

Humboldt IPA

Website

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

Facebook

@The Humboldt Independent Practice Association

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@humboldtipawellnesscenters

Contact Us

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Hours of Operation - During School
Hours 8:00am-3pm

THE HUMBOLDT
INDEPENDENT PRACTICE
ASSOCIATION

School Based Wellness Center

Located on the campus of the
McKinleyville Middle School

About Us

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

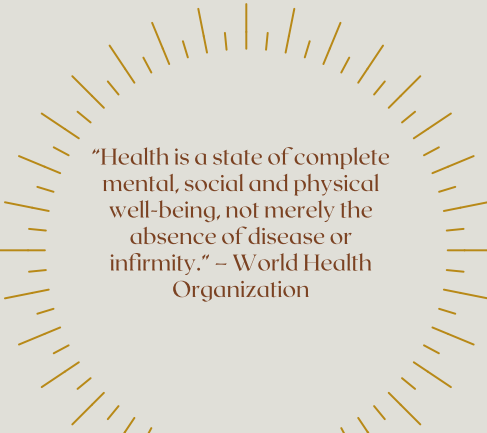
We believe that schools are the perfect place to promote healthy development, for every youth. We are committed to recognizing the health needs of our diverse student population and promoting the social, emotional, and physical well being of our students so that they may achieve their academic goals.

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.
- Unity Circle/Diversity Club: A structured support group model for people of all genders that addresses critical needs and strengths while honoring and celebrating the unique lived experiences of circle participants.

BRIEF INTERVENTION

Brief Intervention (B.I.) provides a forum for youth to talk about their alcohol, tobacco, or drug use. B.I. gives youth accurate information about substance using behaviors. In addition, it assists youth in identifying issues related to their substance use that may impact their health, lifestyle and relationships. Youth are empowered to set goals for themselves and make informed choices related to their substance use.

STATEMENT ON CONFIDENTIALITY

All student services are confidential. One of purposes of the Wellness Center is to encourage healthy behaviors and to promote health & wellness. Establishing a trusting and supportive relationship is critical to this goal. Staff will encourage every student to involve their parent/guardian in health care decisions, however by law, in some circumstances, sharing information may require that the student sign a consent to release information prior to disclosure to anyone, including parents/guardians.

