

Wellness Centers (High & Middle Schools)

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WELLNESS CENTERS (HIGH & MIDDLE SCHOOLS)

STUDENT WELLNESS AND BEHAVIORAL HEALTH

Department Address

1515 Hughes Way

Long Beach, CA 90810 (<https://goo.gl/maps/JoRxb>)

Phone

(562) 997-8645

Middle and High School Wellness Centers

Middle and High School Wellness Centers are a powerful investment for our schools and local communities. They empower our students to promote and manage their own social, emotional, and physical health while striving to support all areas of their lives that may impact their academic potential. Our Middle and High School Wellness Centers are student driven and they provide access to trusted adults, local community resources and services such as counseling, community engagement, empowerment workshops, case management and peer-to-peer support. Our Centers also support school staff by providing tools to further understand and motivate students to thrive in the classroom and beyond.

The Wellness Centers provide free, confidential services while connecting students, families and staff to vital community resources. The vision is to provide a range of resources to support students and families in meeting the challenges of adolescence through prevention, early-intervention and education, in a safe and convenient place - at school.

The Wellness Centers safe and inclusive practices support the academic potential of students through the promotion of social, emotional, and physical well-being. The Centers provide, (but not limited to) the following interventions and supportive services:

- Short Term Counseling Services (Individual/Group)



- Social Service Needs Assessments/Linkages
- Empowerment/Educational Workshops
- Peer Mentorship/Counseling
- Parent Support Groups
- Student and Family Advocacy & Case Management
- Special Interest Activities (Art, Mindfulness, Yoga)
- Basic Needs Closet (Snacks/Toiletries/School Supplies)
- Community Resources
- Classroom/Staff Presentations"

Support for Families Impacted by Delayed SNAP Benefits

English



Support for Families Impacted by Delayed SNAP Benefits

We are aware that the delayed distribution of SNAP benefits may add to the stress for some families who rely on these resources. Ensuring students have access to meals and support remains a priority for our district.

All Long Beach Unified schools continue to provide breakfast and lunch at no cost to students every school day. Students enrolled in our after-school programs also receive a meal.

Specifically:

- School Support staff is available to connect students and families with local food banks and community-based resources.
- All K-8, Middle, and High School Wellness Centers maintain on-site food pantries (while supplies last). Families and students are welcome to visit throughout the school day; no appointment required.

For additional community resources, [call 211](#) to be connected with the most up-to-date local food and support programs.

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(<https://resources.finalsite.net/images/v1775681791/lbusdk12caus/lbusdk12caus/lbusc>

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Spanish



Apoyo para las familias afectadas por el retraso en los beneficios de SNAP

Somos conscientes de que la distribución retrasada de los beneficios de SNAP puede aumentar el estrés para algunas familias que dependen de estos recursos. Garantizar que los estudiantes tengan acceso a comidas y apoyo sigue siendo una prioridad para nuestro distrito.

Todas las escuelas del Distrito Unificado de Long Beach continúan ofreciendo desayuno y almuerzo sin costo para los estudiantes todos los días escolares. Los estudiantes inscritos en nuestros programas después del horario escolar también reciben una comida.

Específicamente:

- El personal de apoyo escolar está disponible para conectar a los estudiantes y las familias con bancos de alimentos locales y recursos comunitarios.
- Todos los Centros de Bienestar de escuelas K-8, secundarias y preparatorias mantienen despensas de alimentos en el plantel (mientras duren los suministros). Las familias y los estudiantes son bienvenidos a visitarlas durante el día escolar; no se requiere cita.

Para obtener recursos comunitarios adicionales, **llame al 211** para ser conectado con los programas locales de alimentos y apoyo más actualizados.

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(<https://resources.finalsite.net/images/v1775681807/lbusdk12caus/lbusdk12caus/vpfvz>)

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Khmer



គាំទ្រសម្រាប់គ្រួសារដែលទទួលបានប័ណ្ណពីការពន្យារពេលប្រាក់ជំនួយ SNAP

យើងដឹងថាការរំលោភបំពានអត្ថប្រយោជន៍ SNAP ដែលពន្យារពេលអាចបង្កឱ្យមានការរំលោភបំពានដល់គ្រួសារមួយចំនួនដែលពឹងផ្អែកលើធនធានក្រោយ។ ការធានាឱ្យសិស្សមានអាហារជាការចាំបាច់ និងការគាំទ្របានបន្តជាអាទិភាពសម្រាប់ស្រុកយើង។

សាលាអប់រំទាំងអស់ក្នុងសាលាសហគមន៍ Long Beach តែងតែផ្តល់អាហារពេលព្រឹក និងអាហារថ្ងៃត្រង់ដោយឥតគិតថ្លៃសម្រាប់សិស្សក្នុងរាងកាយសិស្ស។ សិស្សដែលចូលរួមកម្មវិធីក្រោយម៉ោងសិក្សាក៏ទទួលបានអាហារផងដែរ។

ជាក់លាក់៖

- បុគ្គលិកគាំទ្រសាលាមានប្រភេទក្នុងការភ្ជាប់សិស្ស និងគ្រួសារជាមួយធនាគារអាហារមូលដ្ឋាន និងធនធាននៅសហគមន៍។
- មជ្ឈមណ្ឌលសុខភាពសាលា K-8, មជ្ឈមណ្ឌលសិក្សា និងវិទ្យាល័យទាំងអស់ មានស្តុកអាហារនៅលើកន្លែង (រហូតដល់សារពើភ័ណ្ឌបញ្ចប់)។ គ្រួសារ និងសិស្សអាចមកទស្សនានៅពេលសិក្សា; មិនចាំបាច់រៀបចំការណាត់ជួប។

សម្រាប់ធនធានសហគមន៍បន្ថែម សូមហៅលេខ **211** ដើម្បីភ្ជាប់ទៅកម្មវិធីអាហារ និងការគាំទ្រកាន់តែទាន់សម័យ។





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Wellness Center - Admin

CONTACT	PHONE	POSITION / RESPONSIBILITY
Jenny R. Acosta	(562) 986-8644	Program Administrator Mental Health & Early Intervening Services



[Skip in Content](#)

English

<https://www.lbschools.net/departments/swbh/high-school-wellness-centers>

5/8

High School Wellness Centers

CONTACT	SITE/LEVEL
Mariah Jaramillo (Part-Time)	<u>Browning (/fs/pages/4024)</u>
Yajaira Ramos	<u>Cabrillo (/fs/pages/4192)</u>
Katie Lundberg-Lusk (Part-Time)	<u>CAMS (/fs/pages/4352)</u>
Miguel Zuniga	EPHS
Jessica Knight	<u>Jordan (/fs/pages/26841)</u>
Evelyn Fuentes	<u>Lakewood (/fs/pages/26879)</u>
Kati Hoover	<u>McBride (/fs/pages/5152)</u>
Aimee Uresti	<u>Millikan (/fs/pages/467)</u>



Kariann Herrera	<u>Poly (/fs/pages/5359)</u>
Mariah Jaramillo (Part-Time)	<u>Renaissance (/fs/pages/25998)</u>
Katie Lundberg- Lusk (Part-Time)	<u>Sato (https://docs.google.com/forms/d/e/1FAIpQLSdXsoFkWPProOi81z)</u>
Mynor Montiel	<u>Wilson (/fs/pages/6161)</u>

Middle School Wellness Centers

CONTACT/EMAIL	SITE/LEVEL	PHONE	ROOM
Elisabeth Rivera (Part-Time)	Bancroft	(562) 471-7451 ext.2401	Room 3101
Walter Muneton (Part-Time)	Franklin	(562) 435-4952 ext.413	Room 413
Juan Rodriguez (Part-Time)	Hamilton	(562) 602-0302 ext.7707	Room 25101
Wesley Manning (Part-Time)	Hughes	(562) 595-0831	Room 3106
Juan Rodriguez (Part-Time)	Jefferson	(562) 438-9904 ext.2706	Room B6
Veronica Sandoval (Part-Time)	Keller	(526) 421-8851 ext.1110	Room 1105

Walter Muneton (Part-Time)	Lindbergh	(562) 422-2845	Room 21
Estelia Velasquez (Part-Time)	Lindsey	(562) 423-6451 ext.1323	Bungalow 23
Estelia Velasquez (Part-Time)	Marshall	(562) 429-7013 ext.2803	Room 803
Veronica Sandoval (Part-Time)	Muir K-8	(562) 426-5571 ext.121	Room 1104
Elisabeth Rivera (Part-Time)	Nelson	(562) 591-6041 ext.5093	Room 7103
Laura Thron (Part-Time)	Powell K-8	(310) 631-8794 ext.1139	Room D- 39
Paula Pirir Solares (Part-Time)	Robinson K-8	(562) 492-6003 ext.1135	Room 25103
Laura Thron (Part-Time)	Stanford	(562) 594-9793 ext.2910	Room 910
Paula Pirir Solares (Part-Time)	Stephens	(562) 595-0841 ext.1402	Room 4102
Wesley Manning (Part-Time)	Washington	(562) 591-2434 ext.104	Room 104
Cindy Perez (Part-Time)	Tincher K-8	(562) 493-2636 ext.1132	Room 32



English