

Wellness Center Grant

Valley Medical Foundation

Purpose

- Holistic approach to supporting our students' wellbeing through prevention and intervention initiatives.
- A quiet, calm, inviting space designed by students and staff with a calming corner, relaxation tools and access to community resources. Art and writing materials will be available to assist students in expressing and regulating themselves.
- The staff will be trained in active, empathic listening; coping skills including mindfulness and brief assessment skills to determine if a student is in need of a higher level of support.
- The Center will provide a safe oasis for students who are in need of a break for whatever reason.
- The Wellness Center will offer drop in groups for managing anxiety, grief, transitions, dating violence as well as other areas students present.
- At our high schools the Wellness Center will be the hub for LGBTQI+ support and for those living with mental illness.

Notice of Intent to Award

\$663,865 to be spent by October, 2026

- A new Wellness Center to be built at EPHS in the upstairs open space.
- A full time Wellness Center Coordinator at EPHS.
- A social worker to be hired for the Alum Rock sites so they no longer share one person.
- A Wellness Center to be opened at the Alum Rock sites using existing counseling space.
- Supplies and Professional Development for the mental health team at all four sites.
- A partnership with a community agency to bring in drug and alcohol intervention and prevention programs.