

Humboldt IPA

Website

<https://humboldtipa.com/wrd-prs/>

Facebook

@The Humboldt Independent Practice Association

Instagram

@humboldtipawellnesscenters

Contact Us

822-5988 ext 329 or
707) 267-9610

Hours of Operation:
Monday and Tuesday
During School Hours

THE HUMBOLDT
INDEPENDENT PRACTICE
ASSOCIATION

School Based Wellness Center

Located on the campus of the
Sunnybrae Middle School

About Us

The School Based Wellness Center is a drop in center available to students and their families on the campus of Sunnybrae Middle School. The Wellness Center is a safe space offering universal, prevention services for students and their families.

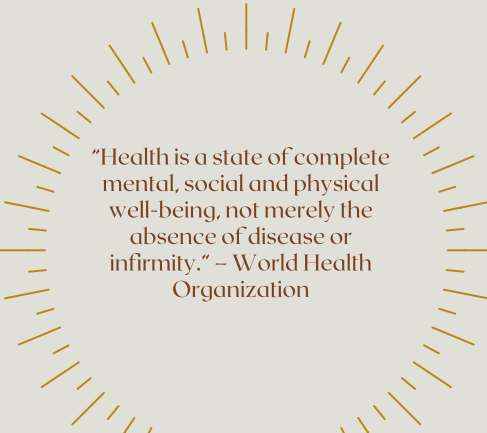
We believe that schools are the perfect place to promote healthy development, for every youth. We are committed to recognizing the health needs of our diverse student population and promoting the social, emotional, and physical well being of our students so that they may achieve their academic goals.

Our goals:

To provide an environment that is culturally sensitive, compassionate, accessible and confidential.

To provide effective Health Education programs to help students develop healthy behaviors and lifestyle choices.

To enhance the academic success through the provision of educational and co-curricular opportunities for student engagement.



"Health is a state of complete mental, social and physical well-being, not merely the absence of disease or infirmity." – World Health Organization

Our Services

WELLNESS CENTER DROP IN SERVICES

Our drop in center includes:

- Hygiene supplies
- Washer and dryer services
- A clothing closet
- Food (Dried goods, and snacks.)
- A safe space for students to recharge.
- Referrals to community services,
- Home visits with the School Based Wellness Center Team to support the needs of the entire family.

EMPOWERMENT GROUPS

We offer voluntary peer support groups for all students on campus. Our groups use evidence based curriculum from One Circle Foundation. We use a strengths-based approach, motivational interviewing strategies and provide a strong focus on positive youth development.

- Girls Group is a structured support group for girls and gender non confirming youth in 7th and 8th grade, we integrate resiliency practices designed to increase positive connection, strengths, and competence in girls.
- Boys to Men: A strengths-based group utilizing mentors with lived experience in the community to help promote boys' and young men's safe and healthy passage through pre-teen and adolescent years.

BRIEF INTERVENTION

Brief Intervention (B.I.) are structured conversations designed to address issues students are having in the classroom, at home or with peers. Brief interventions can help with emotion regulation, classroom behavior, suspected or confirmed substance use, general misconduct, and source for developmental/social support. provides a forum for youth to talk about their alcohol, tobacco, or drug use.

CONFLICT MEDIATION SERVICES

Conflict mediation brings two conflicting parties to the table, along with a professional mediator. It is the role of the mediator to act as a neutral third party to hear both sides of the story to be able to determine the root cause of the conflict and then to create a future-based plan as determined by both parties with optimal outcomes for all concerned.

