



High School Wellness Centers

DEPARTMENT OF HEALTH AND HUMAN SERVICES

School Based Health
and Wellness Centers

FACT SHEET

NORTHWOOD HS | GAITHERSBURG HS | SENECA VALLEY HS | WATKINS MILL HS | WHEATON HS | KENNEDY HS

VISION

The Wellness Center envisions students healthy in body, mind and spirit, fully committed to high academic achievement and models of leadership, strength and success.

MISSION

The Wellness Center is committed to working with students in the school community to reach their full potential by offering coordinated medical care, quality counseling, positive youth development, and health education experiences in a confidential and culturally-sensitive manner.

CLIENTS

The Wellness Center serves students enrolled in the high school.

STAFF

The Wellness Center consists of a site coordinator, a school nurse, a school health room technician, a nurse practitioner, a pediatrician, licensed mental health counselors, and youth counselors.

CENTER HOURS

Typical hours of operation are Monday through Friday, 9:00 a.m. until 6:00 p.m. Wellness Center Clinic hours are Monday through Friday from 7:30 a.m. until 3:00 p.m.

SERVICES

STUDENT HEALTH SERVICES

- Sports physical exams
- Vision and hearing assessments
- Diagnosis and treatment of minor/acute/chronic health problems
- Gynecological care (NOT including contraceptives)
- Pregnancy prevention programs and sexuality counseling
- Laboratory testing
- STD/HIV screening and treatment

MENTAL HEALTH SERVICES

- Individual counseling
- Family counseling
- Group counseling (including grief groups and health relationship groups)
- Crisis intervention

AFTER SCHOOL YOUTH GROUPS

- Encouragement of health development
- Promotion of leadership, self-esteem, communication skills, goal setting, positive relationship, and substance abuse education

CASE MANAGEMENT SERVICES

- Legal services
- Sexual health resources
- Food resources
- Family outreach
- Clothing referrals
- Childcare resources
- Educational and employment resources
- Insurance applications/issues
- Eviction/homeless/housing issues
- Financial resources
- Recreational resources (sports, clubs, etc.)