Wellness Center

PIEDMONT UNIFIED SCHOOL DISTRICT

August 24, 2022

Welcome to the PUSD Wellness Center!

Established in 2007 to provide free and confidential counseling services to PMS, MHS and PHS students.



PUSD Wellness Center Staff

Claudia Garcia, District Nurse

Amy Jo Goldfarb, District Nurse

Carol Menz, District Nurse

Viki Salazar, Health Clerk

Alisa Crovetti, Clinical Supervisor

Sari Sanghvi, Clinical Supervisor

Irma Muñoz, Wellness Center Administrator





PUSD Wellness Center Staff



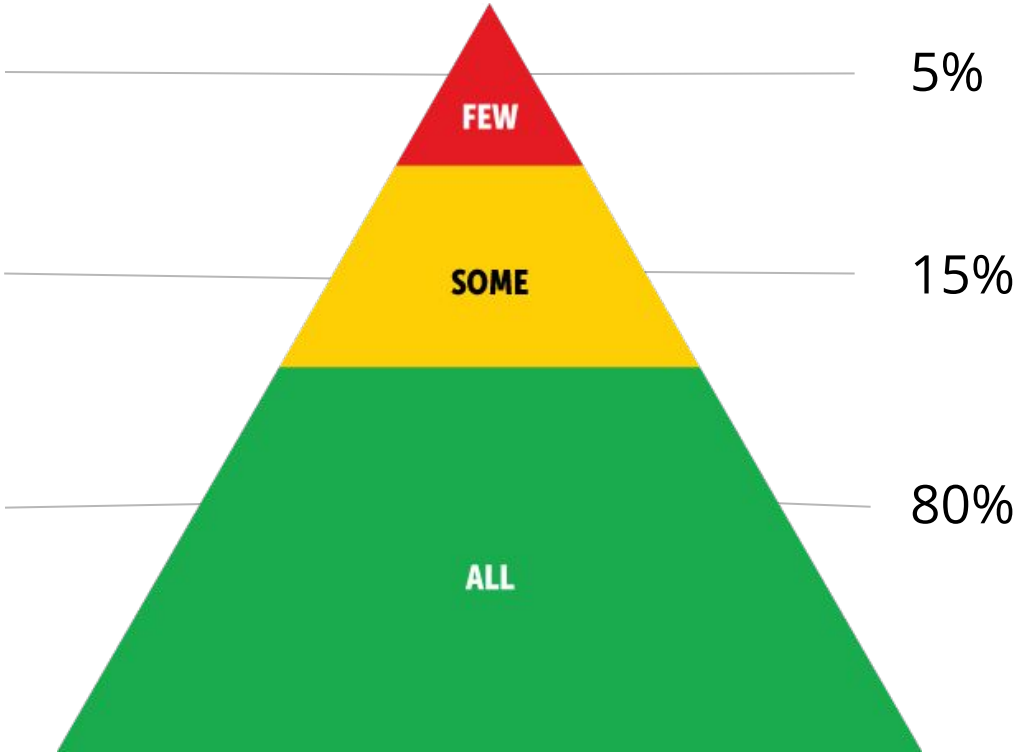
Charles Garrett, Trainee
Linnea Limon, Trainee
Lizzie Pfeiffer, Trainee
Abby Robertson, Trainee
Bryn Endres, Post-Doctoral Intern
Jeremy Spence, Post-Doctoral Intern
Amy Banas, Pre-Doctoral Practicum Intern

Tiered Mental Health Service Delivery

Benefit from intensive, individualized supports

Benefit from targeted supports

Benefit from universal school-wide supports



Tiered Mental Health Service Delivery

Tier 1: Drop-in appointments, mostly self-referred, healthy snacks and tea, psychoeducational materials, lunchtime activities

Tier 2: Short-term weekly or bi-weekly individual counseling; referred by self, parents, and/or staff

Tier 3: Crisis intervention and/or ongoing counseling and monitoring

21-22 Student Use of Services

- 250 students in grades 6-12
- Approximately 80 students are regularly seen clients at a given time
- 150 students served with 8-12 sessions
- 100 students served with 1-3 sessions
- 50% are self-referred by parents and students
- 50% are referred by teachers, counselors, or administrators

Reasons for Referral

50% Stress and Anxiety

19% Interpersonal Relationship Difficulties

10% Depression

Other issues include grief, substance abuse, eating disorders and body image, trauma/abuse, and suicide ideation

21-22 Accomplishments

- Provided services to PMS, MHS and PHS students
- Interdisciplinary approach
- Partnership with the Berkeley Psychology Internship Consortium (B-PIC)
- Use of teletherapy
- Partnership with community experts to provide training
- Response to BESS screener

21-22 Accomplishments

- Lunch time drop-in services
- Proactive outreach to students
- Mental Health Awareness Month
- Therapy Dog Visits
- Mindfulness Activities



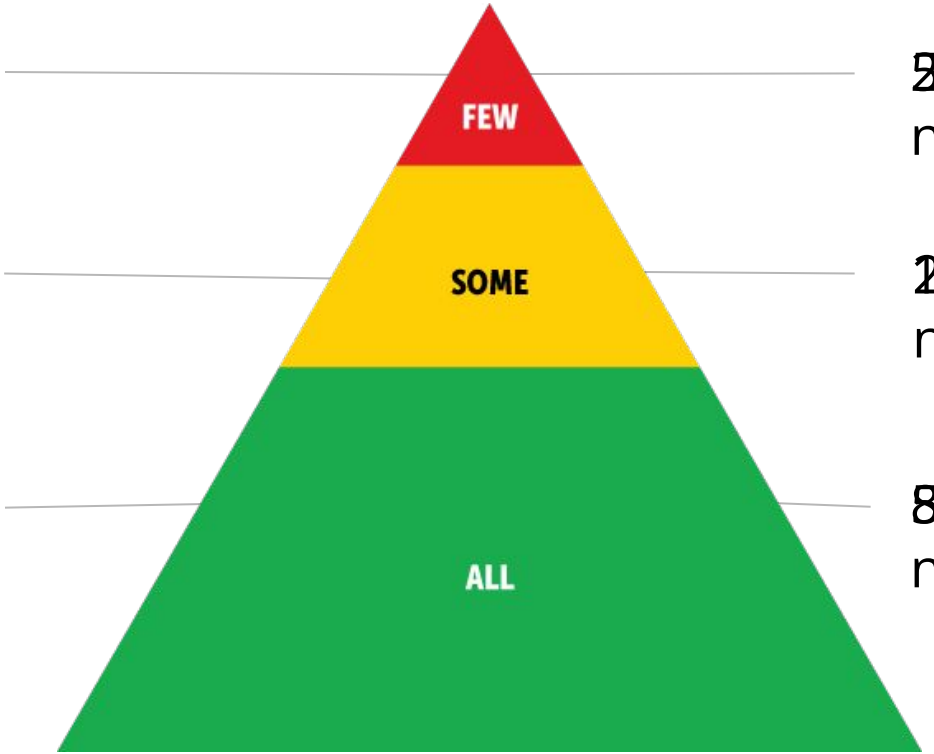


Tiered Mental Health Service Delivery @ PUSD

Benefit from intensive, individualized supports

Benefit from targeted supports

Benefit from universal school-wide supports



22-23 Goals

- Increase of Tier 2 services such as therapy groups
- Expanding lunch time drop in services
- Expanding partnership with the Berkeley Psychology Internship Consortium (B-PIC)
- Expanding the Didactic Training Program
- Building Community Partnerships

Wellness Center Support Committee

Walk for Wellness



August 21st - 27th







