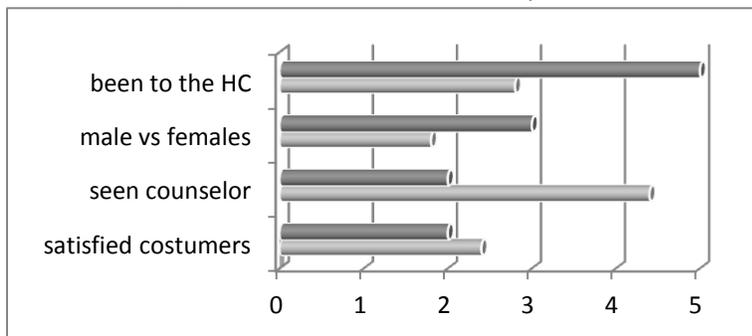


**WHO WE ARE:** We're the Youth Advisory Board, we're here to help the Health and Enrichment Center spread the word about the free and confidential services we provide. Free Services such as, Planned Parenthood, Kaiser, Wellness Counseling, and the Health Van. We make sure to let students know that everything in that room is confidential and will not be mentioned to their parents unless someone is hurting you or you're hurting yourself. We are a group who help students understand that they aren't alone and realize that there is help, and the help is right at the school.

**RATIONALE:** We've been assigned a research project in November about ways to improve our Health Center. We were given the chance to pick a topic that we believe needed work on. A direction we were heading was the wellness counseling program. Many students were complaining that they were on the waiting list for a long period of time, so that made us believe we need more counselors at the Health Center.

**PROCESS:** The process started in November; we really didn't know what we were getting ourselves into, but with the help of Kat and Youth Ally Bree we knew exactly what we wanted to fix. After hours of brainstorming we felt we were short on counselors. We started the project immediately by creating anonymous surveys with questions we felt comfortable for students to answer honestly. After completing the surveys we distributed them to every history class on campus, every class period. The survey was a long process, but once we put the surveys through survey monkey we knew exactly what to suggest.

**FINDINGS:** well good things we found is that 91.5% of students that took the surveys have been to the Health center and 84.6% of those students have been satisfied with the services. Though, 71.4% have seen a mental Health counselor (outside or inside the school grounds) 90.5% do not want to sign up for a mental counselor here. We found this to be unusual but we came with up some reasonable hypothesis: some students are too embarrassed to admit they need help; some are intimidated with the term "mental", and others need reasons why to trust the counselors here, and sign up for them.



**RECOMMENDATIONS:** Based on the research results we came up with two recommendations.

1. **Counselors can/should advocate for themselves.**

\*students don't know who they're going to be talking to and sometimes don't feel comfortable talking to a person they've never seen or heard of.

2. **Change the name** from "wellness counseling" or "Mental Health Counseling" to something more welcoming, for example Teen Support.

\*This can make it less intimidating for students to understand the name and not believe they have to be crazy to get this sort of help.