

Partnerships to Promote Health and Wellness

<p>American Heart Association (AHA)</p>	<p>The AHA provides year-round support to schools to boost community health and wellness and create the next generation of lifesavers. This partnership includes free health and wellness programs, grants, CPR education, staff wellness, workplace health solutions, community service opportunities, mental and physical health, and much more!</p> <p>Kids Heart Challenge™ is a free customizable program addressing topics such as social & emotional learning, physical activity, tobacco & vaping cessation, and nutrition. Opportunities for educational assemblies, school give-backs and grants. Virtual options available.</p> <p>The American Heart Challenge is a free program giving high school students a chance to do good, while feeling good. Students take heart healthy challenges (including physical activity, nutrition, and tobacco/vaping cessation) while raising awareness to fight heart disease and stroke. Virtual options available.</p> <p>CPR in Schools® is a program that provides the CPR in School Training Kit, designed to train 10 – 20 students at a time using portable and durable equipment. In just 30 minutes, students will learn how to save a life.</p> <p>Be the Beat provides teachers and school administrators with free, online tools and resources to help start and sustain CPR and AED programs in schools. https://www.heart.org/en/affiliates/california/san-diego</p>
<p>California Hospital Association</p>	<p>HHSA Behavioral Health Services works jointly with hospitals to ensure children and youth are provided with inpatient care or hospitalization should emergencies arise. Hospitalization or inpatient psychiatric care is for mental health emergencies and situations that require intensive supervision for individuals who are a danger to self, a danger to others, or are gravely disabled. http://www.calhospital.org/</p>
<p>The Children’s Initiative</p>	<p>The CI leads the San Diego Expanded Learning Consortium in partnership with SDCOE. The SDELIC is comprised of 27 local school districts and 21 charter schools that collaborate to share resources and best practices, eliminate duplication of efforts, and work collectively to maximize resources for expanded learning programs in San Diego County. https://www.thechildrensinitiative.org/expandedlearning</p>

County of San Diego Health and Human Services Agency (HHSa)

A major component of the County of San Diego's *Live Well San Diego* vision is to share best practices and resources among local partners from different sectors, including public and private organizations, healthcare organizations, businesses, parents and other committed individuals from the community.

HHSa plays a significant role in helping to promote student wellness. Many school initiatives have been supported through resources provided by HHSa.

Behavioral Health Services include mental health as well as alcohol and other drug services for children, youth, families, adults, and older adults. Services are categorized by:

- Prevention/Early Intervention
- Treatment
- Workforce Education and Training
- Mental Health Services (MHS)
- Substance Use Disorders (SUD) Services

<http://www.sandiegocounty.gov/hhsa/programs/bhs/>

Campus Community Connect events are coordinated by HHSa regionally to connect school social workers, counselors, nurses, family liaisons, and teachers with the resources that are offered within HHSa, such as Child Welfare Services, Nurse Family Partnership, and CalFresh. These events are part of HHSa's efforts to provide stronger linkages and networks with schools to ensure students and families are supported.

https://www.sandiegocounty.gov/content/dam/sdc/hhsa/regional_admin/documents/Campus_Community_Connect_Guide.pdf

To schedule a Connect event for your district please contact the HHSa school wellness lead in your region: [HHSa Regions School Wellness Contact Sheet](#)

HealthLink is a community health effort between Public Health Nursing, all County programs, schools, and community partners. HealthLink is tailored to respond to the unique needs of each region, identifying priorities and partnership opportunities, as well as encouraging implementation of best practices. HealthLink Public Health Nurses provide expertise as nurse consultants for schools, County Programs, and community agencies.

https://www.sandiegocounty.gov/content/sdc/hhsa/regional_admin/north/healthlink.html

Intergenerational (IG) programs and activities offer students of all ages the opportunity to come together and share talents, experiences, knowledge, and skills with people from different generations. The HHSa team of IG Coordinators, representing Aging & Independence Services, Child Welfare Services, and each of the regions of the county, are available to provide technical support and assistance to school districts seeking to provide these opportunities for their students.

	<p>https://www.livewellsd.org/content/livewell/home/community/intergenerational/intergenerational-programs-directory.html (see Pg. 35 in the Intergenerational Programs Directory for IG Coordinator contact information)</p> <p>Live Well San Diego Best Practices for Schools http://www.livewellsd.org/content/livewell/home/partners/best-practices-for-schools.html</p> <p>School communities and districts can connect to community partners by getting involved in a Live Well San Diego Regional Leadership Team to help all residents have easier access to healthy food options, safe places to play and exercise, and safe and thriving communities. Each regional team has completed a Community Health Assessment and developed Community Health Plans. Supporting better school attendance is a key focus regionwide. https://www.livewellsd.org/content/livewell/home/community/community-leadership-teams.html</p>
Farm to School Taskforce	<p>Facilitated by CHIP’s Farm to Institution Center, the San Diego County Farm to School Taskforce (F2ST) was established in 2010 with the vision for San Diego County schoolchildren to enjoy healthy foods that maximize seasonal and local products that bolster student achievement and wellness. Its members include school, business, and public health leaders who actively collaborate to increase consumption of local, healthy, seasonal foods. The F2S Taskforce has become San Diego County’s “go to” body for farm to school best practice sharing, partnership development, resource gathering, and strategy alignment. More than half of the county’s 42 districts participate in the F2S Taskforce, representing 200 school gardens, 400 salad bars, and over \$19 million in locally grown food purchased annually. To learn more about CHIP’s Farm to Institution Center, visit: https://f2icenter.org/</p> <p>To learn more about the Farm to School Taskforce, visit: https://f2icenter.org/collaboratives/farm-to-school-taskforce/</p>
HealthLink North County	<p>HealthLink North County is a school health and wellness focused collaborative, linking schools with resources to improve health, wellness and education outcomes for North San Diego County’s school children. The partners include school staff, community clinics, mental health providers, local and countywide community-based programs, public health nurses and County Health and Human Services Agency staff. The collaborative meets every other month during the school year in North County. HealthLink North County activities include meetings with informational presentations, opportunities for networking and resource sharing, and monthly emails providing announcements, resources, and funding opportunities. HealthlinkNorthCounty.org</p>
The North County Gang Commission	<p>This resource for North County community and schools identifies three primary components to anti-gang efforts: Prevention, Intervention and Enforcement. For more information, contact the County of San Diego Probation Department’s North County Office at www.sdcounty.ca.gov/probation or 211 San Diego at www.211sandiego.org</p>

<p>San Diego Association of Governments (SANDAG)</p>	<p>SANDAG and HHSA have partnered together on regional planning, active transportation, and Safe Routes to School projects to increase levels of physical activity and access to healthy food and nutrition. Through such collaboration, school districts, including, but not limited to, San Ysidro School District, Vista Unified School District, CVESD, La Mesa-Spring Valley School District, and Encinitas Union School District have benefited from strategies that created the vision of a more walkable route to and from school.</p> <p>https://www.sandag.org/index.asp?projectid=404&fuseaction=projects.detail</p>
<p>San Diego County Childhood Obesity Initiative (COI) – <i>Schools & After-School Work Group</i></p>	<p>The COI is a multi-sector coalition with the mission of reducing and preventing childhood obesity by advancing policy, systems, and environmental change through collective impact. <i>The Schools & After-School Work Group</i> is comprised of public health, community organizations, health advocates, and school and after-school representatives that support schools in establishing and implementing policies and programs that foster a healthy, active, thriving, and academically successful school culture, climate, and community.</p> <p>COI District Representatives are partners of the Work Group that act as liaisons between the Work Group and school districts to share information and resources that help to prevent and reduce childhood obesity. District Reps serve on wellness committees, support the revising and strengthening of wellness policies, provide tools and resources, and advocate for investments in wellness.</p> <p>https://sdcoi.org/focus-areas/schools-and-after-schools/</p>

<p>San Diego County Office of Education (SDCOE)</p>	<p>Student Support Services</p> <p>The mission of the Student Support Services Department is to enhance student success and achievement by assisting school districts and charter schools in building safe, supportive school and engaging communities.</p> <p>The Student Support Services Department is organized into two primary units:</p> <ul style="list-style-type: none"> ○ Safety and Student Engagement ○ Student Wellness and Positive School Climate <p>Through high-quality professional development, technical assistance, targeted services, and the dissemination of current and relevant research-based information and resources the department focuses on the promotion of strategies to:</p> <ul style="list-style-type: none"> ○ strengthen school connectedness ○ teach and reinforce positive behaviors ○ foster conflict resolution ○ respond quickly to individual needs and circumstance ○ promote health and well-being ○ re-engage disenfranchised <p>https://www.sdcoe.net/student-services/student-support/Pages/default.aspx</p> <p>System of Supports</p> <p>The System of Supports department assists SDCOE programs and local education agencies with developing the components essential to building a sustainable Multi-Tiered System of Support (MTSS). MTSS is a systemic approach to equitable access for all students, focusing on aligning the entire system of initiatives, supports, and resources.</p> <p>Areas of Support:</p> <ul style="list-style-type: none"> ○ Restorative Practices ○ Social-Emotional Learning ○ School Social Work Supports <p>https://www.sdcoe.net/student-services/system-of-supports/Pages/default.aspx</p>
<p>STEM in Your Backyard</p>	<p>STEM in Your Backyard is a <i>Live Well San Diego</i> signature event held in partnership with the Biocom institute. STEM in Your Backyard events provide access to free STEM (Science, Technology, Engineering, Math) experiences for students. The events aim to increase opportunities for students to interact with STEM individuals and expose them to STEM careers.</p> <p>http://www.livewellsd.org/content/livewell/home/news-events/steminyourbackyard.html</p> <p>https://www.lovestemsd.org/stem-your-backyard</p>

VEBA	<p>The California Schools Voluntary Employees Benefits Association (VEBA) provides health care benefits to school districts across San Diego and California that are effective and affordable. VEBA is committed to helping educators and school leaders become their healthiest selves to make the greatest impact on future generations. From innovative products to flexible health plans to personalized well-being programs, VEBA offers solutions to meet members where they are in their health journey.</p> <p>VEBA members can access individualized well-being plans through the VEBA Resource Center (VRC). The VRC has a multitude of in-person and virtual live group classes on topics such as movement, cooking, stress management, yoga, children’s fitness and more. The VRC also offers members in-person and virtual consultative appointments with Nurse Navigators (registered nurses), movement specialists, and nutrition specialists to provide a customized program.</p> <p>In addition, VEBA partners with school districts to provide customizable worksite well-being programs with options such as exercise programs, and-classes and workshops of a variety of health topics. Visit vebaonline.com or call 888-276-0250 to learn more about VEBA benefits or to bring VEBA to your district.</p>
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