



WELLNESS AND ENGAGEMENT

RIVERSIDE UNIFIED SCHOOL DISTRICT

Student and Educator Wellness

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Our Mission

WHO WE ARE

MISSION

Riverside Unified School District
provides engaging, innovative,
and equitable learning
experiences for all students.

| **BE EXTRAORDINARY.**



Wellness and Engagement

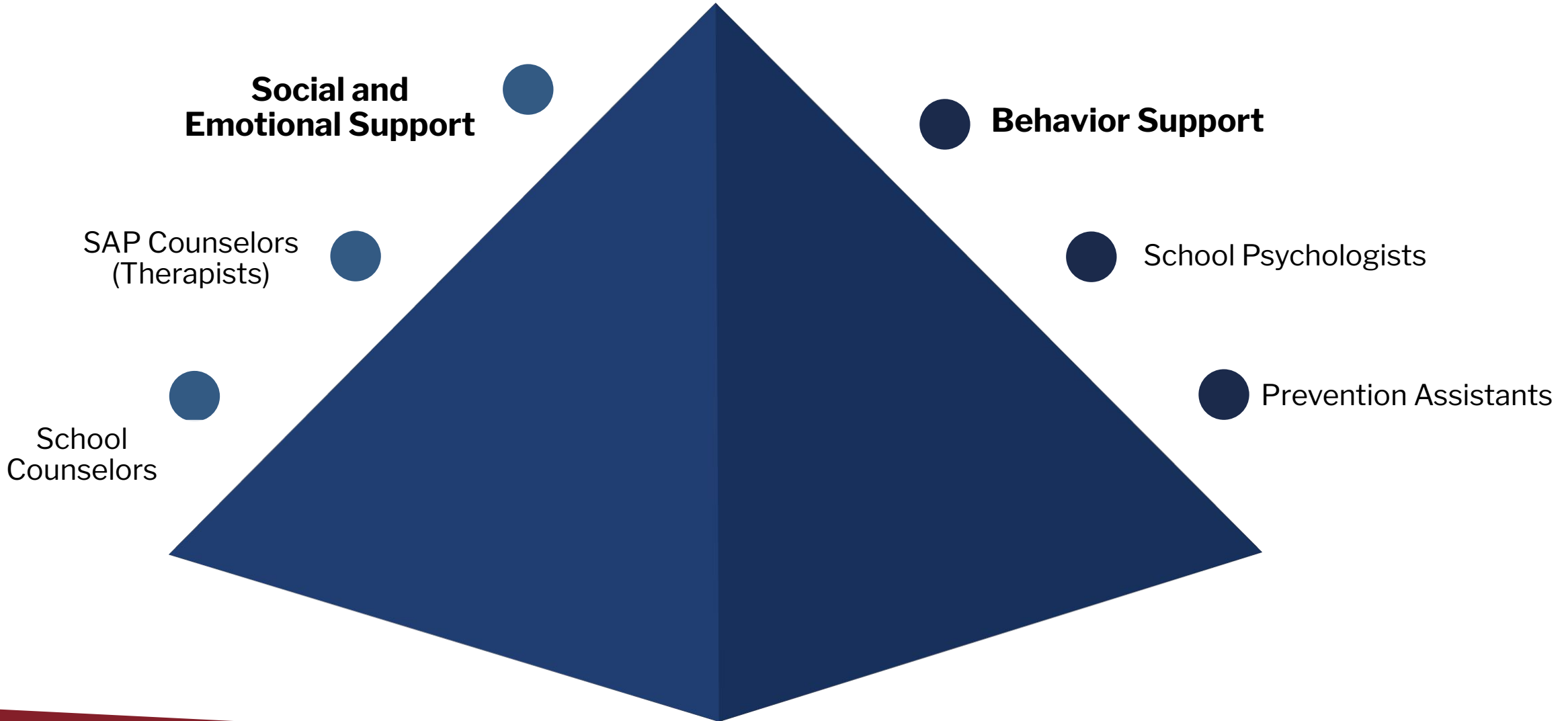


WELLNESS AND ENGAGEMENT

RIVERSIDE UNIFIED SCHOOL DISTRICT

We, the Department of Wellness and Engagement, strive to empower students, families, and staff by developing resilience and well-being in every individual we serve. Through advocacy, connection, and collaboration, we work to create an atmosphere of healing, hope, and acceptance for all.

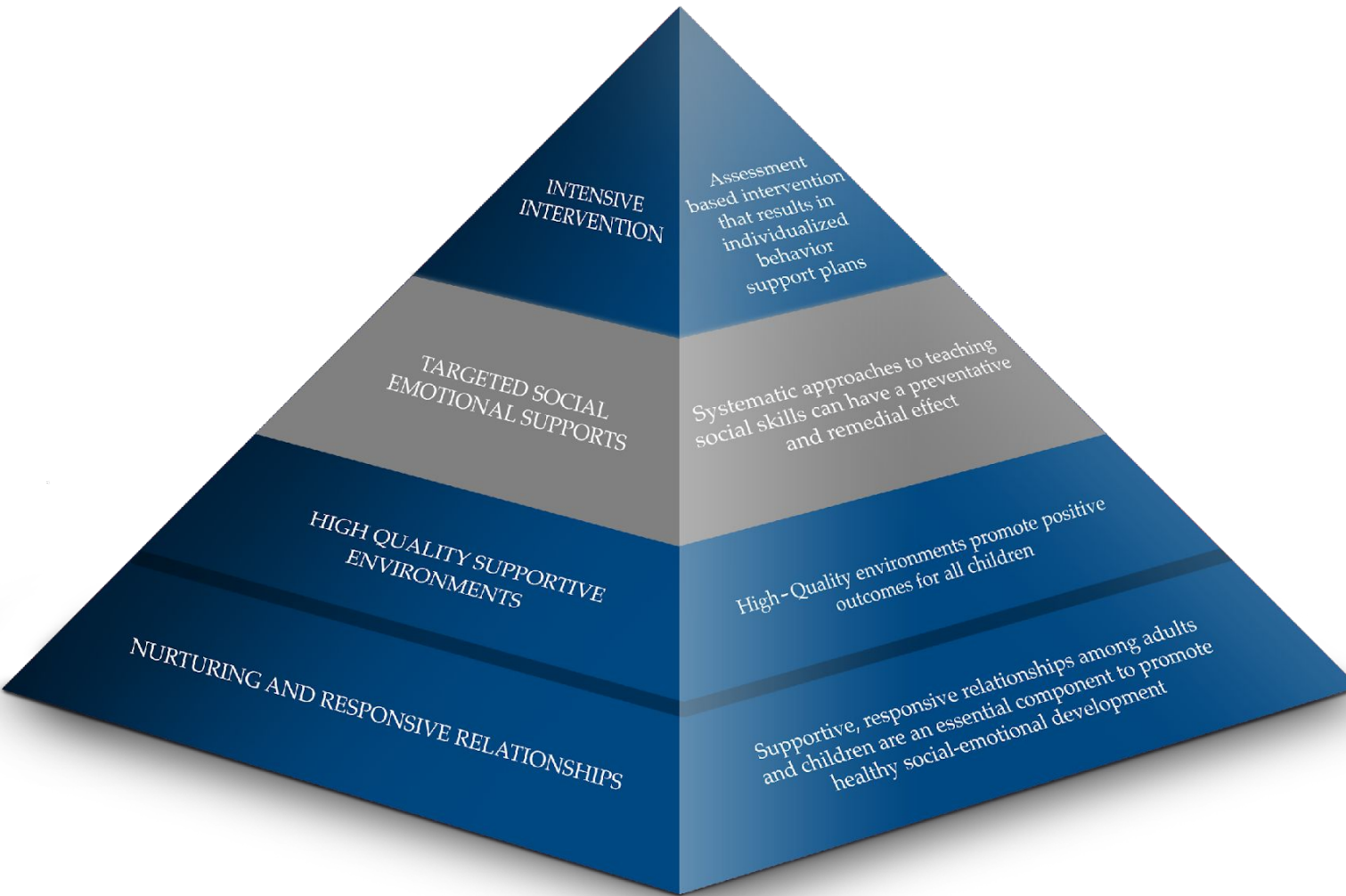
Social, Emotional, and Behavioral Supports



Student Assistance Program Counselors

(42 Licensed Mental Health Clinicians)

MTSS-Tiered Support SAP Counselors



Tier 3 – Intensive

- Coordinate Referrals for Intensive Services
- Crisis Team Members
- Risk Assessments (Suicide, Self-Harm)
- Threat Assessment Team Members
- Intensive Individual and Group Counseling (Therapy)

Tier 2 – Targeted

- Comprehensive Family Interviews
- Referrals to School and Community Resources
- Group Counseling with specific focus
- Individual Counseling
- Parent Support Groups
- Skills Group (Boys Town and Second Step)
- Trauma-Focused Groups (CBITS)

Tier 1 – Universal

- Classroom Lessons
- Small and Large Group Lessons
- Parent Workshops (site and district)
- PBIS Support
- PD for Staff (site and district)
- Restorative Classroom and Small-Group Circles

Student Assistance Program

- Supports students' social, emotional, and behavioral wellness
- Support is delivered across 3 multi-tiered systems of support
- School-based approach to counseling services
- SAP Counselors complete an assessment of specific needs
- Provides mental health support based on determined needs of the student

Student Wellness Role of Student Assistance Program (SAP) Counselors

- Conducts family interviews and intake forms
- Provides individual and group therapy
- Enhances school PBIS practices and delivers social-skills lessons
- Provides prevention services for bullying, violence, and substance use/misuse
- Leads Classroom Lessons and Facilitate Community Circles
- Supports families through meetings, workshops, and referrals to community resources

SAP Counselor Impact

“

SAP Counseling has helped me learn to control my anger. I used to get angry and hurt other people. Now I stop and practice my breathing and make better choices. I really like coming to my group.

Elementary Student

“

The impact is visible and it is refreshing to know these kids have such a positive resource to which to turn.

Middle School Principal

“

He presents as more confident and communicates assertively with peers and staff. He has also reported an overall improvement with the quality of relationships with his parents, siblings, and peers.

High School SAP Counselor

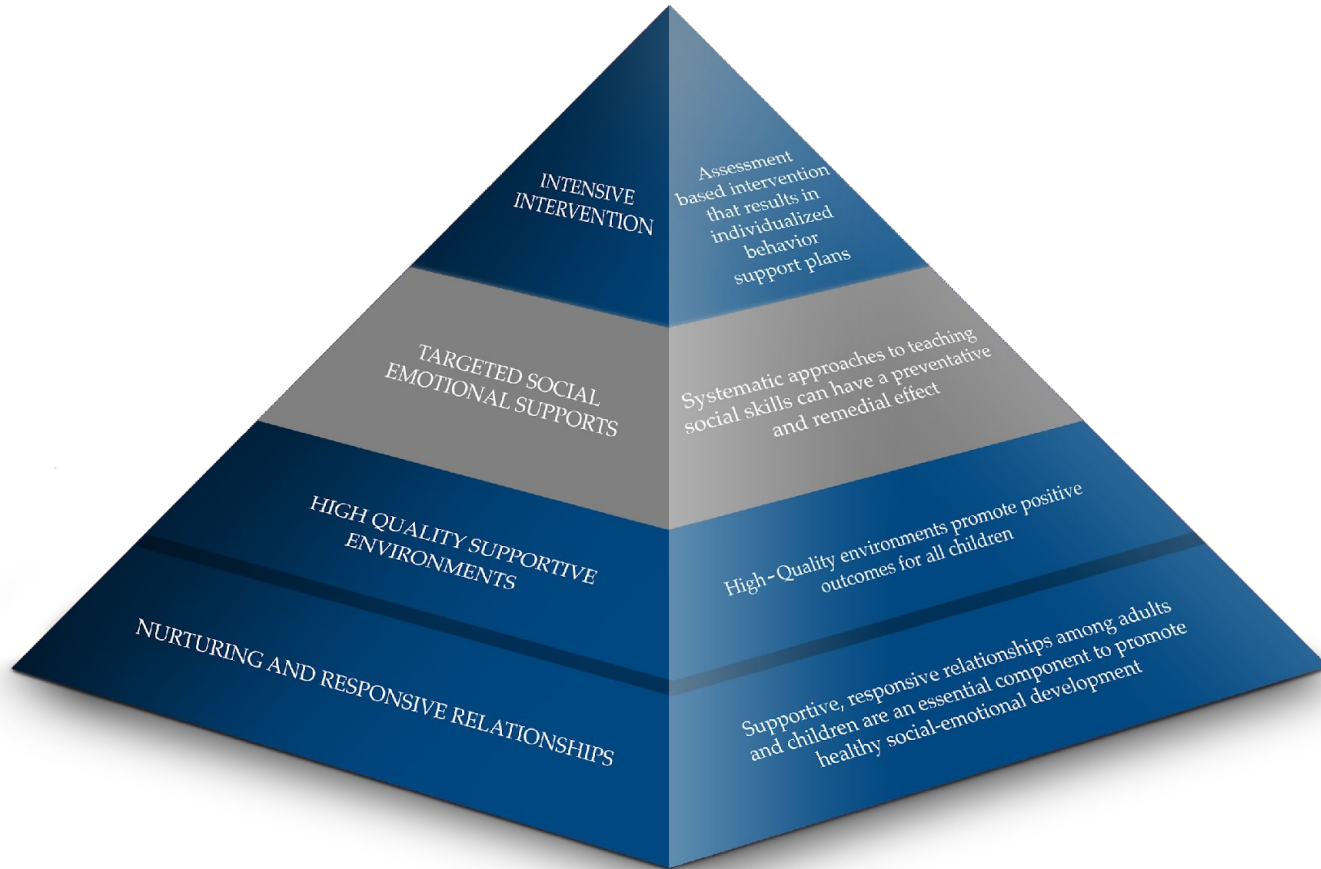
School Psychologists

Multi-Tiered System of Support (2)

Student Assistance Program (4)

Crisis Prevention and Intervention (2)

SAP Prevention Assistants (20)



MTSS-Tiered Support Psychologists

Tier 3 – Intensive

- District Crisis Response Team Leads
- Training and Support for Site Teams
- Suicide Risk Process
- Risk Assessments (Suicide, Self-Harm) Training
- Threat Assessment Team

Tier 2 – Targeted

- Conduct Observations
- Contribute Data and Input for IEP Meetings
- De-escalate challenging behaviors
- Develop, implement, and monitor Behavior Plans
- Participate in Student Success Team (SST)
- Provide Consultation to Teachers and Admin
- Provide Intensive Short-Term Student Support

Tier 1 – Universal

- Consultation with Teachers and Administrators
- PBIS Training and Support for District and Schools
- Restorative Classroom and Small-Group Circles

Student Assistance Program

Role of School Psychologists

- Supports the development of classroom and school behavior management systems
- Facilitates training district-wide in Positive Behavior Interventions and Supports (PBIS)
- Meets at designated intervals with site administrators and leadership teams (PBIS)
- Works with Elementary School Counselors to support their role as PBIS Coaches
- Consults with site staff on behavior-related issues
- Restorative Practices Facilitators
- Crisis Response Leads



Student Assistance Program Classroom Support - Prevention Assistants

- Collaborates with the teacher and models specific interventions
- Implements strategies to decrease problematic behaviors in the classroom
- May work with student 1:1 for 2-4 hours, 2 to 4 days per week
- Frequency and duration based on student need and availability of personnel
- Intervention lasts as few as 6 and up to 12 weeks, with formal follow-up at 6 and 12 weeks



Wellness Centers



Five Comprehensive High Schools

Ramona High School



Wellness Centers and Peer Educators



Wellness Centers and Peer Educators

North High School



Wellness Centers and Peer Educators

Arlington High School



Wellness Centers and Peer Educators

Riverside Poly High School



Wellness Centers and Peer Educators

Martin Luther King, Jr. High School



Introducción al Tapping



Let's Practice!



Future of Wellness and Engagement



Future for Wellness and Engagement:

- Wellness Center expansion
- PBIS classroom trainings
- Enhancing collaboration between SAP and School Counselors

Questions/Comments



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RIVERSIDE UNIFIED SCHOOL DISTRICT

Thank you.

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