



Supporting and Promoting the Wellbeing of High School Students and Families

Referrals are coordinated through each school's Well-Being Social Worker

The Bridge to Wellness team consists of:

Care Management Services

5 Days a Week

- Link students and families to community resources:
 - Food
 - Housing/rental assistance
 - Insurance/benefits
 - Mental health provider

Mental Health Support Services

5 Days a Week

- Individual, group, family therapy
- Focused on serving uninsured or under-insured students
- Supportive counseling
- Skill building group
- Coping skills coaching

Youth Development Services

3-5 Days a Week

- Mentoring
- Group activities
- Psychoeducation groups
- Recreation/sports activities
- Check-ins

Positive Youth Development- School Outreach Network

2 Days a Week*

- Group activities
 - Field trips
 - Individual check ins
 - Crisis intervention supports
- *currently in limited number of school;
available in all schools in 2023

Bridge to Wellness is at High Schools without a High School Wellness Center



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