

## SERVICES



- Conflict Mediation
- Crisis Intervention
- Dental Screening

- First Aid



- Health Education
- Hearing & Vision Screenings

- Individual Support Counseling

- Mental Health Services

- Mentoring

- Nutrition Information

- Primary Medical Care

- Referrals to Outside Services

- Sports Physicals

- Substance Use Prevention

- Support Groups for Anger Management, Substance Use, Personal Responsibility, Grief, and Life Skills



The Stagg Wellness Center serves the medical and mental health needs of students attending Stagg High School, Stockton Public Safety Academy (PSA), and Pacific Law Academy (PLA). Students under the age of 18 must have parental consent, however, **all services are confidential.**

## THE STAFF

Christiane Liza R. Highfill  
Wellness Center Coordinator  
209/933.7445 x8486

Melanie Compo, Health Care Assistant  
209/933.7445 x8485

Carole Caton, BSN, RN, PHN-School Nurse  
209/933.7445 x8512

On Campus: *Daily except for Wednesdays*

Arica Arucan, LCSW – MH Clinician  
209/933.7445 x8510  
On Campus: *Daily*

### Delta Health Care, Lead Agency

- Individual/Group Support Counseling with Fieldwork Students  
On Campus: *Varies*

### Community Medical Centers

- Smoking Cessation/Substance Use  
On Campus: *Fridays*

### Parents By Choice

- Anger Management • Conflict Mediation  
• Parent Support  
On Campus: *Varies*

### Raising Youth Resilience

On Campus: *Daily*

### San Joaquin Pride Center

- Individual and/or Group Support Counseling  
On Campus: *Varies*

### SJC Probation – Crossroads Program

On Campus: *Varies*

For YOUR Health and Wellness Needs...



## The Wellness Center

Stagg High School

1621 Brookside Road, Room E-2

Stockton, CA 95207

209/933.7445 x8485

209/954.9245 fax

Monday – Friday\*

7:30am – 3:00pm

\*When school is in session

*During distance learning, services provided through telehealth (e.g. phone and virtual appointments).*

*Serving students since 1999*

## Who are we?

The Stagg Wellness Center opened in April 1999. Delta Health Care serves as the lead agency and assists in providing medical and behavioral health services to meet the needs of our students.

The Stagg Wellness Center is a health and wellness facility open to students attending Stagg High School, the Stockton Public Safety Academy (PSA), and the Pacific Law Academy (PLA). By having a wellness center on campus, students are able to receive services in a safe, youth-centered environment.

We encourage students to continue receiving services from their primary care physicians. However, the Stagg Wellness Center is here to serve the immediate needs of students.

Thank you to those organizations who support the Stagg Wellness Center:



Parents by Choice



The Wellness Center offers physical and behavioral health services on campus that help lead to healthier lifestyles.

### ACCESSIBLE

- Services are free and available on campus.

### CONVENIENCE

- No need to arrange for transportation, adjust parent's work schedule, or miss class for a long period of time.

### RESOURCEFUL

- Wraparound services
- Referrals available to community agencies.

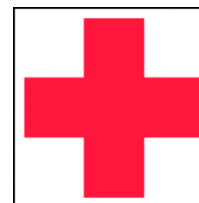
### PHYSICAL HEALTH RESOURCES

- SUSD Health Services provides a health care assistant and a school nurse to assist with student medical needs.
- Through community partnerships, medical professionals provide services such as sports physicals and health screenings.
- All staff are trained to work with teens.

### BEHAVIORAL HEALTH RESOURCES

- SUSD Mental Health & Behavior Support Services provides an on-campus mental health clinician.
- The Stagg Wellness Center works with community agencies like Delta Health Care and Community Medical Centers to provide services on campus.
- Current services include anger management, smoking cessation, substance use/brief intervention, and individual/group support counseling.

## How do I receive services?



It's as easy as  
1...2...3...

Step 1: Have your parent/guardian complete a consent form.

Step 2: Return the signed form to the Stagg Wellness Center. The consent is valid for the duration of the student's attendance.

Step 3: Request an appointment. Staff will schedule an appointment and/or make appropriate referrals.

*Note:* Referrals for services can also be made by teachers, counselors, and other school staff. Students may also self-refer.

The staff at the Stagg Wellness Center will teach you the importance of good physical and behavioral health. Staff offers education, prevention, and treatment that can lead to healthier lifestyles.

If you would like to schedule an appointment, please call 209/933.7445 x8485.

Research has shown, and teachers and educators intuitively know, that healthier children are better students because they are able to focus in class and are not distracted by hunger, pain, stress, or a chronic illness.  
-[www.schoolhealthcenters.org](http://www.schoolhealthcenters.org)

*Let the Stagg Wellness Center get you started on the path towards your positive health and success.*