

# BRIDGE TO WELLNESS AT WJHS



Students and families should start with their school counselors who will connect students with the appropriate resources.

## YOUTH DEVELOPMENT SPECIALIST

- Positive Youth Development Activities
- Psychoeducational Groups
- Student Mentoring & Check-ins
- Sports and Recreational Activities

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## CARE MANAGER

- Link Students & Families to Community Resources
  - Housing
  - Health Care, Insurance
  - Mental Health
  - Food
- Case Management with Students & Parents
- Psychoeducational Groups

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## MENTAL HEALTH SPECIALIST

- Individual Therapy
- Group Therapy
- Family Therapy
- Support clients with anxiety, depression, trauma, ADHA and more
- Self consent optional

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**EveryMind.**  
Your mental wellness.  
Our mission.