Health & Wellness Services

Mission: Helms students, families, and staff are physically and emotionally healthy and safe; are connected to each other in a positive and supportive way in community; and have the confidence, skills and ability to meet life’s challenges and thrive.

The Helms Middle School Health & Wellness Collaborative provides comprehensive, coordinated, accessible, and effective health and wellness supports and opportunities for its students, families and staff. This is done through responsive, strength-based, culturally and linguistically relevant, trauma-informed services to ensure that students, families, and the community are successful and thrive.

Services Provided

Counseling & Crisis Support: Individual and groups counseling, crisis assessment provided, YMEC, and campus wide events.

Preventative Student Support: Drugs and Alcohol education and counseling, peer mediation and conflict resolution, structured physical activities, Teens Teaching Pregnancy Prevention curriculum, gang and violence prevention, summer programming for incoming students, Mindfulness Classes regarding self regulation methods, Food Bank and Families in Transition services, and case manger to support families with truancy

Medical Services: Physical exams, immunizations, primary care referrals, pregnancy prevention, HIV/STI prevention and treatment, and reproductive health education and services provided by CCHS Mobile Van.

Youth Development: Helms deeply believes that students who are connected to the school campus perform better. Helms offers the following groups; Gay Straight Alliance, Black Student Union, Manhood Groups, African American Girls Group, New Comers Support Group, Project Success Leadership group, Sports Teams, Mindful Life Leadership Group, and Dance Team.

Family Engagement: Coffee Club, health and wellness workshops, PIQU,
Student Impact

Care Teams at Helms meet monthly with student’s core teachers, academic counselor, and a health and wellness representative to discuss strategies for students who are struggling with attendance, academics, or suspensions. The strategies Helms uses to support students are family event activities, Student Site Teams, Health and Wellness referrals, and connection to services. Care teams success is not only measured by the amount of students who are connected to services but the communications between teachers and the Health and Wellness Team.

Special Acknowledgement for our Partners & Supporters

Community Partners
City of San Pablo
Bay Area Community resources
Contra Costa County Health Services
California School Based Health Alliance
Familias Unidas
San Pablo Police Department
Contra Costa & Solano Food Bank
Catholic Charities
YMCA Interns
WCCUSD
Project Success
Mindful Life Project
UC Berkeley TRIO
Yes!

Contact Information:

Megan White
Site Coordinator
(510) 231-1423 x 32439
mwhite@bacr.org