

PIEDMONT UNIFIED SCHOOL DISTRICT

M E M O R A N D U M

TO: Board of Education

FROM: Donald Evans, Ed.D., Interim Superintendent
Cheryl Wozniak, Ed.D., Assistant Superintendent

PRESENTER: Irma Muñoz, Wellness Center Administrator

DATE: August 24, 2022

SUBJECT: **Wellness Center Presentation**

BACKGROUND:

The Wellness Center offers free, confidential counseling on the PHS and PMS campuses and connects PHS/MHS/PMS students and families to vital community resources. School nurses also maintain an office in the Wellness Center location on the PHS campus. They provide a range of resources to support students and families in meeting the challenges of adolescence through prevention, early-intervention, and education.

Students may access the Wellness Center directly by appointment, or through referral from a parent, teacher, or peer.

Common issues addressed during scheduled or drop-in sessions include: academic stress, social-emotional stress, parent/child communication, peer relationships, sexual orientation/gender questions, anxiety and depression, grief and loss, substance abuse, resiliency and self-advocacy, and offsite resources and referrals.

Here is a link to the **[Wellness Center Quick FAQ](#)**.

Goal #1 of PUSD's strategic plan states: All students and staff will feel physically safe and emotionally supported as part of a caring and inclusive community. To meet this goal, there are actions outlined in the plan to expand counseling and student wellness services. These actions are as follows:

- Provide additional counseling services in response to the impact of Covid-19 on student health
- Develop systems needed to provide student wellness support and to monitor the counseling and student health services being provided across levels
- Encourage self-care strategies for staff, provide schoolwide mindfulness practices, and create opportunities for students, staff, and administrators to engage outside of the classroom to build stronger connections
- Create better systems to support survivors of sexual violence, including providing a pathway for students to report and make explicit the options available

The Wellness Center provides critical services for students in need of wellness services and serves as a resource for district personnel to address their own wellness needs.

Referrals to the Wellness Center remained steady between the 2020-21 and 21-22 school years.

	Teacher and Staff Referrals	Parent and Self-Referrals	Total
2020-21	89	42	131
2021-22	99	35	135

The Wellness Center experienced a wait list of up to 20 students during the 2021-22. In response, the Wellness Center established drop-in services during which there is a therapist available to see students without an appointment or referral. All students have access to drop-in services. In addition, the Wellness Center staff has been successful in processing referrals. All students who were referred and placed on the waitlist were assigned to a therapist before the end of the school year.

Of those students receiving regularly scheduled counseling services, 61 (24%) are doing so as a part of their Individualized Education Plan (IEP) for Special Education. For the 2022-23 school year, a second post-doctoral intern from the Berkeley Psychology Internship Consortium (B-PIC) was hired to increase services for general education and special education students.

Wellness Center Staff will present information highlighting the range of services offered at the PUSD Wellness Center as well as data on the number of students who access the Wellness Center.

RECOMMENDATION: Discuss and give direction to staff.

FISCAL IMPACT: No fiscal impact.