Student Advisory Board Orientation

Monroe High School
2016-2017
What is a Wellness Center?

A Wellness Center is a place where people can get services from a variety of professionals to improve their health and well-being.

How many Wellness Centers are in LAUSD?

So far, there are 14 Wellness Centers in LAUSD. They were built in campuses that are in areas with the greatest need. Students, families, and community members can access these centers for:

- Physical health
- Mental health
- Oral health
- Visual health
- Reproductive and Sexual health
Which schools have a Wellness Center?

- Belmont HS
- Carson HS
- Crenshaw HS
- Elizabeth Learning Center
- Fremont HS
- Gage MS
- Garfield HS
- Hollywood HS
- Jefferson HS
- Jordan HS
- Locke HS
- Manual Arts HS
- Monroe HS
- Washington Prep HS

Let's take a look at a map of all LAUSD Wellness Centers
Why are Wellness Centers important for our Communities?

LA students face many health challenges that put them at a disadvantage to succeed academically.

-2% are homeless  
-8% report dental pain  
-10% suffer from asthma  
-23% will contract a STD  
-33% will get pregnant before age 20  
-33% will be a victim of violence  
-40% are obese

If youth have quick and easy access to medical services, they will be healthier and able to focus in school. LAUSD is committed to bringing these Wellness Centers to help address the health disparities that families face.
What is California Minor Consent Law?

Under California law, minors (12 years and over) have access to confidential medical services that include:

- Contraceptive services, including emergency contraception
- Testing, treatment, and prevention of STDs (ages 12 and over)
- Pregnancy testing and prenatal care
- Abortion services
- Mental health services

Students have the right to access these medical services during school hours and should be excused from class to attend.

Clinic and school personnel are not allowed to disclose to parents.
What’s the 411 on North Hills Wellness Center?

- Last/14th WC
- Opened in 2015
- Opened to community and students of all ages
- Separate Teen Clinic for adolescents that offers confidential sexual services
- Private entrance from campus
What specific services are offered at the NHWC?

Wellness Center:
- Medical
- Dental
- Oral
- Vision
- Pediatrics
- Vision
- Vaccinations

Teen Clinic:
(Confidential Services)
- Health Education
- Sport Physical Exams
- Pregnancy testing
- STD testing & treatment
- HIV Testing
- Birth control
- Individual & Family Counseling
How to make appointments at the NHWC?

WELLNESS CENTER
Hours:
*M T Th* = 1:30 - 4:30
*Wed* = 8:00 - 2:00
*Fri* = 8:00 - 12:00

Phone: (818) 763-8836

TEEN CLINIC
Hours:
*M T Th* = 1:30 - 4:30
*Wed* = 8:00 - 2:00
*Fri* = 8:00 - 12:00

Phone: (818) 301-6388
- Self Referral during nutrition/lunch/after school
- Clinic decides whether to make future appt
- Pass to return to class/summons to get out are given
Who is The L.A. Trust?

The Los Angeles Trust for Children’s Health is a non-profit organization that works with LAUSD and community partners to improve student health and increase readiness to learn. The Trust is the backbone that links LAUSD schools and clinics in an effort to create a new care delivery system for students and their families.

thelatrust.org
What is the Student Advisory Board?

The SAB is a group of students who:

- are interested in the wellness of their community
- are ambassadors for the Wellness Center
- are health advocates for their peers
- learn and utilize leadership skills
- push for policy and systems change
- create events and strategies to bring health awareness to their peers
- distribute information about available resources
- serve as health role models and opinion leaders

Monroe’s SAB is called the “Monroe Wellness Council” (MWC)

- 2016-17 group is the third
- Came from the “Monroe Health Squad”
What is an Adult Ally?

An adult ally is a health professional who believes in the potential of youth, act as supportive mentors and support the Student Advisory Board.

Who are the Adult Allies at Monroe?

Stephan Salazar
Teen Clinic Coordinator

Leticia C. Jenkins
Health Teacher

Claudia Cannon
Healthy Start Coordinator
What did MWC do successfully in the past?

- Organized lunch tabling events to promote WC & Health observances
- Helped organize school-wide Sexual Health Fair and Health Fair
- Provided STD/HIV lunch workshops for students
- Won 2nd place in video contest to promote Wellness Center
- Provided games during Y2Y Summit resource fair
What are the Goals for MWC this year?

- Support the Monroe Health Squad
  - School-wide events/games

- Promote the Wellness Center and Teen Clinic
  - Tabling
  - Class presentations
  - Parent presentations
  - Instagram contests

- Collaborate with/support other student clubs
What are the Goals for MWC this year? (cont’d.)

- Implement health campaigns via the LA Trust
  - Lifesaver
    - To reduce tobacco use among youths
  - H.E.A.L. (Healthy Eating Active Living)
    - Aims to prevent and treat childhood obesity and increase healthy behaviors
  - STD/Chlamydia Awareness
    - Educate parents, teachers, and students on the importance of Chlamydia screening at Wellness Center school campuses
What student member positions are needed?

- **President**
  - Regularly meet with adult ally to agree on meeting agenda/events
  - Facilitate meetings
  - Support/manage other roles/events
- **Vice President**
  - Assist president
- **Social Media Coordinator(s)**
  - Create Instagram, Facebook, Snapchat accounts
  - Create strategies to gain followers
  - Post relevant photos, announcements, health tips
- **Publicist**
  - Create flyers, oversee poster-making, write/make announcements over PA system
What Organizational systems will we use?

- After school meetings every Prof. Dev. Tuesday, in Wellness Center conference room
- Remind (App) group messaging
- Private Facebook page
- Message board in Jenkins’ room
What are our Community Agreements?

- Respect each other
- Celebrate contributions
- Speak up & listen
- ?
- ?
- ?
- ?
- ?
Who are our supporters on campus?

**Teachers** (at least 2 per department):
- Math - Mr. Huskey & Mr. Urban
- English - Mrs. Pope & Mr. Muskrath
- Science - Ms. Babayans & Ms. Fabian
- History - Mr. Janian
- Electives - Mr. Gonzalez & Mr. Wu
- PE - Mr. Hernandez & Mr. Johnson

**Out-of-class Staff:**
- Mr. Shaul, AP
- All counselors
- Ms. Moran, SAA
- Ms. Lolita, School Nurse
- Maria, Parent Center Director

**Student Clubs**
- Leadership
- GSA
- Theatre Club
- Film Club

**Other Clubs**
- Helping Hands
- Key Club
- Culinary Club
- Do Something
How will we make ourselves known?

- T-shirts
- Group picture in main hallway
- Class presentations
- PA messages
- Instagram
- Random sticker stick
- Buttons
What commitment is expected from you?

- Good attendance
  - Punctuality
  - Notification of absence
  - Limit 3 meeting absences - possible replacement
- Good character at all times/Be a role model
  - Exhibit healthy lifestyle
  - Strong grades
- Support/respect/inclusion for one another
- Dressed appropriately at all times
- Limit PDA with significant other
How will the MWC help you?

- Leadership skills
- Presentation skills
- Health knowledge
- Assessing/improving community
- Improve self-esteem
- Lasting friendships
- Networking
- Resume building