



Credit [Freepik](#)

Unpacking School Wellness Centers: Starting and Sustaining Youth Advisory Groups



School-Based
Mental Health
ECHO

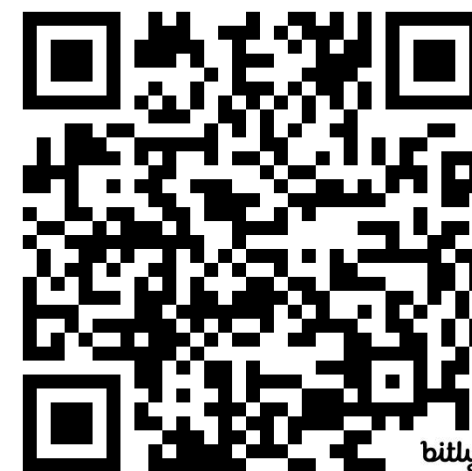
November 6, 2024

Land acknowledgement

Our conference session is held on the ancestral lands of the Muwekma Ohlone Tribe. This land was and continues to be of great importance to the Ohlone peoples.

Consistent with our values of community and inclusion, we have a responsibility to acknowledge, honor, and make visible all of our relationships to Native peoples.

Find out more by scanning the QR code.



School-based Mental Health ECHO

- Modeled on the ECHO (Extension for Community Healthcare Outcomes) model from University of New Mexico
- Free, virtual series offered on the iECHO platform that seeks to highlight and expand community expertise and experience on various school mental health topics
- 2024-25 series runs from September 2024-May 2025
- **Note:** Our School-based Mental Health ECHO is inclusive of both **systems-focused** and **clinically-based** topics and cases



Goals of the project

- Enhance knowledge of best practices in school-related topics
- Foster professional connections between providers and school professionals
- Provide clinical guidance that enhances youth mental health in educational settings
- Create an inclusive, interactive environment where everyone can learn



We would like to thank our 2024-25 Leadership Council Members

Ann Evanilla-Wasson, MS, Sequoia Healthcare District

Britney Stone, LMFT, Wellness Together

Carla Lavelle Trinh, LCSW, PPSC, California School-based Health Alliance (consultant)

Jack Bareilles, MA, Northern Humboldt Union High School District

Jeffrey Lewis, MA, JD, Legacy Health Endowment

Kristin Geiser, PhD, John W. Gardner Center for Youth and Their Communities at Stanford University

Petra Steinbuchel, MD, University of California San Francisco

Lauren Haack, PhD, University of California San Francisco

Mary McGrath, San Mateo County of Education

Maryjane Puffer, BSN, MPA, The Los Angeles Trust for Children's Health

Noe Rivera, MS, The Los Angeles Trust for Children's Health

Melissa Paz-Flores, University of Southern California

Pia Valenzuela Escudero, LCSW, Illuminating Minds; Student Health and Human Services (retired)



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Some helpful tips for the session

- Please have your microphones **muted** unless you are speaking
- If you can, we encourage **video participation**
- Raise your hand to speak
- Use **reactions** to communicate
- Use **chat** for comments and questions
- IT Issues? Send a private message in the chat to **Shirley Mak**



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Introduce yourselves!

Please introduce yourself by sharing in the chat:

- 1) Name
- 2) Organization/role (e.g. counselor, educator, etc.)
- 3) City and State
- 4) Something you're hoping to get out of today's session

A few reminders

Recording

For the purposes of maintaining safety and confidentiality, only the Didactic portion of this session will be recorded.

Presentation Slides

A copy of the slides and corresponding resources will be emailed after the session.



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School-Based
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Today's agenda

Time	Presentation	Presenter(s)
2:30 – 2:35 p.m.	Welcome Announcements	Steve Adelsheim
2:35 – 2:50 p.m.	Didactic Presentation	Maryjane Puffer
2:50 – 3:00 p.m.	Case Presentation	Wendy Siguenza
3:00 – 3:25 p.m.	Case Discussion	Steve Adelsheim All
3:25 – 3:30 p.m.	Closing	Shirley Mak



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Unpacking School Wellness Centers: Starting and Sustaining Youth Advisory Groups

Didactic Presentation



Maryjane Puffer, BSN, MPA

Maryjane Puffer is Executive Director of The Los Angeles Trust for Children's Health. She is a pediatric nurse with a background in community development and international health, committed to advocating for child and adolescent wellness.

At The L.A. Trust, Maryjane brings all her passion and dedication, representing the convergence of her lifelong commitments. She is instrumental in developing LAUSD's Wellness Networks and a pioneer in crafting community prevention framework strategies for health programming in schools. This role allows her to continue pushing the boundaries of children's health and wellness, making her a true force in the field.





Peer-to- Peer

The Importance of Peer Education
and Student Health Leaders
through a Student Advisory Board



124
Student Leaders

85,944
Reached via
Social Media

10,255
Reached via
Tabling Events





The Los Angeles Trust for Children's Health



A Brief Story About The Organization

We're The L.A. Trust

Founded in 1991 to support and develop Los Angeles Unified School District School Health programs.

Mission: To bridge health and education to achieve student wellness.

Vision: A world where every student is healthy and successful.

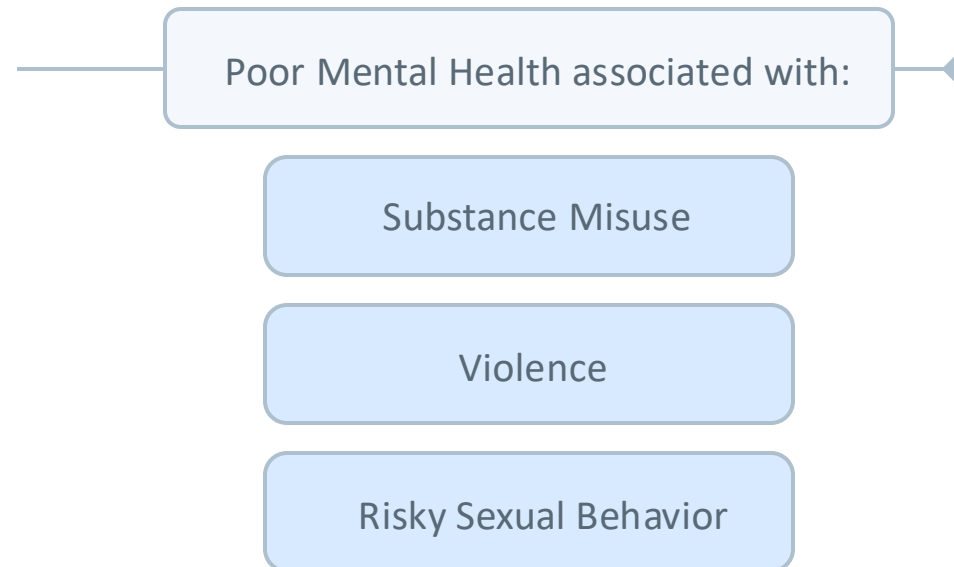
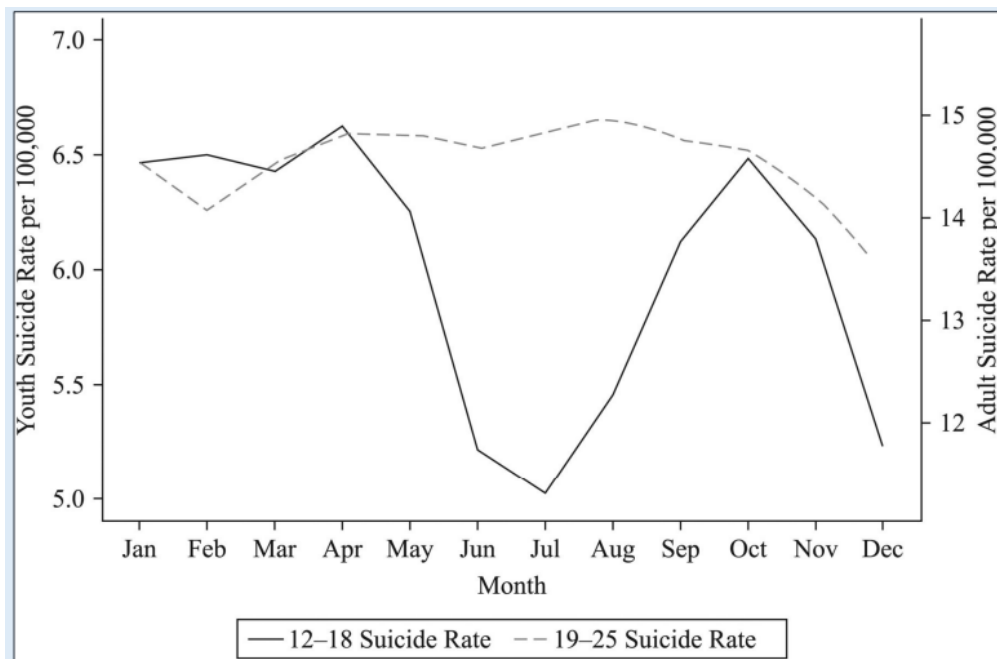


Youth Mental Health Crisis



Youth are struggling with poor mental health, with 45% of California youth reporting having recently struggled with mental health issues. Suicide is the 2nd leading cause of death among California's youth, yet 60% of youth with depression do not receive treatment.

[https://www.jahonline.org/article/S1054-139X\(23\)00377-4/pdf](https://www.jahonline.org/article/S1054-139X(23)00377-4/pdf)



School Connectedness as a Protective Factor

Youth who felt connected to adults and peers at school were significantly less likely to feel sad or hopeless, or to consider or attempt suicide.

“School connectedness is a key to addressing youth adversities at all times – especially during times of severe disruptions”

-Kathleen A. Ethier, PhD, Director of CDC's Division of Adolescent and School Health

Address Now!





Defining Peer-to-Peer

Peer support encompasses a range of activities and interactions between people who have shared similar experiences. This mutuality— often called “peerness” — between peers promotes connection and inspires hope (SAMHSA, 2015)

Harness Now!





Why Peer-to-Peer?

Peers are a natural resource in the help seeking process, with young people citing friends as the most common source of mental health information and support.



Shared Understanding

A shared understanding from the experience of the peer fosters trust, understanding, and empathy within the relationship.

Engages Hard to Reach Populations

It is their unique location between the institution and social world of the client that brings success.

Peer-to-Peer Effectiveness

- Formal peer support programs have over 80 years of proven results.
- Several state and national models have shown effectiveness and potential for expansion.
- Prior to the pandemic, conventional medical care did not sufficiently meet the mental health needs of young people. The current mental health crisis demands a reimagining of how youth are approached and assisted in their healing and growth.
- Peer-to-peer (P2P) programs in schools present a multifaceted solution to inadequate student health care. They address shortcomings in the traditional medical model, emphasize prevention, provide culturally sensitive support, alleviate the shortage of providers, and offer a pathway for youth workforce development.

The L.A. Trust's Student Advisory Board (newly named Wellness Youth Advocates (WYAs))

Overview:

- 12 years of experience managing Student Advisory Boards on Wellness Center campuses.
- Approach based on Positive Youth Development Theory.
- Aims to empower youth leadership, create supportive networks, and provide wellness-related skills.

**Asset-Based Initiatives
and Strategic
Community
Partnerships!**

**Elevating Youth Voices
and Shared leadership!**





Program Overview

A Student Advisory Board member is a student serving as a health access agent, navigator, and mobilizer within their school community. Members leverage their relationships with their peers to support wellness, driving a collective self-help model to promote healing, recovery, and youth empowerment.

TRAINING
SCHOOL
STAFF

RESOURCE
MAPPING

RECRUITING
STUDENTS

WEEKLY
MEETINGS

PLANNING
MONTHLY
ACTIVITIES





Peer to Peer Training

This training includes three (3) full-day sessions followed by TA sessions that prepare individuals to support students in implementing health campaigns for their peers.

Day 1

Understanding the purpose and role of the Peer Mentor, positive youth development strategies, legal concerns, and how to establish a Student Advisory Board.

**Asset-Based Initiatives
and Strategic
Community
Partnerships!**

Day 2

Student recruitment and administration, marketing and evaluation expectations. Strategies for designing and implementing health campaigns.

Day 3

Introduction to youth mental health. Participants are taught to understand levels of crisis, stigma reduction and why health care is so important both within the school and out.

**Restorative Practice and
Connection to Support!**

Overview of Modules



Students who participate in the Student Advisory Board program receive training tailored by the Adult Ally, the students, and based on the needs of the school. Examples of topics we have covered include:

- Wellness and Resilience
- Healthy Relationships
- Question Persuade Refer
- Community Resource Mapping
- Substance Abuse Awareness and prevention
- Oral Health
- Social Media Hygiene and Safety
- How to Help a Friend
- Advocating for yourself and you community
- Explore your power - policy advocacy

Asset-Based Initiatives and Strategic Community Partnerships!

Learning Centered in the Wisdom of Students!

Restorative Practice and Connection to Support!

Elevating Youth Voices and Shared leadership!





Positive Youth Development

- Centering the voices of young people
- Supporting youth engagement
- Involving community and utilizing youth adult partnerships

Elevating Youth Voices and Shared leadership!

Asset-Based Initiatives and Strategic Community Partnerships!

Positive
Experiences

+

Positive
Relationships

+

Positive
Environments

=

Positive Youth
Development



Changing the Narrative

Conventional Approach

- Fixing a problem
- Reactive
- Youth as recipients of services
- "At Risk" youth

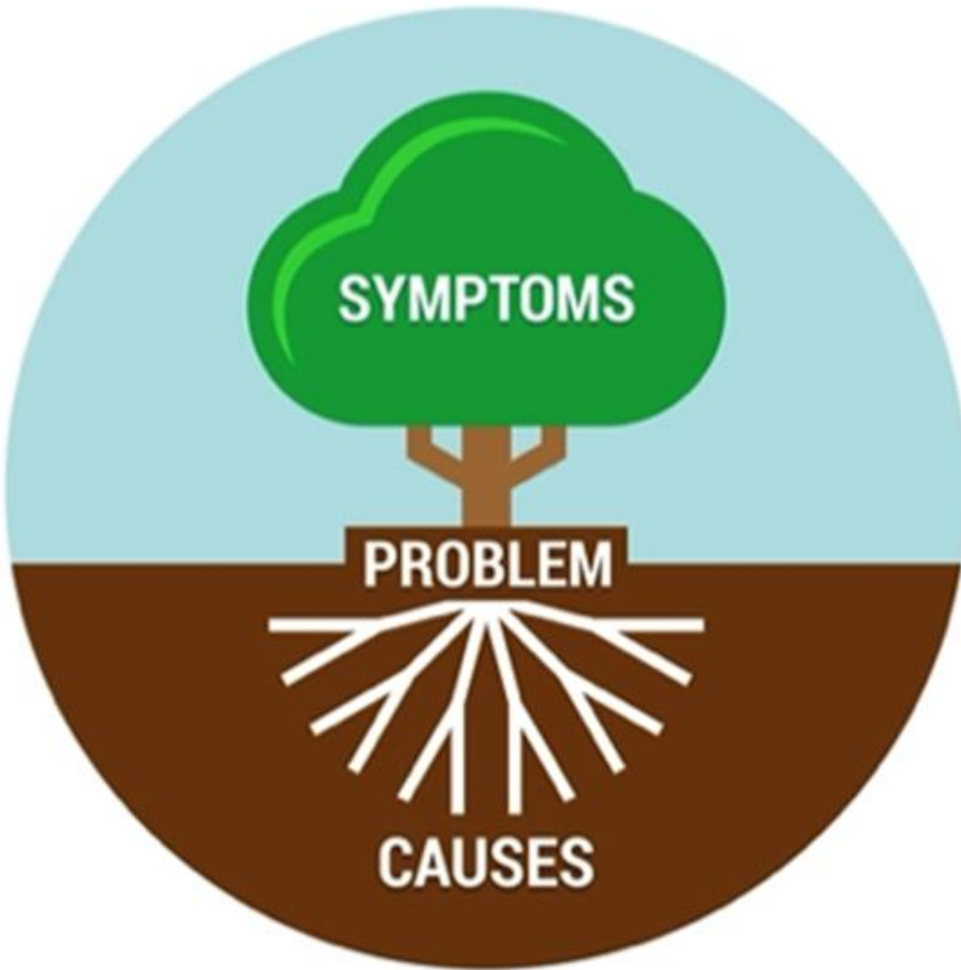


Positive Youth Development Approach

- Building on the strength of youth
- Proactive
- Youth as partners/holders of knowledge
- Youth

**Learning Centered in the
Wisdom of Students!**

**Elevating Youth Voices
and Shared leadership!**



What's Your Cause?

1. Agree on one problem and write it on the trunk of the tree (chart paper).
2. Identify the various causes of the problem and pin them to the roots of the tree.
1. Identify the negative outcomes of the problem and pin them to the branches of the tree.



Advocacy Leads to Positive Change

Self Advocacy

Understanding your strengths and needs, knowing your legal rights and responsibilities, and communicating them to others.

Individual Advocacy

Speaking up or taking action with or on behalf of another person.

Systems Advocacy

Speaking up or taking action to change systems (laws, policies, and practices) that impact how someone lives their life.



Watts students call for closure of nearby recycling plant over health and safety concerns.



Garfield students call for access to Narcan as fentanyl overdose rises.



Washington Prep students bring water filling stations to campus

Youth Advocacy

When young people play a central, active, and influential part in advocating for issues or causes that are important to them.

<https://journals.sagepub.com/doi/epub/10.1177/15248399241258462>



Mental Health Awareness Campaign

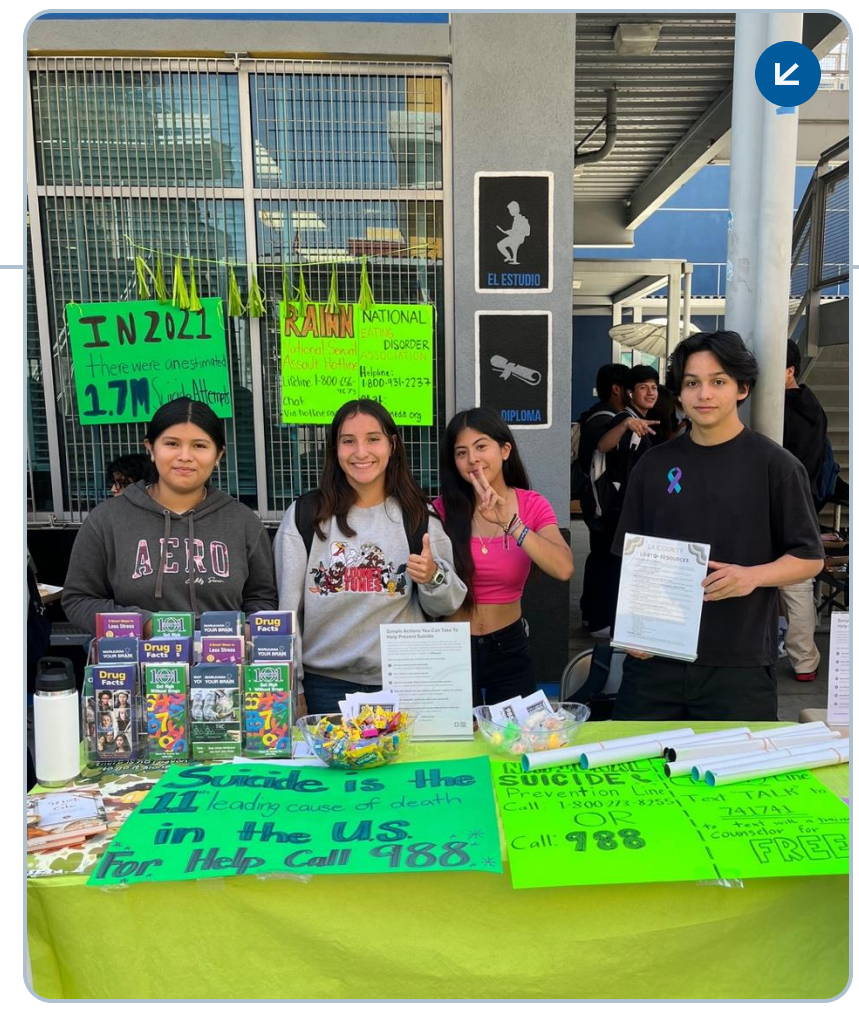


Goal:
Educate students on common local mental health issues and connect those that need services to local resources.

- Key Messages:**
- Increase awareness of mental health issues locally by using data
 - Increase students' knowledge of local resources (Wellness Center, PSW, CBOs)
 - Decrease stigma of accessing Mental Health services
 - Build resiliency



Restorative Practice and Connection to Support!





Oral Health Awareness Campaign



Goal:

Reduce oral health disparities by reducing the burden of oral disease among children at the highest risk of developing tooth decay.

Key Messages:

- Learn about oral health and the body
- Understand ways to prevent tooth decay
- Ensure children receive dental screenings and a referral that will allow the family to establish a dental home

**Asset-Based Initiatives and
Strategic Community
Partnerships!**



Substance Use Prevention Campaign



Goal:

Educate youth and decrease teenage substance use and collaborate with schools and Wellness Centers to support substance use prevention activities.

Key Messages:

- Understand risks associated with substance use
- Learn about substances commonly used by youth
- Understand ways substance use affects youth
- Understand the purpose of harm reduction strategies

Learning Centered in the
Wisdom of Students!



Sexual & Reproductive Health Campaign



Goal:

Educate youth on sexually transmitted diseases especially HPV. Increase screenings at Wellness Centers and school-based health centers.

Key Messages:

- Increase STD screening
- Reduce unintended teen pregnancy rates
- Increase youth access at community clinics
- Decrease stigma of community clinics use
- Increase vaccination at community clinics

Elevating Youth Voices and Shared leadership!





Student Advisory Board Projects

Our youth do more than just host tabling events! Some of their projects include:

- classroom presentations
- student panelist speaking
- hosting clinic tours
- presenting at symposiums and summits
- getting trained in QPR (suicide prevention training)

**Learning Centered in the
Wisdom of Students!**

**Restorative Practice and
Connection to Support!**



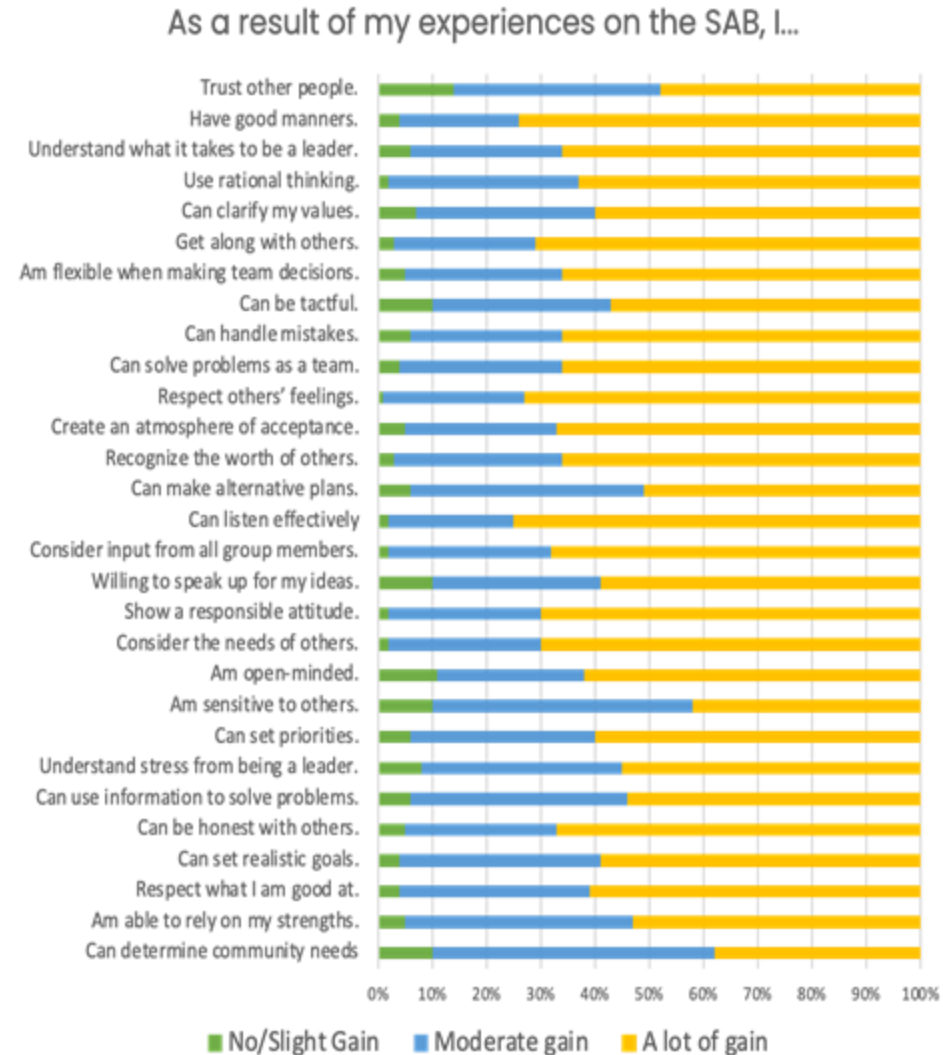
**Elevating Youth Voices and
Shared leadership!**



**Asset-Based Initiatives and
Strategic Community
Partnerships!**

Peer-to-Peer Outcomes

More than 124 students assessed the program's impact and effectiveness.



Students who participate on advisory boards say:

- They are more confident about referring other students to the SBHCs
- Better understand what it takes to be a leader
- These students represent qualities of a strong and healthy workforce



Thank You

www.thelatrust.org



Wellness Youth Advocates (WYAs)

Case Presentation



Anatomy of a case discussion

- **Volunteer** presents a patient or thematic case that is based on a real-life scenario.
- Audience asks **Clarifying Questions** about the case.
- Audience **Discussion** and **Recommendations** are made.

Questions for case presentation

- **Policy and Program Development:** To ensure that youth continue to have opportunities to help guide mental health advocacy/policy creation in schools, how do we include them in the development/expansion of youth advisory groups so that each stage incorporates youth voice while also working to support their mental health?
- **Inclusivity and Cultural Relevance:** How do we ensure that youth advocacy groups in wellness centers are personalized, culturally relevant, and inclusive of students from all cultures and backgrounds?



Wendy Siguenza

Wendy Siguenza (she/her/ella) is a former Wellness Youth Advocate at the L.A. Trust, where she advocated for mental health and wellness initiatives for herself and her peers at Hollywood High School. She is currently completing a Master of Social Work at San Jose State University. Her experience in high school sparked her interest in wellness, mental health support, and culturally inclusive advocacy efforts.

In addition to being a student, Wendy currently interns at Evergreen School District in social work. She also works as a Graduate Assistant for the Undergraduate Research Opportunity Program (UROP) at San Jose State and a Teaching Associate for the Department of Public Health. In her spare time, Wendy supports students in her program by serving as the President of the Social Work Graduate Student Association (SWGSA).



Youth Advisory Board

Overview

Mental health/wellness events, initiatives, and advocacy led by students at Hollywood High School in Los Angeles Unified School District (District 4)

Demographics of Hollywood High School

- Public school
- Grades 9-12
- >90% of community has low socioeconomic status
- 1,100 enrolled students



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Wellness Youth Advocates

Opportunities through L.A. Trust for Children's Health:

- School cafeteria collaborations & club meetings through Fit Active Motivated Empowered (FAME) Health Club
- Sexual Reproductive Health Education Advocate
- Policy Initiatives at Hollywood High School/within LAUSD
- “Rock the Bike” and “Caught Red Handed” Campaigns
- Health Initiatives Lobbying Days in Sacramento
- AB 292: Time to Eat Bill
- World AIDS Day Awareness Event
- Sheik-A-Thon
- Winter Olympics
- Youth to Youth Conference
- Youth Advisory Board (YAB) - now Wellness Youth Advocates



... and many more projects!





1st Annual Sheik-A-Thon

The Students of Hollywood High School join with Councilmember Tom LaBonge for a one-day fundraiser that focuses on physical activity, school spirit, and fun!

Hike for Health in Griffith Park

“from Mount Hollywood Dr. to the Hollywood Sign”

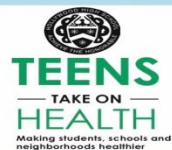


Monday, April 14, 2014
9:00 a.m. – 1:30 pm

Meet at Hollywood High School Orange Street entrance
Wear comfortable shoes, bring water and sunscreen!

All INTERESTED STUDENTS AND FACULTY MUST REGISTER ASAP on the Hollywood High School website under the Healthy Athlete Committee Student Club Page.

For more information: visit the Hollywood High School website, *Healthy Athlete Committee page under student clubs* or contact Deborah@thelatrust.org



TOWN HALL MEETING

WHEN: Wednesday, May 20th
3:15-5:45 PM
WHERE: Room 101
Hollywood High School
REGISTER: Mr Fenderson's Classroom
#222

CALLING ALL STUDENTS, PARENTS & TEACHERS FOR A COLLABORATIVE DISCUSSION ABOUT TACKLING TODAY'S HEALTH CHALLENGES In your family, school and Community.



IPad Mini Prize
Sponsored by:

Healthy Snacks Provided



Call for Youth Leaders!

Youth voice. Youth involvement.

The California School-Based Health Alliance and The L.A. Trust are looking for student health groups to present at the 3rd annual Youth 2 Youth Summit!

When: Tuesday, April 21, 2015
Where: The California Endowment
Time: 8:30am-3:00pm

- Recruitment of 5-6 student groups affiliated with the Wellness Center
- Each student team should comprise of 2-3 students who will plan and deliver a workshop about an emerging adolescent health topic
- Workshops are 60 minutes long with an expected audience of 25-30 students
- Workshop presentations must be interactive, engaging, and provide youth with empowering messages of health and wellness

Suggested Topics

- Anti-Stigma
- Sexual Health
- Healthy Relationships
- How to be a Health Advocate
- "Life After High School"—Workforce Readiness
- Other health related subjects

The L.A. Trust is here to support! Here's how!

- Assist in conceptualizing the idea
- Review the students' progress as provide feedback
- Attend a meeting to help complete the proposal

How will my students benefit from this?

- Gain public speaking skills
- Build their professional resume and leadership skills
- Students learning from students
- Networking opportunity for the youth

Questions? Contact Krystle Guplan at Krystle@thelatrust.org



The L.A. Trust for Children's Health is looking for 2 students from your school to be a part of The L.A. Trust Youth Advisory Board!

Be the voice for your school, Wellness Center, and all LAUSD Wellness Centers!

What we need from you:

- Attend one planning meeting on **June 6**
- Attend a FUN joint board "bonding day" & meeting with the L.A. Trust Governing Board on **July 17**
- Give feedback on what you and your fellow students need/want

What you will get to do:

- Plan school-wide campaigns to increase awareness about important health issues
- Talk to your fellow students about what wellness means to them and how wellness can be improved at your school and in your community
- Give feedback and recommendations to ensure wellness in your school and community
- Add this valuable experience to your resume and college application!

Successful applicants must be in grades 9-11 and be able to commit to attending both meeting dates in June and July. Applications are due to your Wellness Center by **May 14, 2014**.

\$\$ Youth Board members will get a stipend for their participation! \$\$





“Rock the Bike” Campaign



Partners

- Fit Active Motivated Empowered (F.A.M.E.) Health Club at Hollywood High School
- [REACH LA](#)
- [Los Angeles Unified School District](#) Board Member for District 4 Steve Zimmer
- [Kaiser Permanente](#) Healthy Eating Active Living (HEAL) and Southern California Thriving Schools initiatives
- [Community Partners](#)
- **L.A. Trust for Children's Health**
 - Youth 2 Youth (Y2Y) Conference
 - Youth Advisory Board (now Wellness Youth Advocates)
 - Preventive health initiatives
 - Wellness Council
 - Teen Town Halls



Takeaways and resources

- Student engagement and voices are important
 - Effective in changing policies affecting their communities (e.g. food deserts)
 - Advocating for mental health through macro perspectives
 - Supporting restorative practices
 - Tapping into cultural knowledge
- Youth are creative!



Challenges

- Difficult to include student voices in the K-12 system
- Effects of COVID-19
- Each student's journey and challenges is different
- Parent involvement (and consent)
- Ongoing learning opportunities for wellness and mental health
- Finding and maintaining partnerships



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Presenter contact information

Wendy Siguenza

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Questions for case presentation

- **Policy and Program Development:** To ensure that youth continue to have opportunities to help guide mental health advocacy/policy creation in schools, how do we include them in the development/expansion of youth advisory groups so that each stage incorporates youth voice while also working to support their mental health?
- **Inclusivity and Cultural Relevance:** How do we ensure that youth advocacy groups in wellness centers are personalized, culturally relevant, and inclusive of students from all cultures and backgrounds?



Call for case presenters

The case presentations are an important part of our learning and a core component to the ECHO model.

Sign up for more information about being a case presenter by filling out the **Case Presenter Interest Form** or email shirley.mak@stanford.edu



Upcoming ECHO sessions

No ECHO in December

January 15, 2025, 2:30-3:30 p.m.

Guiding school-based mental health practitioners

March 5, 2025, 2:30-3:30 p.m.

Supporting collaborations between schools and community mental health partners

April 2, 2025, 2:30-3:30 p.m.

Intersectionality and mental health in schools

May 7, 2025, 2:30-3:30 p.m.

Suicide prevention



Native American Youth Mental Health ECHO

What is the NAYMH ECHO?

A collaborative speaker series to better support the mental health and wellbeing of indigenous youth, their families, and their care teams.

Who should attend?

Health professionals, school mental health workers, and community organization staff responsible for the care and treatment of Native American Youth are encouraged to join.



Cal-MAP School-Based ECHO Series

Live interprofessional tele-mentoring and consultation with school-based teachers, administrators & staff and school-based health center staff.


Monthly sessions include:

- » Brief didactic, with useful handouts to take away
- » Case discussion: an opportunity to consult peers and experts on our own cases (taking turns)
- » Topics: Internalizing Disorders: Anxiety & Depression, ADHD, Learning Disorders, Externalizing behaviors, ASD/Neurodiversity, Suicidal Ideation, Racial Trauma/Discrimination/ACES, and others.




Scan or visit
<https://tinyurl.com/3m59u3dv>

Join Now



Date and Time
Every 2nd Wednesday
of the month
2:30-3:30 pm PT



**CME, APA, ACE ASWB,
and ABP MOC Part 2
credits are available.**



Questions? Email
info@cal-map.org

In support of improving patient care, the University of California, San Francisco is jointly accredited by the Accreditation Council for Continuing Medical Education, the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

UCSF Cal-MAP School-Based ECHO Series

Live interprofessional tele-mentoring and consultation with school-based teachers, administrators & staff and school-based health center staff.



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Questions? Email: stanfordcme@stanford.edu



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Thank you for joining our ECHO

See you at the next one on **January 15!**



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