FOR IMMEDIATE RELEASE

CONTACT:
Paula Zamudio
Community Relations Officer
pzamudio@euhsd.org
760.291.3237

August 17, 2021

WELLNESS CENTER AT ESCONDIDO HIGH SCHOOL OPENS

Escondido, CA – The Escondido Union High School District celebrated the opening of the Escondido High School Wellness Center this week. The Wellness Center includes more than 1,600 square feet of space on campus designed to provide an environment for students centered on increasing and enhancing mental well-being. The space consists of a student center, as well as meeting spaces for school social workers and community partners to engage with students. In the Wellness Center, students will be able to take a self-assessment and access mental health resources, including books, time with social workers, and more.

The Escondido High School Wellness Center is the first for the district, with progress already being made to open Wellness Centers at Orange Glen and San Pasqual High Schools. Efforts for the center began last fall and the space was able to open so quickly in large part to volunteers from the Church at Rancho Bernardo who dedicated 140 hours to framing, sheetrock and carpet installation, and building and installing cabinetry; nearly 50 volunteers who painted the space; and more than 70 hours of donated time to design the center.

“The Wellness Center will benefit the students of Escondido High School tremendously,” said Superintendent Dr. Anne Staffieri. “It is a calm, serene space, where students can access mental health resources, talk with a social worker, and receive behavioral health support services. We are fortunate to have amazing community partners who worked to help make this possible for our students.”

The Church at Rancho Bernardo is a long-time supporter of the Escondido Union High School District and recently provided back to school goodie bags for every district employee. Additionally, at the end of the last school year they hosted a special celebration for graduates of the district’s CAL-Safe program, and annually have provided hygiene kits for the district’s homeless students.

The Wildflower Initiative added a reading nook to the Wellness Center, providing books, cabinetry and other decorative items. The nonprofit empowers women and children through literacy.
The Wellness Center will also host student groups, books clubs, and other gatherings where students can focus on their mental health. The district has plans to add Wellness Centers to the two other comprehensive high schools, Orange Glen and San Pasqual, during this school year.

####

**About Escondido Union High School District**

The Escondido Union High School District has empowered students to graduate prepared for college, career, and life through excellence in learning for more than 125 years. The district serves nearly 7,500 students across five high schools including: Escondido, Orange Glen, and San Pasqual, Del Lago Academy and Valley; as well as the Escondido Adult School. More than 900 staff members are employed by Escondido Union High School District, which offers more than 180 courses, including nationally recognized Advanced Placement courses, College & Career Technical Education, Independent Study, after school enrichment, career exploration, STEM opportunities, and more.