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Welcome to

the

Wellness

Center!

# Wellness Center at Washington Middle School

The Wellness Center's goals are to provide early detection and treatment of illness, to encourage students to live positive healthy lives, and to enhance family communication around health issues. We work in active partnership with teens, their family, the school, and our community.

**Hours: Weekdays, 7:30 am - 3:00 pm during the school year**

## What kinds of services are offered at the Washington Wellness Center?

### *Primary Care*

- Sports physicals
- Vaccines
- Check ups: physical exams
- Infections and colds
- Acne and eczema
- Allergies and asthma
- Women's health care

### *Mental Health*

- Feeling blue
- Stress and depression
- Relationships problems
- Self-esteem
- Family conflict
- Peer pressure
- Healthy habits

### *Health Education*

- Growth and development
- Nutrition
- Healthy relationships
- Sexual health and education
- Tobacco and drug abuse prevention

Referrals to community resources—including health insurance, drug and alcohol treatment, mental health care, and chronic illness care—are also available.



### *Our Staff*

Jean Gorecki ARNP, Nurse Practitioner  
Julie Seltzer MSW, Counselor  
Erin Byrnes Counselor  
Elizabeth O'Meara, Program Coordinator  
Barbara Hopp RN, School Nurse

Phone: 206-568-3327

### *Who can be seen at the Center?*

At Washington Wellness Center, students may be seen by appointment with consent from their parents, during school hours or after school. Teens of any age may be seen for confidential reproductive health care services (birth control, exams). Mental health services are available without parent consent for teens age 13 and over [Reproductive Privacy Act, RCW (9.02)].

*The Washington Wellness Center is sponsored by Group Health Cooperative in partnership with Public Health—Seattle and King County. School-based health centers are provided in part by the voters of Seattle through the Families and Educational Levy.*



## School-Based Health Centers Consent for Health Services

School-Based Health Centers located in Seattle Public Schools must have a signed consent from a parent or legal guardian before providing services to youth, except in situations where federal and/or state laws allow youth to access such treatment without parent/guardian consent. If the youth is enrolled in school but is not enrolled in a School-Based Health Center (SBHC), he/she can continue to receive school nurse services.

I hereby request and authorize that:

Print Youth's Name:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

receive health care services available from and deemed necessary by the staff of the SBHC. These services may include, but are not limited to, such procedures as well-teen care, evaluation and treatment of acute illness and injuries, immunizations, blood studies, photographs and X-rays. Consent is also given for referral of care and if needed, emergency transportation, to other physicians, health care professionals, hospitals, clinics, or health care agencies as deemed necessary by the Center and its staff. This authorization does not allow services to be rendered without the youth's consent, unless she/he is unable to consent.

When consent is provided for care, all information is kept confidential except in the following circumstances:

1. The client gives permission through a signed release of information.
2. If he/she indicates risk of imminent harm to self or others.
3. He/she has a life threatening health problem and is under 18 years old.
4. There is reason to suspect abuse or neglect.
5. Certain communicable diseases must be reported to public health authorities.
6. Certain non-protected information such as yearly physicals and immunizations and general information regarding the healthcare you receive at the School-Based Clinic may be included in your medical record and/or shared with your primary care provider. No confidential information will be shared without the student's consent.

Consent for services is authorized for the length of time the youth is enrolled in name of school or schools. I may choose to withdraw the consent at any time by writing to the Center that serves the youth.

Youth Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name/Relationship of Legally Responsible Guardian (Print): \_\_\_\_\_

### FOR YOUR INFORMATION

Under Washington state law, youth may independently access reproductive health care at any age without parent/guardian consent; they may independently receive drug and alcohol services and mental health counseling from age thirteen without parent/guardian consent. The School-Based Health Center encourages each youth to involve his/her parents or guardians in health care decisions whenever possible.

If necessary, the SBHC will inform youth of options for and assist youth in accessing outside care. The SBHC will assist the youth in discussing these situations with parents/guardians. Youth's consent is legally required for release of information about the following kinds of diagnoses and treatment: pregnancy, sexually transmitted diseases (including HIV/AIDS testing), and alcohol and drug or mental health counseling.



## Stall News

# The Wellness Center

*Health Care available during school hours*

**Your health, your life, your business...**

**We offer students personalized and confidential services.**

- ❖ **Physical Exams**
- ❖ **Acne**
- ❖ **Nutrition**
- ❖ **First Aid**
- ❖ **Sports Physicals**
- ❖ **Mental Health Counseling**
  - Feeling down or blue**
  - Stress and depression**
  - Peer Pressure**
  - Self-esteem**

Open during

the school

year

Sign up today!

# Health Education

- Healthy relationships
- STD and pregnancy prevention
- Sexual health and family planning education

# Mental Health

- Feeling Down
- Stress
- Anxiety
- Depression
- Relationship Issues
- Family Problems
- Peer Pressure
- Self-esteem

# Primary Care

- Sports Physicals
- Colds and Flu
- Allergies
- Asthma
- Vaccines
- Family Planning
- Women's Health Care
- Acne