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School Based Wellness Programs

A program of the Humboldt IPA

Mission

The Humboldt Independent Practice Association's School-Based Wellness Program provides comprehensive services for students and their families. Rooted in strong community partnerships, our Wellness Centers prioritize culturally responsive care and are committed to supporting the social and emotional well-being of every student. We offer a range of services, including drop-in support, one-on-one coaching, mentoring, goal-oriented structured sessions, targeted interventions, and Empowerment Groups—all designed to help students thrive both in and out of the classroom.

Vision

We aspire to create a future where every student experiences a deep sense of belonging, resilience, and purpose. Through compassionate, culturally rooted wellness support, we strive to transform schools into thriving hubs of healing, empowerment, and possibility—for students, families, and the entire community.

Services

- 1:1 Coaching Sessions
- Clothing Closets within the Wellness Centers
- A Safe Space for Students to Recharge
- Adverse Childhood Experiences (ACEs) Screenings
- Care Coordination
- Care Navigation Services for the Entire Family
- Conflict Mediation
- Food (Dried Goods and Snacks)
- Hygiene Supplies
- Intensive Interventions
- Parent/Guardian Support Groups (at some sites)
- Referrals to Community Services
- Risk Assessments/Safety Planning
- Sex Education/Puberty Education
- Washer and Dryer Services (some sites)
- Wellness Education

Interventions

Our interventions are designed to be five sessions and can be utilized as an alternative to discipline. We believe that by addressing the underlying causes of the student's misbehavior through compassion and supportive services we can reimagine schools as support systems for wellness.

R.I.S.E.'s are a conversational strategy that can help someone explore their relationship with substances and make healthier decisions. Specifically, R.I.S.E. stands for: Recovery, Intervention, Support, Education. R.I.S.E. focuses on:

- Motivation, education, and empowerment.
- Uses motivational interviewing techniques.
- Tailored to the individual's readiness to change and risk level.

R.I.S.E interventions can be individualized, or tailored to students in a group setting through a restorative circle model.

Restorative Justice Interventions will support students to express pride, confidence and healthy self-esteem without denying the value and dignity of other people. Students will develop language and knowledge to accurately and respectfully describe how people (including themselves) are both similar to and different from each other and others in their identity group. Students will also analyze the harmful impact of bias and injustice on the world, historically and today.

Emotional Regulation Coaching is an intervention designed to help students assess their own triggers, self-care, and coping mechanisms. Students will learn effective strategies for self-control and resilience skills specifically for managing emotions such as anger.

One-on-one Coaching sessions support students with mentorship and targeted skill-building in areas such as confidence, self-esteem, body image, anxiety, self-harm alternatives, communication, identity, friendships, self-care, healthy relationships, and more.

SARB Support is designed for students with chronic absenteeism. We work closely with students and their families to identify the root causes of low attendance and develop sustainable strategies to improve school participation.

Sex Education & Puberty Education

We offer comprehensive, age-appropriate, gender-inclusive, and medically accurate sex education in alignment with the California Healthy Youth Act. Topics covered include, but are not limited to: anatomy, HIV prevention, pregnancy, sexual harassment and assault, healthy relationships, human trafficking, students' rights to access care, and information on local health resources.

Empowerment Groups

We offer voluntary peer support groups for all students on Wellness Center campuses.

Girls Group

This is a structured support group for girls and gender non-conforming youth that uses resiliency practices designed to increase positive connection, strengths, and competence in girls.

The Young Men's Council

The council is a model of structured, gender-relevant groups for young men and aims to promote natural strengths and increase emotional, social and cultural literacy by encouraging positive relationships with peers and adults. Offering a safe space to be creative, and express ideas without fear of ridicule.

Unity Circle

We explore the complex ways in which race, ethnicity, sexual orientation, culture, and gender intersect and shape, impede and/or strengthen the relational experiences and dimensions of adolescent development. As well as celebrating diversity, culture, lifestyle, and history.

Friendship Group

This Empowerment Group fosters student growth and development through foundational SEL activities and discussions.