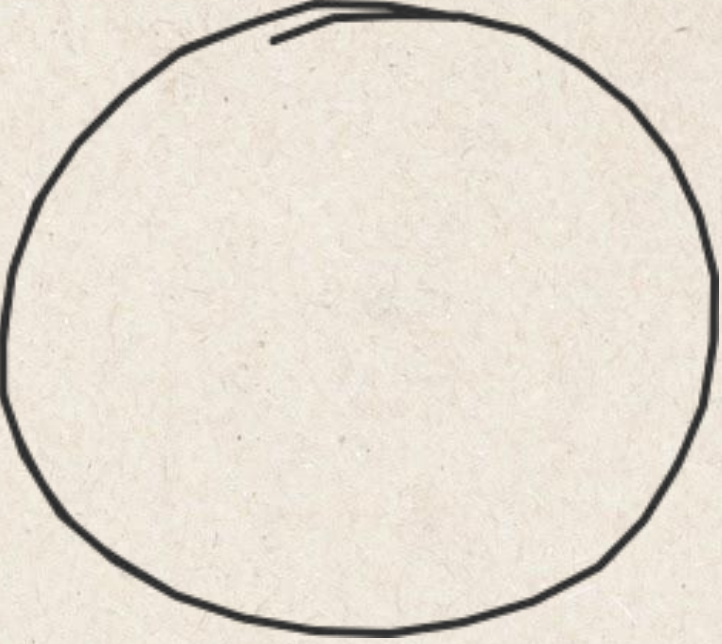
The background is a textured, light brown paper. It is decorated with various hand-drawn elements: in the top left, there are several stars of different sizes and a small cross; in the top right, a large circle and a wavy line; on the right side, a grid of 5x5 squares and a diamond shape with two small stars; in the bottom left, a cluster of small dots and a wavy line; in the bottom center, a large circle; and in the bottom right, a series of concentric semi-circles. The central text is enclosed in a light blue, irregularly shaped area with a white border and small black dashes around it.

Tess Amer
Wellness Center
Mental Health
Advocate



What is the Wellness Center (WC)?

The Wellness Center is a **caring** and **supportive** space dedicated to promoting your child's wellbeing. The WC is here to provide guidance, understanding, and assistance, whenever your child needs it.

The WC offers opportunities for students to develop sensory and emotional regulation skills, teach self sufficiency, and effective coping skills for responding to stress, anxiety and trauma responses.



Generously funded by:

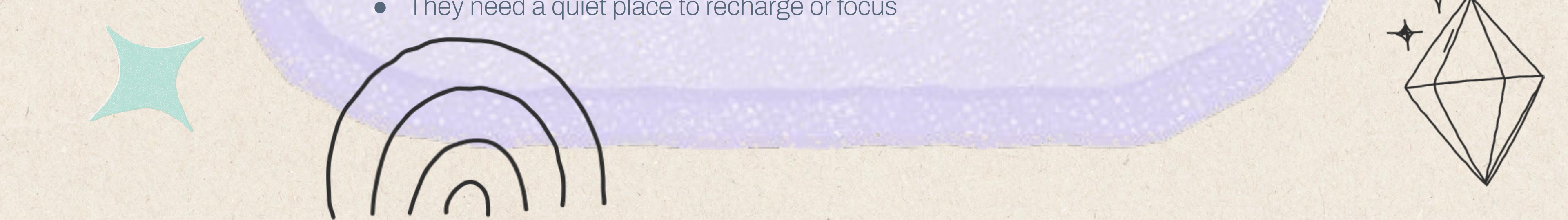


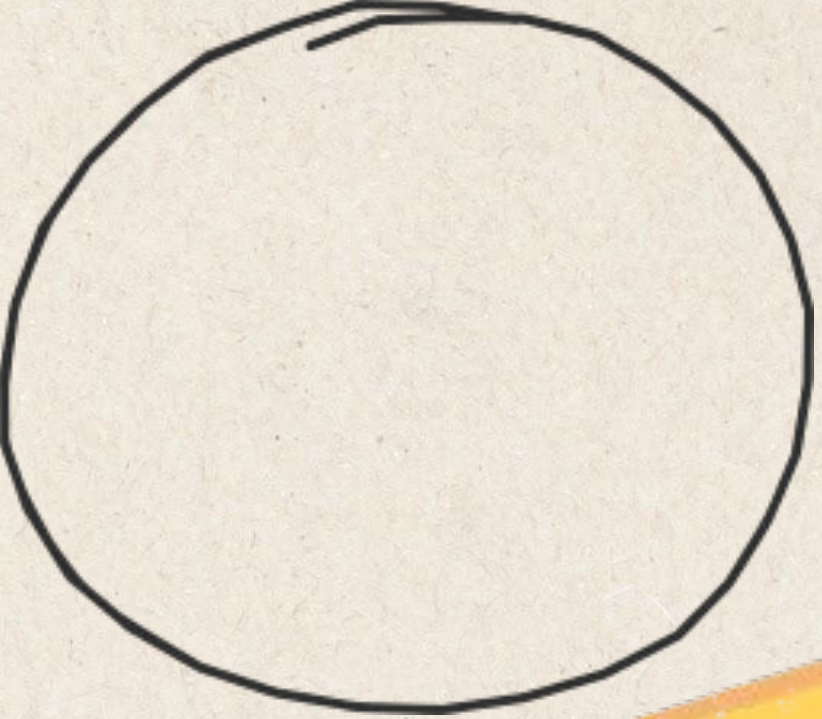


HOW DOES IT WORK?

Students can drop into the WC when they need it, there are no appointments. Students check in with their teachers first and are responsible for making up any work they miss. **The goal is for students to use the WC for about 15 minutes at a time, unless it is during their lunch or off period.**

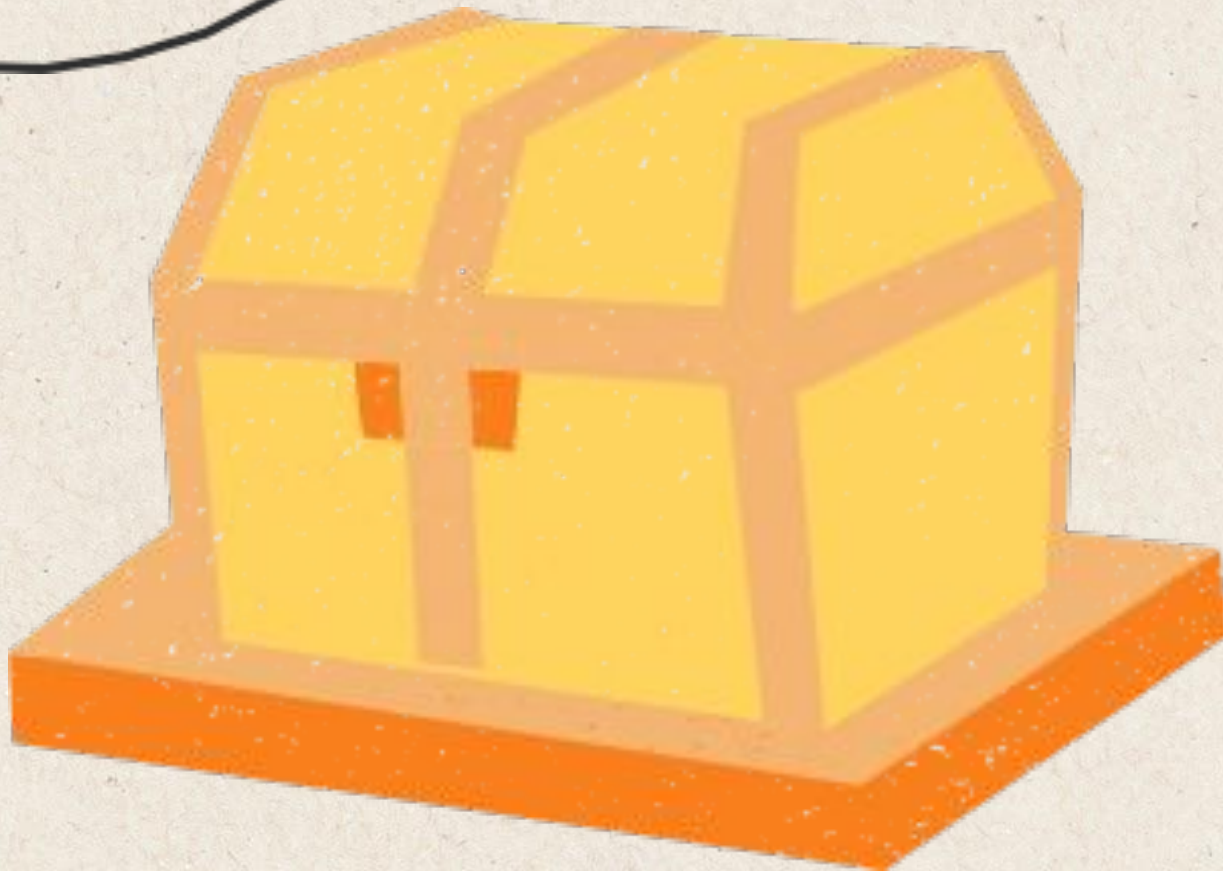
Students are encouraged to drop in if:

- They are feeling anxious, stressed, or dysregulated
 - They are experiencing a minor social or emotional issue they would like adult support with
 - They need a quiet place to recharge or focus
- 



WHY?

- Research on the impact of WCs shows increases in attendance and positive school culture and teaches students how to use emotional self-regulation skills that will help them succeed in all areas of their life.
- The WC can reduce time students spend in the hallways or bathrooms when they are feeling overwhelmed.
- WCs promote mental health awareness and reduce stigma associated with seeking mental health support.





WHAT YOU CAN DO

Early Support is Essential.

Just like physical health, mental health requires care and attention. Encourage your child to seek support if they are facing challenges or feeling overwhelmed. Early intervention can make a positive impact on their overall wellbeing.



Zachary DePledge

Mental Health Advocate

01

MHA's provide prevention and intervention for at-risk students with academic growth, behavior and or truancy issues

02

MHA's refer families to community resources and organizations and collaborate with community partners to provide supports for students, families, and staff

03

MHA's plan intervention strategies with school administration for students and help create behavior support plans.

Questions?