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School: **BAGUIO CITY HIGH SCHOOL – SENIOR HIGH SCHOOL**

Innovation Name: **STUDENTS WELLNESS SUPPORT INITIATIVE (SWSI)**

Explain your innovation briefly.	What makes the project unique, different and worthy of emulation?
After the pandemic, many students face a myriad of challenges that can impact their well-being and academic success. Issues such as depression, teenage pregnancy, attempted suicide and other mental concerns require proactive and comprehensive support systems within educational institutions. The Student Wellness Support Initiative is a comprehensive program designed to empower students, nurture mental health and create a supportive environment by providing counseling services, educational workshops, peer support programs, resource referrals and awareness campaigns.	This Student Wellness Support Initiative stands out as a unique and impactful program for several reasons: this initiative takes a holistic approach to student wellness by addressing a wide range of challenges, including mental health issues, teenage pregnancy and suicidal ideation. This also emphasizes preventive measures through educational workshops, awareness campaigns and community partnerships. It fosters collaboration with mental health professionals, educators, community organizations and stakeholders to enhance its impact and reach.
Problem Statement – What problem does the innovation seek to address?	What are your key challenges and how do you plan to overcome them?
This innovation aimed at addressing various challenges faced by students such as depression, teenage pregnancy, attempted suicide, and anxiety. It is focused on supporting students' mental health and well-being while emphasizing the importance of positive future. This is one way of implementing preventive measures to address these concerns. This innovation is very much aligned in our school Annual Implementation Plan , which is under our CARE program, Communication and Awareness raising to be Resilient and Empowered mental Wellness Program .	One of the primary challenges is the stigma surrounding mental health issues and other sensitive topics. Another one is on limited resources, including funding and infrastructure, may pose a challenge to implementing and sustaining the Student Wellness Support Initiative. Others, it will be hard to encourage students' engagement especially among those who are hesitant to seek help or assistance. Inadequate trained mentors, and other stakeholders to participate in the implementation of the Student Wellness Support Initiative. To overcome these things, must establish strong partnership with community organizations and experts.
How does the project demonstrate a clear understanding of the needs of your school community?	What resources would you need? How would you source them?
The Student Wellness Support Initiative demonstrates a clear understanding of the needs of the school community through a thorough needs assessment process: conducting surveys, consultations with students, teachers, and interview with parents. This data-driven approach ensures that the program's components such as counseling services, educational workshops, peer supports programs are tailored to address the unique needs and concerns of the school community effectively.	To effectively implement the Student Wellness Support Initiative, there is a need of various resources to support its program and services. Among these are the following: funding, crowdfunding platforms, and local business community partners' collaboration. Seek funding opportunities from government agencies, foundations and other organizations that supports these initiatives. Community fund raising events and perhaps corporate sponsorship.

STUDENT WELLNESS SUPPORT INITIATIVE



I. DESCRIPTION OF THE INNOVATION

This innovation is very much aligned in our school **Annual Implementation Plan**, which is under our **CARE** program, **Communication and Awareness raising to be Resilient and Empowered mental Wellness Program**. Recognizing the increasing challenges faced by students, including mental health issues, teenage pregnancy, and other stressors that impact their over-all well-being and academic performance, the Student Wellness Support Initiative is a comprehensive program addressing the mental health and well-being needs of students within the school community.

The initiative offers counseling services, educational workshops, peer support programs, resource referrals, and awareness campaigns to empower students, nurture their mental health, and foster a supportive environment conducive to academic success and personal growth. Through these varied activities, Student Wellness Support Initiative seeks to enhance students' mental health, promote awareness, and build a community where students feel supported and understood.

II. RATIONALE

The Student Wellness Support Initiative is committed to fostering a supportive and healthy school environment, where every student has the opportunity to thrive both academically and personally. Specifically, this program has the following objectives:



1. Provide holistic support to students experiencing mental health challenges impacting their psycho-emotional and psychosocial well-being.
2. Implement preventive measures through educational workshops, awareness campaigns, and community partnerships to promote well-being and resilience among students.
3. Create a safe and inclusive space for students to seek help, guidance and resources for their mental health and wellness needs.
4. Collaborate with mental health professionals, educators, and community partners to deliver comprehensive support services tailored to the unique needs of the school community.

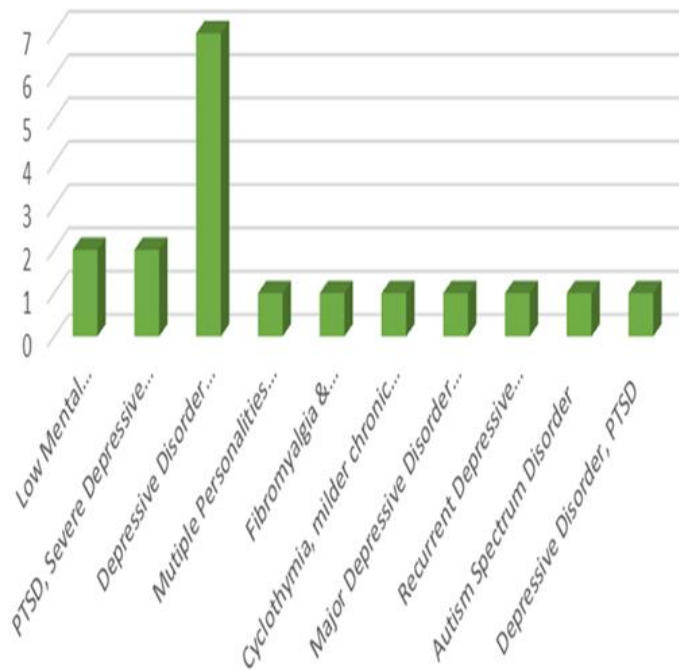


This innovation is proposed based from our school data shown below that are really alarming especially on mental issues that are directly affecting our learners.

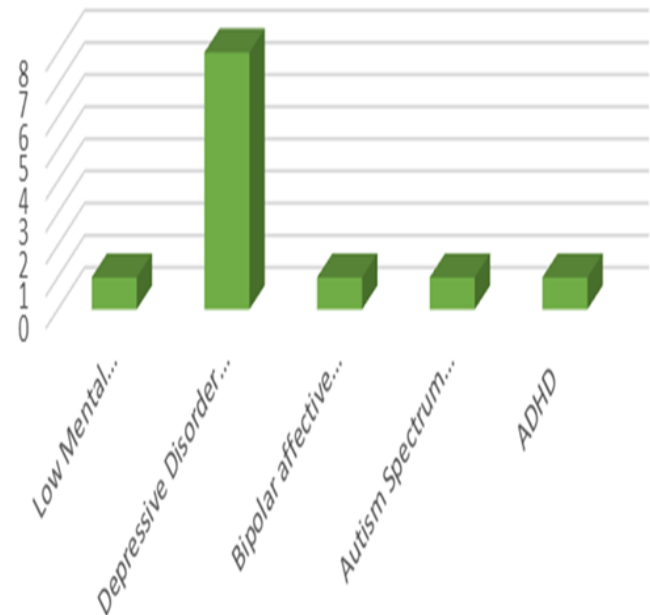
CASES/CONCERNS	S.Y. 2022- 2024	S.Y. 2023- 2024
Teenage pregnancy	1	3
Clinically diagnosed with Psychological Disorders <i>(Major Depressive Disorder; Anxiety Disorder; Bi-polar Disorder; Below Mental-Age, etc.)</i>	18	12
Psycho-emotional concerns <i>(Academic pressure, relationship issues, coping with loss and grief, Self-harm; Suicide Ideation; Alleged Bullying; Family Concern; Interpersonal Relationship; Truancy, etc.)</i>	227	196

School Year 2022-2023		School Year 2023-2024	
Reported Clinically Diagnosed with Psychological Disorders		Reported Clinically Diagnosed with Psychological Disorders	
Low Mental Age/Intellectual Ability	2	Low Mental Age/Intellectual Ability	1
PTSD, Severe Depressive Episode, Dysthymia	2	Depressive Disorder (severe, major)	8
Depressive Disorder (severe, major)	7	Bipolar affective disorder	1
Multiple Personalities Disorder	1	Autism Spectrum Disorder	1
Fibromyalgia & costochondritis	1	ADHD	1
Cyclothymia, milder chronic form of bipolar affective disorder	1		
Major Depressive Disorder and Generalized Anxiety Disorder	1		
Recurrent Depressive Disorder, Dysthymia, PTSD	1		
Autism Spectrum Disorder	1		
Depressive Disorder, PTSD	1		

School Year 2022-2023
Reported Clinically Diagnosed
with Psychological Disorders

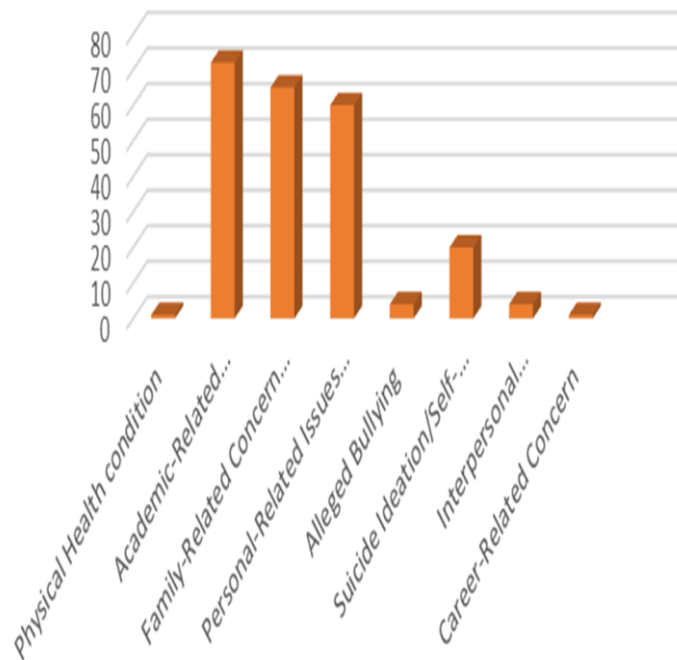


School Year 2023-2024
Reported Clinically Diagnosed
with Psychological Disorders

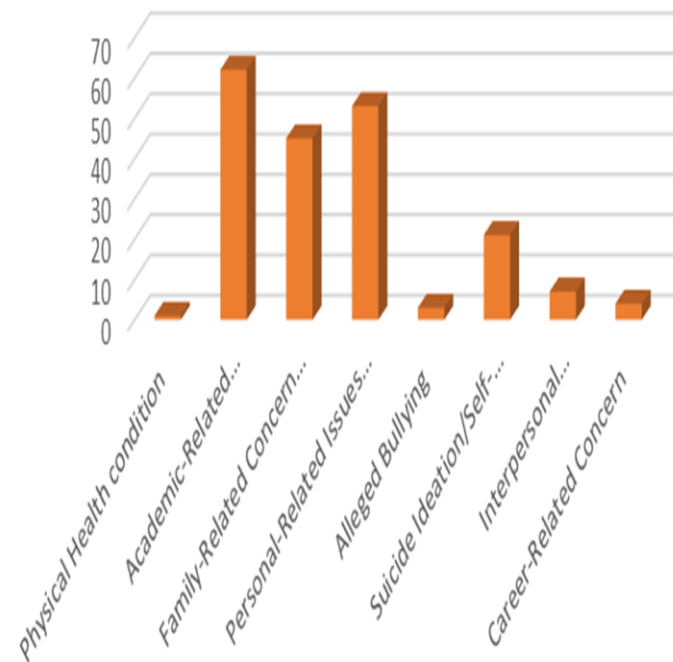


School Year 2022-2023		School Year 2023-2024	
Psycho-Emotional, Personal & Social Concerns		Psycho-Emotional Personal & Social Concerns	
Physical Health condition	1	Physical Health condition	1
Academic-Related Issues (adjustment, truancy, absenteeism, time management)	72	Academic-Related Issues (adjustment, truancy, absenteeism, time management)	62
Family-Related Concern (financial, communication)	65	Family-Related Concern (financial, communication)	45
Personal-Related Issues (emotional)	60	Personal-Related Issues (emotional)	53
Alleged Bullying	4	Alleged Bullying	3
Suicide Ideation/Self-Harm	20	Suicide Ideation/Self-Harm	21
Interpersonal Relationship (boy-girl relationship, friendship)	4	Interpersonal Relationship (boy-girl relationship, friendship)	7
Career-Related Concern	1	Career-Related Concern	4

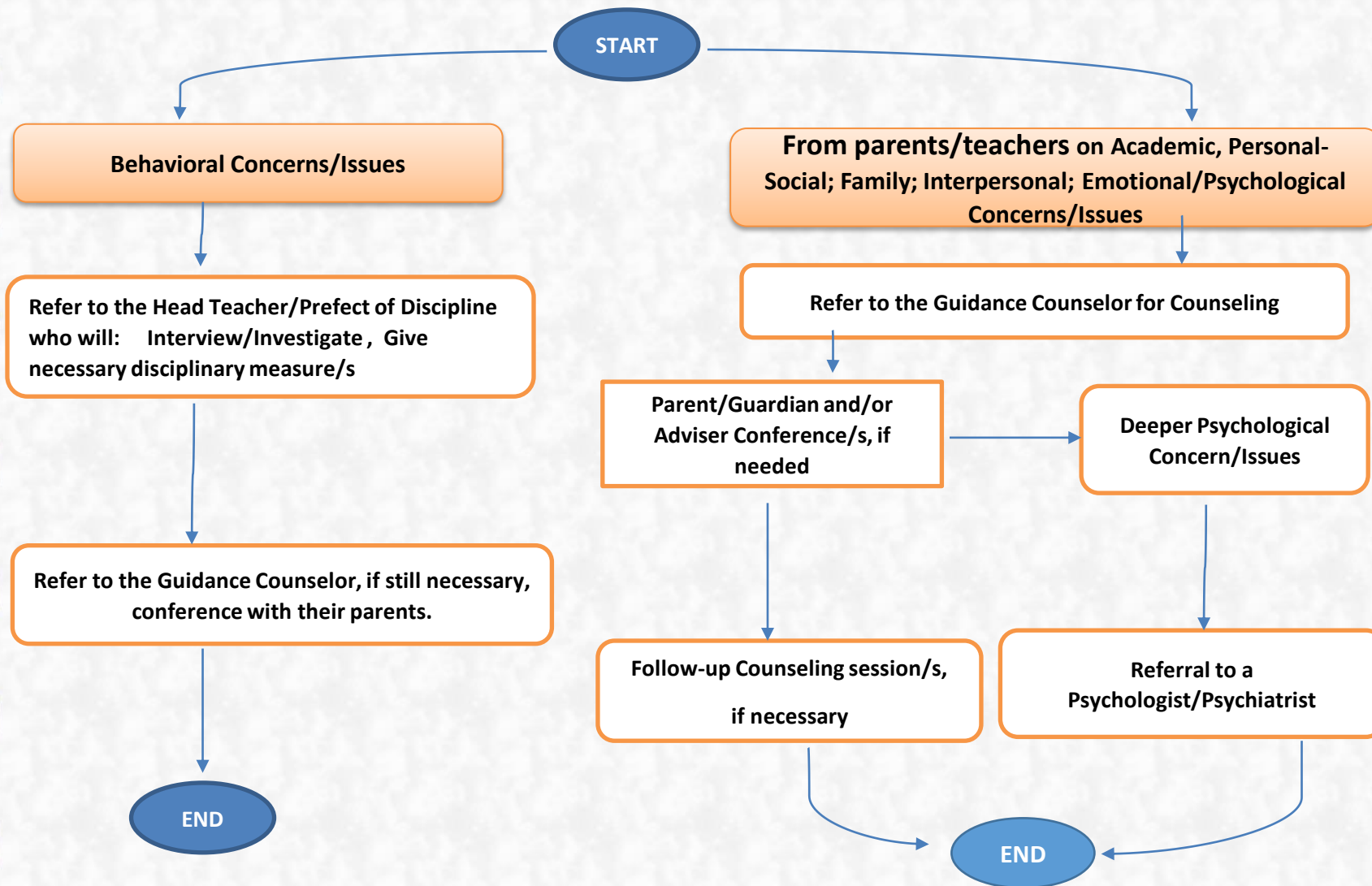
School Year 2022-2023
 Psycho-Emotional, Personal & Social Concerns



School Year 2023-2024
 Psycho-Emotional, Personal & Social Concerns



BCHS – SENIOR HIGH SCHOLL REFERRAL FLOW CHART



•PRE-IMPLEMENTATION PHASE

Action	Major involvement of proponent
Psychological Needs Assessment: <ul style="list-style-type: none">■ Conduct surveys and focus groups	<ul style="list-style-type: none">■ Design survey instruments.■ Organize and facilitate focus group discussions.■ Analyze collected data to identify mental health needs and concerns.
Resource Allocation: <ul style="list-style-type: none">■ Develop budget and funding sources	<ul style="list-style-type: none">■ Prepare a detailed budget for the initiative■ Research and identify potential funding sources (grants, donations, partnerships)
Stakeholder Engagement <ul style="list-style-type: none">■ Form a steering committee and establish partnerships	<ul style="list-style-type: none">■ Select and invite committee members (school administrators, mental health professionals, teachers, parents, and students)■ Organize and facilitate initial committee meetings■ Reach out to local mental health organizations and community groups for partnership

<p>Program Development</p> <ul style="list-style-type: none"> ■ Design services and integrate mental health education into the curriculum 	<ul style="list-style-type: none"> ■ Outline the structure of counseling services, educational workshops, and peer support programs ■ Collaborate with educators to incorporate mental health topics into the school curriculum ■ Develop detailed plans for each service and program
<p>Training and Capacity Building</p> <ul style="list-style-type: none"> ■ Plan training for staff 	<ul style="list-style-type: none"> ■ Coordinate with mental health professionals to develop training materials ■ Schedule and organize training sessions for teachers, counselors, and selected students (peer supporters) ■ Ensure all training materials and sessions are ready for implementation
<p>Communication Plan</p> <ul style="list-style-type: none"> ■ Develop awareness campaigns 	<ul style="list-style-type: none"> ■ Create content for awareness campaigns, including posters, brochures, and digital media ■ Plan dissemination strategies through school websites, social media, newsletters, and assemblies ■ Ensure all communication materials are prepared

•IMPLEMENTATION PHASE

Action	Major Involvement of Proponent
<p>Counseling Services</p> <ul style="list-style-type: none">■ Implement an online or physical scheduling system for student appointments.	<ul style="list-style-type: none">■ Manage the development and integration of the scheduling system
<p>Educational Workshops for teachers, counselors, and students as peer supports</p> <ul style="list-style-type: none">■ Plan workshop topics and schedules in consultation with mental health professionals.■ Prepare and distribute educational materials and resources for workshops.■ Arrange logistics for guest speakers, including honorarium if needed.	<ul style="list-style-type: none">■ Lead the organization of workshop schedules and content.■ Manage the creation and distribution of workshop materials.■ Coordinate with guest speakers or trainers for effective delivery of sessions.

Peer Support Programs <ul style="list-style-type: none"> ■ Train selected students to become peer supporters. ■ Establish peer support groups and regular meetings. ■ Develop guidelines and resources for peer supporters. 	<ul style="list-style-type: none"> ■ Coordinate training programs and oversee the selection of peer supporters. ■ Facilitate the setup of peer support groups and meetings. ■ Develop and provide resources and guidelines for peer supporters.
Resource Referrals <ul style="list-style-type: none"> ■ Develop a referral system for connecting students with external mental health resources. ■ Establish partnerships with local mental health services and organizations. ■ Create and distribute referral directories and information. 	<ul style="list-style-type: none"> ■ Develop and manage the referral system ■ Coordinate partnerships with external mental health services.
Awareness Campaigns <ul style="list-style-type: none"> ■ Develop campaign themes and materials in collaboration with mental health experts. ■ Implement a strategy for distributing campaign materials through various channels (school website, social media, newsletters). ■ Plan and execute events such as Mental Health Awareness Week or workshops 	<ul style="list-style-type: none"> ■ Lead the development and execution of awareness campaigns. ■ Oversee the creation and distribution of campaign materials. ■ Manage the department (BCHS-SHS) in the promotion of awareness events and activities.

Budgetary Requirements.

To meet the budgetary requirements, the following funding sources can be considered: 1. School Budget Allocation 2. Donations 3. Partnerships

Activity/ies	Target number of students	Budget Requirement
1. Psychiatrist Assessment fees	10 at 3,500.00 per student	Php. 35,000.00
2. Educational Workshops, Trainings on values formation, family team buildings.	15 to 20 participants 3-5 facilitators	25 participants x 500.00 x 4 Quarters = Php.50,000
3. Meals during quarterly activity (Lunch and Snacks)		Php 20,000.00
4. Training Materials/Certificates		Php. 10,000.00
5. Honoraria/Tokens for speakers		
7. Training, Assessment and counseling rooms, Filing Cabinet		<u>Total 115,000.00</u> Undetermined budget/amount for this purpose.

POST IMPLEMENTATION PHASE

A. Project Monitoring and Evaluation

Regular monitoring and evaluation mechanisms will be implemented to assess the progress, impact, and outcomes of the Student Wellness Support Initiative program. Feedback from students, staff, and other stakeholders will be collected through surveys, focus groups, and performance indicators to measure the effectiveness of the program. Continuous evaluation will be done as the basis of program adjustments and strategic decision-making to enhance the initiative's impact and sustainability.

B. Sustainability of the Project

The sustainability of the Student wellness Support Initiative program will be ensured through:

1. Diversification of funding sources (grants, donations, partnerships with community stakeholders)
2. Continuous capacity building for staff and volunteers to maintain quality service.
3. Establishment of referral networks and partnerships to expand resources and support services.
4. Integration of the program into the school's wellness policies and practices to institutionalize support for student mental well-being.



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