Healthy SBCSS Department

Who We Are

In alignment with the Countywide Vision, we champion a self-sustainable system of seamless, accessible, and effective services that advance wellness, recovery, and resiliency, integration of primary care and mental health supports to provide a full range of health creating opportunities for individuals, families, and communities.

Role of Healthy SBCSS:



Provide centralized support for school districts



Build Systems



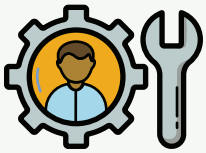
Bring together cross-sector partners



Partners in Student Health & Wellness



Work to achieve health-equity for students & families



Training and Technical Assistance

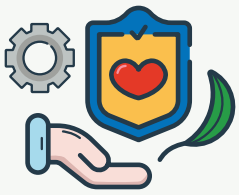
Healthy SBCSS *Areas of Focus*

Nutrition and Physical Activity

Our mission is to inspire and empower residents within San Bernardino County by promoting awareness, education, and community change through diverse partnerships to result in healthy eating and active living.



Nutrition Education
Comprehensive nutrition education to help individuals and families make healthy food choices and maintain a balanced diet



Policy, Systems and Environmental Support
Support for healthier environments through initiatives such as school wellness policies, community gardens, and healthy food access programs



Family Engagement
Resources, support, and training to help families make healthy choices together and create healthy environments at home

Mental Health

We are dedicated to promoting the mental health and wellbeing of students by coordinating evidence-based programs, connecting students and families to resources, supporting the health systems of our communities, and offering trainings to enhance student and staff wellness.



Technical Assistance and Support
Aids schools and districts in developing and implementing evidence-based mental health strategies and practices



Mental Health Resources Connection
Connect students and families to mental health resources and services, to access the care they need



Whole Child Collaborative
A partnership supporting the health systems within our communities through support, connections, policies, and best practices



Tier 1 Level Trainings/Workshops
Trainings to support student mental health awareness, prevent bullying, and support staff wellness and self-care

Healthy SBCSS Department

Healthy SBCSS *Areas of Focus*

Substance Use Prevention

We aim to reduce youth substance use rates by providing research-backed educational instruction and activities to young people to encourage them to make healthy choices regarding tobacco, vape, and marijuana use.



Youth Leadership Development

Empowers students to be tobacco-free advocates and leaders in their schools and communities.



Cessation Resources

Resources, programs, and information to help students, families, and staff who wish to using tobacco products.



Interventions and Alternatives to Suspension

2-3 sessions of one-on-one intervention which uses motivational interviewing to encourage positive changes.



Educational Curriculum

Ready to use curriculum from Stanford Prevention Toolkit.

Health Education Framework Training and Support

California's Health Education Framework, adopted in May of 2019, is intended to assist educators and administrators in creating programs that encourage positive health practices for students. The framework is based on the Health Education Content Standards for California Public Schools & includes a variety of resources to support effective health education programs.



Standard Guides

Provide a detailed overview of standards and how they should be implemented as well as how to assess student progress and ensure that they are meeting the standards at each grade level.



Skill Posters

Step-by-step visual guides that serve as helpful references for the 8 California Health Standards.



Model Learning Activities

Model Learning Activities (MLAs) build upon activities from the Framework to model the shift to skill building in health education.



Professional Development

Opportunities to help educators, administrators and leaders implement effective health education programs and practices, and to stay up-to-date on the latest research and best practices in the field

THE WELLNESS CONFERENCE
Connecting School, Family & Community

The Wellness Conference: Connecting School, Family & Community

The Wellness Conference (TWC) is an engaging multi-day event designed to empower educational partners such as mental health professionals, administrators, educators, school counselors, school safety staff, healthcare providers and the community to address the needs of the whole child.

www.thewellnessconference.net

San Bernardino County Superintendent of Schools
Transforming lives through education

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Last Revised: 10/325