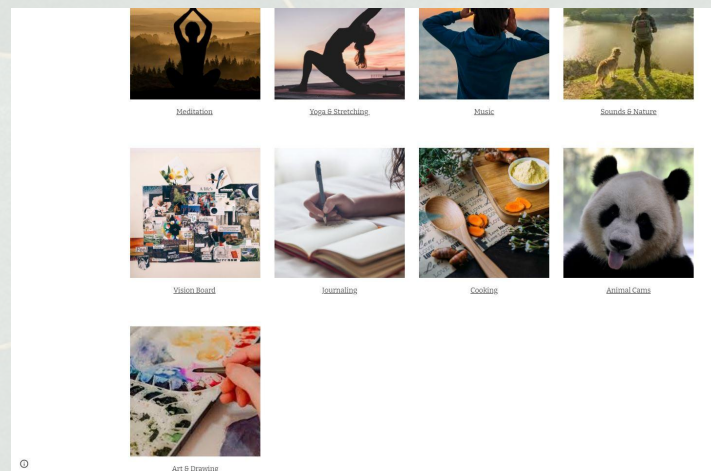
- Yoga mats and blocks
- Massage chairs
- Quiet space for reflection
- Club/Community meetings



VIRTUAL RELAXATION ROOM

One of the amazing features of the Mindfulness room is access to the virtual relaxation room.

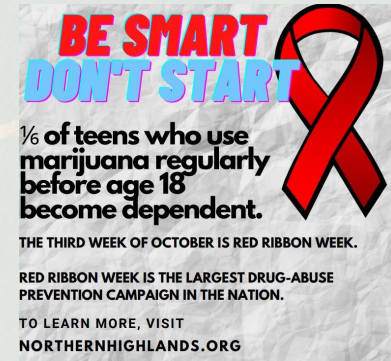
[Take a tour!](#)



MARKETING CLASSES

October Marketing Campaign

- Kindness week
- Red Ribbon Week
- The Week of Respect



KINDNESS ROCKS!



Classroom Connections

- ❖ Mental Health and the English Curriculum.
- ❖ Artistic Expression
- ❖ PSA for TV/Social Media classes
- ❖ SOS (Signs of Suicide) program with CST, Counselors, & P.E/ Health Staff.

We are always looking for new opportunities to collaborate with classroom teachers!

GROUPS

HIGHLANDS HALLWAY HANGOUT

- 9th graders

SUPPORTING STUDENT ATHLETES (SAS)

- Support for student athletes during season shut down.

SOCIAL GROUP

- Social skills for like minded groups of peers.

HIGHLANDS HANGOUT

BACK BY POPULAR DEMAND!

**12:40 - 1:30 PM
THURSDAY MARCH 25
MEET IN THE MINDFULNESS ROOM
NEXT TO 219 & WE WILL HEAD
OUTSIDE!**

Stop by to play some games! Feel free to bring a friend and a snack!
No need to sign up --
email roccaa@northernhighlands.org with any questions!

WORKSHOPS

Series of workshops this year:
Terrific Transitions
Mindfulness
Don't Stress for Tests!
College Tips with Mr. G
THRIVE series

The NH Wellness Department presents:

THRIVE

JOIN US FOR A WORKSHOP SERIES TO
INCREASE SELF-AWARENESS AND
LEARN NEW SKILLS

3/10 Recognizing strengths
3/17 Fixed vs. Growth Mindset
3/20 Positive Self-talk
3/31 Mindfulness/Gratitude

WEDNESDAYS FROM 1-1:45PM
on ZOOM

[Click here](#) to register or email
wellness@northernhighlands.org
with any questions!

October 2020

Wellness Wednesday Workshops

Meeting ID: 994 2350 5896
Passcode: 212751

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TERRIFIC TRANSITIONS
10/7 2-3 PM

JUST BREATHE...
10/14 2-3 PM

DON'T STRESS FOR TESTS!
10/21 2-3 PM

SURVIVING COLLEGE WITH MR. G
10/28 2-3 PM



Partnership with JED Foundation



- ❖ **Interdisciplinary team**
- ❖ **Parent program-- Parenting during COVID-19**
- ❖ **Launched the Healthy Minds Survey**
- ❖ **Focus groups for students, staff, and parents**
- ❖ **Held two additional team meetings to unpack the data and begin the planning for next year**

The Northern Highlands
Wellness Department
invites you to attend


**Parenting during COVID-19: Supporting the
Mental Health of Teens**

Presented by: The Jed Foundation's
Emily Bader, LMSW &
Nnemoma Chukwumerije, LMSW

Thursday, February 25th at 10:00 am
Register In Advance: [Click Here](#)
After completing the registration you will receive a confirmation email
with Zoom information and presentation details.

 
NH HIGH SCHOOL

The Jed Foundation is a national nonprofit that seeks to support the
emotional wellbeing of young adults ages 13-30. They bring a comprehensive,
public health approach to mental health, and help high schools and colleges
strengthen their mental health programs and systems.



2020- 2021 EVENTS

AFSP: Out of the Darkness Walk

Spring into Wellness event in honor of
Mental health awareness month

Wellness club

**INTERESTED IN MENTAL
HEALTH ADVOCACY AND
ACTION?**

COME JOIN THE FIRST EVER

**WELLNESS CLUB
MEETING!**

Meet like-minded people!

Feel free to bring a friend and
some ideas!

Thanks,
Dr. Verdicchio & Ms. Rocca

FRIDAY 12/ 4
2:40 - 3:10 PM
ZOOM: 949 472 4611

THANK YOU

We appreciate you!
From The Wellness Club



ALL I WANT TO SAY IS

**thank
you**

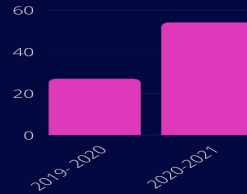
THANK YOU FOR ALL THAT YOU DO!!! WE
APPRECIATE YOU!

2020-2021 in the Wellness Department

Met individually
with over 230
students - 16% of
the student
body

Provided
725+
appointments

79% of students
returned for at least
1 additional
appointment



Increased the
number of
students seen
regularly from 27
(19-20) to 54 (20-
21)

27 classroom
presentations

4 groups

3 parent
presentations

2 four week
workshop series

Signs of Suicide
prevention given
to every student
9-12

Next Steps!

The Summer Academy-- wraparound services
and

The NH Wellness Parent Academy (Speaker Series)

- *Survey parents on topics

- *Create a yearly calendar of speakers/events

- *Provide in-person/zoom options to include all parents

WHERE TO FIND US

Wellness Center room 223

On the [NHRHS website](#)

Our School - Wellness Department

On social media **@nhrhswellness**



HOW TO CONTACT US

Contact us via email or phone

wellness@northernhighlands.org

verdicchij@northernhighlands.org ext. 589

grabelskyj@northernhighlands.org ext. 597

roccaa@northernhighlands.org ext. 599

Fill out the referral form on our website.

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Any questions?