

Wellness Centers Support Students in Significant Numbers

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Recent data shows that a significant number of Long Beach Unified School District students have benefitted from safe and inclusive services offered in the District's Wellness Centers.

LBUSD Wellness Centers provide confidential services for students, families and staff with District-employed social workers at all K-8, middle and high schools. The centers also connect students and families to vital community resources by bringing external agencies to local schools.

More than 15,700 counseling sessions were held at all middle and high school locations last year, according to Synergy, the District's student information system.

The total combines 8,614 individual sessions and 7,133 group sessions completed during the 2022-23 school year at all middle and high school locations. Social-emotional learning activities and workshops hosted by each center are also categorized as group counseling sessions.

Synergy data results also reveal a total of 6,986 staff consultations, defined as when a school staff member requests support or guidance about a student; and 4,075 caregiver contact sessions, during which a social worker meets with caregivers to assess their needs and offer available resources for their student.

In addition, the centers assisted 2,675 students with basic needs, such as providing backpacks, uniforms, school supplies, hygiene kits and other essential items.



"I am incredibly proud of our social workers. They have worked relentlessly to create a culture of wellness," said Susana A. Cortes, assistant director for the LBUSD Office of School Support Services. "For the first time in LBUSD history, we have freshmen walking into our high schools seeking and expecting our Wellness Center's support because of the positive experience they had at their middle school Wellness Center."

LBUSD Wellness Centers recorded more than 250,000 walk-in visits during 2022-23, per the District's [latest annual report \(/fs/resource-manager/view/f603b9e8-9224-4f53-aeb6-8ba597160e00\)](/fs/resource-manager/view/f603b9e8-9224-4f53-aeb6-8ba597160e00). The total — a significant increase from more than 50,000 visits reported in LBUSD's [2022 annual report \(/fs/resource-manager/view/bf0bfff2-4298-47cf-b814-f4467cf9ced3\)](/fs/resource-manager/view/bf0bfff2-4298-47cf-b814-f4467cf9ced3) — is attributed to the recent expansion of centers at all middle school sites.

The District opened its first set of Wellness Centers at 11 high schools during the 2021-22 school year. In 2022-23, Wellness Centers were opened at all 21 middle and K-8 schools in the District.

"Every year, we strive to strengthen our program, increase our collaboration with our school site staff, expand our external collaborations and reach more students and families," Cortes said.

Some of the interventions and supportive services provided by the LBUSD's Wellness Centers include:

- Short-term counseling services (individual/group)
- Social service needs assessments/linkages
- Empowerment/educational workshops
- Peer mentorship/counseling
- Parent support groups
- Student and family advocacy and case management
- Special interest activities (art, mindfulness, yoga)
- Basic needs closet (snacks/toiletries/school supplies)
- Community resources
- Classroom/staff presentations

Wellness Centers are located on campus at the following schools:

- Middle and K-8 locations include Bancroft, Tincher, Cubberley, Rogers, Franklin, Washington, Hamilton, Hughes, Jefferson, Newcomb, Keller, Stephens, Stanford, Lindsey, Nelson, Hoover, Robinson, Marshall and Lindbergh middle schools, as well as Muir and Powell K-8 schools.
- High school locations include the California Academy of Mathematics and Science, Sato Academy of Mathematics and Science, Browning, Cabrillo, Jordan, Lakewood, McBride, Millikan, Poly, Renaissance and Wilson high schools.



Visit the [Wellness Centers webpage \(/fs/pages/24335\)](/fs/pages/24335) for more information.

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