



# Helms Middle School Health & Wellness Collaborative

## ► Health & Wellness Services

**Mission:** Helms students, families, and staff are physically and emotionally healthy and safe; are connected to each other in a positive and supportive way in community; and have the confidence, skills and ability to meet life's challenges and thrive.

The Helms Middle School Health & Wellness Collaborative provides comprehensive, coordinated, accessible, and effective health and wellness supports and opportunities for its students, families and staff. This is done through responsive, strengths-based, culturally and linguistically relevant, trauma-informed services to ensure that students, families, and the community are successful and thrive.



## ► Services Provided

**Counseling & Crisis Support:** Individual and groups counseling, crisis assessment provided, YMEC, and campus wide events.

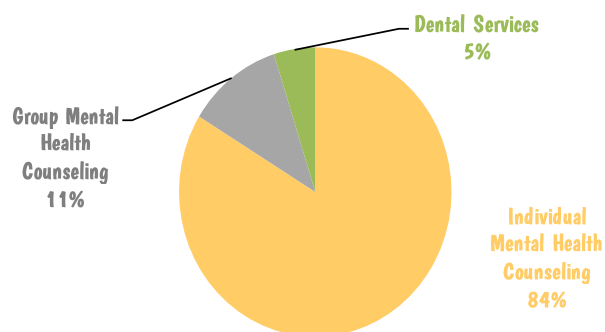
**Preventative Student Support:** Drugs and Alcohol education and counseling, peer mediation and conflict resolution, structured physical activities, Teens Teaching Pregnancy Prevention curriculum, gang and violence prevention, summer programming for incoming students, Mindfulness Classes regarding self regulation methods, Food Bank and Families in Transition services, and case manager to support families with truancy

**Medical Services:** Physical exams, immunizations, primary care referrals, pregnancy prevention, HIV/STI prevention and treatment, and reproductive health education and services provided by CCHS Mobile Van.

**Youth Development:** Helms deeply believes that students who are connected to the school campus perform better. Helms offers the following groups; Gay Straight Alliance, Black Student Union, Manhood Groups, African American Girls Group, New Comers Support Group, Project Success Leadership group, Sports Teams, Mindful Life Leadership Group, and Dance Team.

**Family Engagement:** Coffee Club, health and wellness workshops, PIQU,

### SBHC Visits Provided (n=2,404)



## ► Medical Services Data: CCHS Mobile Van

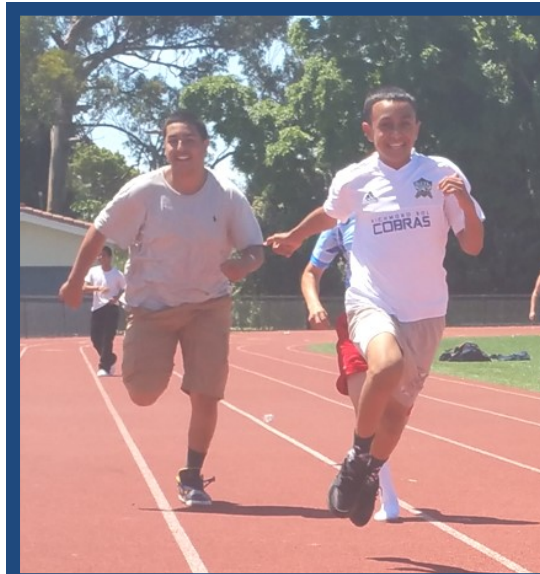
|                                    |     |
|------------------------------------|-----|
| Total Number of Youth Served       | 281 |
| Total Number of Visits             | 767 |
| Total Number of Visits Per Student | 2.7 |



## Helms Middle School Health & Wellness Collaborative

### ► Student Impact

Care Teams at Helms meet monthly with student's core teachers, academic counselor, and a health and wellness representative to discuss strategies for students who are struggling with attendance, academics, or suspensions. The strategies Helms uses to support students are family event activities, Student Site Teams, Health and Wellness referrals, and connection to services. Care teams success is not only measured by the amount of students who are connected to services but the communications between teachers and the Health and Wellness Team.



### ► Special Acknowledgement for our Partners & Supporters

#### Community Partners

City of San Pablo

Bay Area Community resources

Contra Costa County Health Services

California School Based Health Alliance

Familias Unidas

San Pablo Police Department

Contra Costa & Solano Food Bank

Catholic Charities

YMCA Interns

WCCUSD

Project Success

Mindful Life Project

UC Berkeley TRIO

Yes!



#### ► Contact Information:

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