## Wellness Vision

The Challenger Wellness team believes that we and our community of learners, parents, and staff promote a safe, positive school culture, climate, and community that is:
1. driven by student needs;
2. celebrates diversity;
3. embedded in building and applying strong character; and
4. valued by all stakeholders.

<table>
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<tr>
<th>Goal</th>
<th>Tier 1 Action Plan</th>
<th>Tier 2/3</th>
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| Increase student awareness of their own social emotional learning and adaptive coping skills. | **Continue:**  
- 6th grade elective mindfulness wheel.  
- Mental Health Awareness Assemblies.  
- 7th grade suicide awareness assemblies  
- 7th grade Drug Prevention assembly  
- Anti-bullying assemblies  
- Community circles in classrooms where teachers are trained  
**Add:**  
- Mindful Assemblies every grading period  
- 8th Grade Mindful Moments  
- 8th Grade Challenge Day Activities  
- Development of Counseling Referral Procedures and training of staff  
- Development of Advisory Lessons to address social-emotional learning  
- Expand expertise in restorative practice/community circles through district professional development | **Continue:**  
- Small Group Counseling  
- Big Brother/Big Sister  
- Mentor Mentee  
- Problem Solving Teams  
- Community Referrals  
**Add:**  
- Voluntary professional development for teachers on disabilities awareness, diverse learning needs, special education, and inclusive practices. |

SDUSD Wellness Policy: [https://www.sandiegounified.org/district-wellness-policy-council](https://www.sandiegounified.org/district-wellness-policy-council)
## Referral Process for Mental Health & Student Supports

### Sample Behaviors

<table>
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<tr>
<th>Low Risk</th>
<th>Medium Risk</th>
<th>High Risk</th>
<th>Life Threatening Risk</th>
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<tbody>
<tr>
<td>![Warning] Mild withdrawal&lt;br&gt;Mild out of character behavior&lt;br&gt;Reports sadness&lt;br&gt;Head Down&lt;br&gt;Reports a mild conflict (peer, family, teacher)&lt;br&gt;Teary eyed&lt;br&gt;Distracted&lt;br&gt;Lack of motivation/apathy</td>
<td>![Warning] Withdrawal&lt;br&gt;Out of character behavior for multiple days&lt;br&gt;Sadness&lt;br&gt;Head Down for multiple days&lt;br&gt;Reports a conflict (peer, family, teacher)&lt;br&gt;Crying&lt;br&gt;Distracted for multiple days&lt;br&gt;Lack of motivation/apathy for multiple days</td>
<td>![Warning] Extreme withdrawal&lt;br&gt;Angry outbursts that can be aggressive verbally/physically&lt;br&gt;Extreme Sadness/Crying&lt;br&gt;Significant conflict where impending threat of harm is present&lt;br&gt;Anxious behaviors (hyperventilating, hiding, running away, panic attack)&lt;br&gt;Extremely disruptive to the learning environment</td>
<td>![Warning] Threatening to kill himself/herself&lt;br&gt;Seeking lethal means&lt;br&gt;Talking/Writing/Artwork about suicide.&lt;br&gt;Dramatic mood change&lt;br&gt;Withdrawal from Friends/Family/Society&lt;br&gt;Giving Away Possessions&lt;br&gt;Acting recklessly&lt;br&gt;Increasing Alcohol/Drug use&lt;br&gt;Neglect of Personal Appearance&lt;br&gt;Personality Change&lt;br&gt;Anxiety, Agitation, Anger&lt;br&gt;Sadness, Crying</td>
</tr>
</tbody>
</table>

### Action

- **Contact the counselor via email.** Subject Line: Low Risk. Response time within 48 hours.
- **Student may complete:** "Request to See Your Counselor" Form to be seen within 48 hours.
- **If it is a bullying issue, students may report bullying via an anonymous form at CMS or through the district website.**
- **Staff may refer for short term interventions using the "small group counseling" google referral form provided 2 times a year.**

- **Contact the counselor via email or phone.** Subject Line: Medium Risk. Response time within 24 hours.
- **Staff may send the student to the counseling office on pass to be seen within the school day.**
- **Staff may refer for short term interventions using the "small group counseling" Google referral form provided 2 times a year.**

- **Contact the office and/or counselor via phone.** Response time ASAP.
- **Staff may complete:** "RED Alert" form for students to be seen immediately.

- **Follow: Be A Link! Protocol**
- **Response time is immediate**

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*Note: This is not an all-inclusive list. Staff who have concerns can reach out to the counseling department.*
Counseling Department Interventions

Individual Supports
- Individual Counseling *
- Community Based Counseling *
- Problem Solving Team *
- Individual Check In *
- 504 *
- Safety Plans *
- Behavior Plans*

Small Group Supports:
- Mentor/Mentee *
- Small Group Counseling *
- Big Brother/Big Sister *
- Peer Conflict Mediation

Universal Supports:
- Mental Health Awareness Day/Week
- Suicide Prevention Presentations
- Anti-Bullying Presentations
- Drug Awareness Presentations
- Parent Workshops

*Requires a referral form and/or referral through Problem Solving Team (PST)

Prompted by Teacher, Parent, or Counselor Referral
Requires Informed Parent Consent