

The Wellness program is a collaboration between Auburn Union School District, Placer County Office of Education and Children System of Care. The program is funded by a four year grant and aims to promote mental wellness for all. EV Cain Middle, Auburn Elementary, Rock Creek Elementary and Skyridge Elementary schools with each have a Wellness Center on campus available to staff, students and families, in order to achieve student wellness and success.

The Wellness Centers will be staffed by Mental Health Specialists and Family Support Specialists. The Mental Health Specialists are licensed therapists and their primary functions are to facilitate the program and provide a continuum of mental health services. The Family Support Specialists have a myriad of experience with community resources and their primary function is to work with parents and families to support student success.

Services are provided in a multi-tiered system of supports. Services include:

- Tier I: Classroom lessons, PBIS expectations, lunch time activities, parent/family classes, staff wellness, staff lessons, classroom observations
- Tier II: Small groups, classroom observations, wellness referral, CICO, community partner collaboration
- Tier III: Individual case management, therapy, parent consultation, teacher consultation, crisis services, wellness referral

Guiding Principles

- Promote Universal **Wellness** for staff, students and families.
- **Respect** the wisdom of students and families. Respect that schools are the expert in academics and education.
- Advocate for **equity** and inclusion for all.
- Make **shared decisions** about the program through the use of data and with a made variety of stakeholders. Student/family input is included.
- Protect positive **relationships** and foster connections. Know that relationships are the driving force of wellness.