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School Based Wellness Programs

A program of the Humboldt IPA

About Us

The School Based Wellness Center offers drop-in services to students and their families. The Wellness Center is a safe space offering universal, prevention services.

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 populations and promoting the social, emotional, and physical well being of all students so that they may achieve their goals.

Our Goals

To provide an inclusive environment that is supportive, 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.

Our Services

- Hygiene supplies
- Washer and dryer services (some sites)
- 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

Sex Education & Puberty Education

Our team provide age appropriate, gender inclusive, and medically accurate comprehensive Sex Education that is in compliant with the California Healthy Youth Act. We utilize *Be Real Be Ready* curriculum, topics include but are not limited to: Anatomy, HIV, pregnancy, sexual harassment, sexual assault, healthy relationships, and human trafficking, as well as local resources for accessing care and students' rights to access care.

Brief Intervention

Brief Intervention (B.I.) is an service consisting of 2-4 sessions for adolescents who use alcohol and other drugs, are experiencing relatively few problems with their use, have low levels of dependence, have a short history of use, and are unsure or ambivalent about changing their use.

Conflict Mediation

Conflict mediation brings conflicting parties to the table, along with a trained 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.

Empowerment Groups

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

Girls Group

This is a structured support group for girls and gender non-confirming youth in middle school and high school. We integrate resiliency practices designed to increase positive connection, strengths, and competence in girls.

The Young Men's Council

A strengths-based group that utilizes community mentors with lived experience to help promote boys' and young men's safe and healthy passage through pre-teen and adolescent years.

Pride

This support group is for people of all genders. 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.

The Black Student Union/Multicultural Group

The Black Student Union fosters student growth and development through diversity, academics, community services, and outreach. We provide an opportunity for students of all races to celebrate black culture, lifestyle, and history.