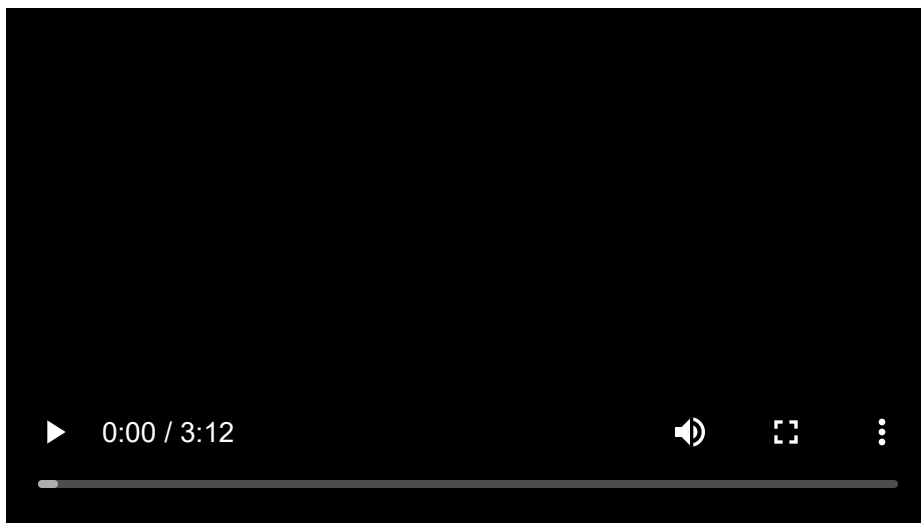


Wellness Centers



Wellness Centers are a safe space that seek to support the academic, emotional and social well-being of students and their families. Our Wellness Centers strive to achieve this by providing access to short-term school based counseling services, community linkages, student and family advocacy, and much more!



Social Work Specialists serve students from diverse backgrounds to be successful in school, working together in collaboration with school personnel and agency partners. Wellness Centers help to remove barriers to academic programs. Behavioral health services are provided by Social Work Specialist and school social work (MSW) interns.

[Skip To Main Content](#)

Currently we have 8 Wellness Centers in the District. Please see below for sites and contact info.

Middle School Locations

Oak Grove Middle School

Riverview Middle School



Shawna Puma, MSW, PPSC

Social Work Specialist

pumas@mdusd.org (mailto:pumas@mdusd.org)

High School Locations

College Park High School Concord High School

Mt. Diablo High School Northgate High School

Olympic High School

Ygnacio Valley High School



Marcela Ardema, LCSW, PPSC

Social Work Specialist

ardemam@mdusd.org

(mailto:ardemam@mdusd.org)

[https://cphs.mdusd.](https://cphs.mdusd.org/counselingcollegcareer/wellness-center)

[org/counselingcollegcareer/wellness-center](https://cphs.mdusd.org/counselingcollegcareer/wellness-center)

(<https://cphs.mdusd.org/counselingcollegcareer/wellness-center>)

Ygnacio Valley High School



Deonne Curtis-Wesley, MSW, PPSC

Social Work Specialist

wesleyd@mdusd.org

(mailto:wesleyd@mdusd.org)

Services

+ Suicide Prevention

- **Warning Signs**
(https://drive.google.com/file/d/10qJqFW1_PuqAuEA_0dkQWNYTYqzfe5usp=sharing)
- **National Suicide Prevention Hotline**
(<https://www.google.com/url?q=https%3A%2F%2F988lifeline.org%2F&sa=D&sntz=1&usg=AOvVaw1MXIf>)
- **Crisis Text Line**
(<https://www.google.com/url?q=https%3A%2F%2Fwww.crisistextline.org%2F&sa=D&sntz=1&usg=AOvVaw1MXIf>)
- **Talk/Text Contra Costa Crisis Center**
(<https://www.google.com/url?q=https%3A%2F%2Fwww.crisis-center.org%2Ftalk-or-text-someone-now%2F&sa=D&sntz=1&usg=AOvVaw2-s6lyLk7TPtGA5wFbt8iY>)
- **Substance Abuse & Mental Health Support (SAMHSA)**

<https://www.google.com/url?q=https%3A%2F%2Fwww.samhsa.gov%2F&sa=D&sntz=1&usg=AOvVaw3>

+ LGBTQIA+

- **Information for Educators**
<https://www.cde.ca.gov/re/di/eo/faqs.asp>
- **Rainbow Community Center**
<https://www.rainbowcc.org>
- **Gender Spectrum**
<http://www.genderspectrum.org/>
- **LGBT Youth Resources**
<https://www.snappywords.com/knowledge/lgbtq-student-toolkit-resources-for-inclusivity-and-support>
- **It Gets Better Project**
<https://itgetsbetter.org/>
- **Trevor Project**
<https://www.thetrevorproject.org/#sm.0000i60yzjl dcwe5nx2oi1qwfat6>
- **Trans Lifeline**
<https://www.translifeline.org/>
- **Contra Costa Crisis Center**

[Skip To Main Content](#)

(<https://www.crisis-center.org/talk-or-text-someone-now/>)

- **Transgender Law Center**
(<https://transgenderlawcenter.org/>)
- **Lambda Legal**
(<https://lambdalegal.org/>)

**CSEC
(Commercial
+ Sexual
Exploitation of
Children)**

- **Human Trafficking**
(</fs/pages/14847>)
- **Community Violence Solutions**
 - Main: 510-237-0113
 - 24-Hour Crisis: 800-670-7273
- **Child Welfare**
 - Main: 866-901-3212
 - Child Abuse Hotline: 877-881-1116
- **MISSEY**
(<http://misseey.org/>)

[Skip To Main Content](#)

- **Bay Area**
Women Against
Rape
(<http://www.bawar.org/>)
- **Love Never Fails**
Us
(<http://www.loveneverfailsus.com/>)

+ Hotlines/Textlines

- **National Suicide**
Prevention
Hotline
(<https://www.google.com/url?q=https%3A%2F%2Fsuicidepreventionlifeline.org%2F&sa=D&sntz=1&usg=>
- **Crisis Text Line**
(<https://www.google.com/url?q=https%3A%2F%2Fwww.crisistextline.org%2F&sa=D&sntz=1&usg=AOvVaw3>
- **SAMHSA**
(<https://www.google.com/url?q=https%3A%2F%2Fwww.samhsa.gov%2F&sa=D&sntz=1&usg=AOvVaw3>
- **Trevor Project**
(<https://www.google.com/url?q=https%3A%2F%2Fwww.thetrevorproject.org%2F&sa=D&sntz=1&usg=A>
- **National**
Domestic
Violence
Hotline
(<https://www.google.com/url?q=https%3A%2F%2Fwww.thehotline.org%2F&sa=D&sntz=1&usg=AOvVaw3>

- [Talk/Text](https://www.google.com/url?q=https%3A%2F%2Fwww.crisis-center.org%2Ftalk-or-text-someone-now%2F&sa=D&sntz=1&usg=AOvVaw2-s61yLk7TPtGA5wFbt8iY)
[Contra Costa](https://www.google.com/url?q=https%3A%2F%2Fwww.crisis-center.org%2Ftalk-or-text-someone-now%2F&sa=D&sntz=1&usg=AOvVaw2-s61yLk7TPtGA5wFbt8iY)
[Crisis Center](https://www.google.com/url?q=https%3A%2F%2Fwww.crisis-center.org%2Ftalk-or-text-someone-now%2F&sa=D&sntz=1&usg=AOvVaw2-s61yLk7TPtGA5wFbt8iY)
[\(https://www.google.com/url?q=https%3A%2F%2Fwww.crisis-center.org%2Ftalk-or-text-someone-now%2F&sa=D&sntz=1&usg=AOvVaw2-s61yLk7TPtGA5wFbt8iY\)](https://www.google.com/url?q=https%3A%2F%2Fwww.crisis-center.org%2Ftalk-or-text-someone-now%2F&sa=D&sntz=1&usg=AOvVaw2-s61yLk7TPtGA5wFbt8iY)
- [Covid-19](https://www.google.com/url?q=https%3A%2F%2Fwww.covid19.ca.gov%2Fresources-for-emotional-support-and-well-being%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
[Wellness](https://www.google.com/url?q=https%3A%2F%2Fwww.covid19.ca.gov%2Fresources-for-emotional-support-and-well-being%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
[Supports](https://www.google.com/url?q=https%3A%2F%2Fwww.covid19.ca.gov%2Fresources-for-emotional-support-and-well-being%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
[\(https://www.google.com/url?q=https%3A%2F%2Fwww.covid19.ca.gov%2Fresources-for-emotional-support-and-well-being%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz\)](https://www.google.com/url?q=https%3A%2F%2Fwww.covid19.ca.gov%2Fresources-for-emotional-support-and-well-being%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
- [Rainbow](https://www.google.com/url?q=https%3A%2F%2Fwww.rainbowcc.org%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
[Community](https://www.google.com/url?q=https%3A%2F%2Fwww.rainbowcc.org%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
[Center](https://www.google.com/url?q=https%3A%2F%2Fwww.rainbowcc.org%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
[\(https://www.google.com/url?q=https%3A%2F%2Fwww.rainbowcc.org%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz\)](https://www.google.com/url?q=https%3A%2F%2Fwww.rainbowcc.org%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
- [Contra Costa 211](https://www.google.com/url?q=https%3A%2F%2Fcccc.myresourcedirectory.com%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
[\(https://www.google.com/url?q=https%3A%2F%2Fcccc.myresourcedirectory.com%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz\)](https://www.google.com/url?q=https%3A%2F%2Fcccc.myresourcedirectory.com%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
- [Monument](https://www.google.com/url?q=https%3A%2F%2Fwww.monumentcrisiscenter.org%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
[Crisis Center](https://www.google.com/url?q=https%3A%2F%2Fwww.monumentcrisiscenter.org%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
[\(https://www.google.com/url?q=https%3A%2F%2Fwww.monumentcrisiscenter.org%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz\)](https://www.google.com/url?q=https%3A%2F%2Fwww.monumentcrisiscenter.org%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)
[ycGSleE_VmBWw-Zc\)](https://www.google.com/url?q=https%3A%2F%2Fwww.monumentcrisiscenter.org%2F&sa=D&sntz=1&usg=AOvVaw1XbvlSg9WP6_zkDNwSWyrz)

- **Food Bank**
([https://www.google.com/url?](https://www.google.com/url?q=https%3A%2F%2Fwww.foodbankccs.org%2F&sa=D&sntz=1&usg=AOvVh)
[q=https%3A%2F%2Fwww.foodbankccs.org%2F&sa=D&sntz=1&usg=AOvVh](https://www.google.com/url?q=https%3A%2F%2Fwww.foodbankccs.org%2F&sa=D&sntz=1&usg=AOvVh)
oR)
- **Monument**
Impact
([https://www.google.com/url?](https://www.google.com/url?q=https%3A%2F%2Fmonumentimpact.org%2Fen%2Fhome%2F&sa=D&s)
[q=https%3A%2F%2Fmonumentimpact.org%2Fen%2Fhome%2F&sa=D&s](https://www.google.com/url?q=https%3A%2F%2Fmonumentimpact.org%2Fen%2Fhome%2F&sa=D&s)
- **STAND**
(<https://www.standffov.org/>)
 - Offering
prevention,
intervention,
and treatment
programs for
families
suffering
domestic
violence and
child abuse
- **Natural High**
([https://www.google.com/url?](https://www.google.com/url?q=https%3A%2F%2Fwww.naturalhigh.org%2Ffor-parents%2F&sa=D&sntz=1&usg=AOvVaw1yDibwWMXERR14xH3mtak4)
[q=https%3A%2F%2Fwww.naturalhigh.org%2Ffor-](https://www.google.com/url?q=https%3A%2F%2Fwww.naturalhigh.org%2Ffor-parents%2F&sa=D&sntz=1&usg=AOvVaw1yDibwWMXERR14xH3mtak4)
[parents%2F&sa=D&sntz=1&usg=AOvVaw1yDibwWMXERR14xH3mtak4](https://www.google.com/url?q=https%3A%2F%2Fwww.naturalhigh.org%2Ffor-parents%2F&sa=D&sntz=1&usg=AOvVaw1yDibwWMXERR14xH3mtak4)
- Resources for
parents to help
talk to their kids
about drugs and
alcohol
- **NAMI (National**
Alliance on
Mental Illness)
(<https://namica.org/>)
- **Workforce**
Development
Board
(<https://www.google.com/url?>

q=https%3A%2F%2Fwww.wdbccc.com%2Fjobseeker-services%2F&sa=D&sntz=1&usg=AOvVaw2CeJetwD2WjPIDV9a4Ilhy)

- Offering employment and workforce services, occupational skills training, and educational programs

+ Internships

**Internship
Information**

(/fs/pages/14887)

CONTACT

Please contact your assigned school OR

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(mailto:pozosj@mdusd.org)