



## **Eastlake High Student Wellness Promotion Programs 2019-2020**

### **Peer Counselors**

Peer Counselors are available every period in the Counseling Center. These are upperclassmen students who have training in helping students with internal conflicts. Students can just come in to meet with a peer counselor or fill out a request form.

### **Wellness Wednesdays**

In an effort to increase our social and emotional supports at Eastlake High, the counselors send Wellness Wednesday messages to encourage students and staff to be the best they can be! Our Wellness Wednesday messages consist of self-care tips and a kindness challenge. The weekly message is shown on the bulletin, sent out through Jupiter and is announced in classrooms. There are also activities every Wednesday at lunch to promote student and staff wellness.

### **Wellness Room**

The wellness room is a safe place on campus in the Counseling Center for students who need to take a brief pause in life. Every student goes through something different, and there is a space to breathe with whatever difficulties you are going through. The students check-in with their counselor to use the Wellness Room. The room has positive messages posted, aromatherapy, journals, coloring pages, stress balls, and resource books.

### **Student Wellness Task Force**

A student-led task force where students discuss and implement the changes that need to be done on our campus to increase the overall wellness of students and help prevent suicide.

### **Counseling Presentations**

The counseling department is helping students develop strategies to minimize high levels of stress and identify healthy coping skills to use in their everyday lives. These issues are addressed at least once per semester with each student.

### **Peer Mediation Program**

A program and class on campus comprised of student leaders who are trained to help and provide support to other students with any internal or external conflicts. This includes helping with a one-time conflict resolution, or weekly check-in meetings to help the student stay on track academically or work through a social/emotional related issue they are experiencing.

### **Student Support Groups**

Small groups for students experiencing grief or anxiety. These are offered throughout the year and are available to all students with permission from their parent/guardian. The student's school counselor can register students for these groups.

### **Military Family Counselors**

If students have a parent in the military (active or reserves), there is a Military Family Life Counselor located in the Counseling Center to support students with academics and social/emotional needs. The student's school counselor can make the connection with the military counselor.

### **Wellness Together Counseling Program**

Wellness Together, a California 501(c)(3) nonprofit organization, partners with schools statewide to increase access to mental health services for students and families. Wellness Together provides social-emotional interventions on school campuses across California. We have the privilege of having a full-time therapist on our site to meet with students to provide them with school-based therapy services. The student's counselor can make a referral to the program.

### **HERE Now Suicide Prevention Program**

HERE Now is a prevention and early intervention program to help students recognize the warning signs of depression and suicide in themselves or a friend and how to seek help. This program is conducted by South Bay Community Services and was completed in fall 2018 with all grade levels and will continue this year with all 9th grade students in fall 2019.

## **Resources**

### **Eastlake High School Counseling Department**

Phone: (619) 397-3820 Website: [www.ehscounseling.org](http://www.ehscounseling.org)

### **Counselors and Contact Information**

<b>Counselor by Alphabet (Last Name)</b>	<b>Email</b>
Neysa Novak (A-BUG)	Neysa.Novak@sweetwaterschools.org
Monica Echegaray Portillo (BUH-DUO)	Monica.Echegaray@sweetwaterschools.org
Lauren Di Dio (DUP-GUM)	Lauren.DiDio@sweetwaterschools.org
Bibiana Jones (GUN-LIP)	Bibiana.Jones@sweetwaterschools.org
Mark Madell (LIQ-NOR)	Mark.Madelljr@sweetwaterschools.org
Tim Lopez (NOS-RI)	Timothy.Lopez@sweetwaterschools.org
Kristen Ereno (RJ-S)	Kristen.Ereno@sweetwaterschools.org
Cristina Robles (T-Z)	Cristina.Robles@sweetwaterschools.org

### **School Psychologist**

Ms. Nitza Romero, nitza.romero@sweetwaterschools.org

## **Outside Wellness Resources**

### **Counseling Resources**

**Individual Insurance** - Directly contact your insurance providers for specific referral requirements.

### **Chula Vista Collaborative**

(619) 427-2119, [www.chulavistacc.org](http://www.chulavistacc.org)

### **South Bay Community Services**

(619) 420-3620, [www.southbaycommunityservices.org](http://www.southbaycommunityservices.org)

### **Suicide Prevention Resources**

**It's Up to Us San Diego** - [up2sd.org](http://up2sd.org) - 24 Hour Hotline: Call 1-888-724-7240

Online Chat Monday - Friday 4pm-10pm <https://svcrplv.uhc.com/sdchat/>

### **National Suicide Prevention Lifeline**

Call 1-800-273-8255 or Text "Connect" to 741-741

### **San Diego County Emergency Screening Unit**

619-421-6900 / 4309 Third Ave, San Diego, CA 92103