

**WILLOWS UNIFIED SCHOOL DISTRICT
JOB DESCRIPTION**

CLASS TITLE: WELLNESS COACH II

Classification: Range 40

BASIC FUNCTION:

Under the supervision and direction of the assigned Administrator, the Wellness Coach II will operate as a member of a school's care team to support school sites and students ages birth to 25 with youth behavioral and mental health needs. The Wellness Coach II will promote wellness education at sites, promote mental health literacy, support sites with universal behavioral screenings, support individuals or groups of students with social and emotional skills, and assist with care coordination and linkages to crisis support when necessary.

Essential Functions:

Under the guidance of licensed or credentialed staff:

Deliver group or classroom programming focused on wellness promotion and education, relationship building, bullying prevention, life skills in the area of stress management, time management, problem solving, nutrition and exercise, mental health literacy; behavior activation, including identifying, engaging in, and evaluating activities that promote positive emotions and well-being; supporting and practicing overcoming maladaptive thinking patterns identified in higher-level care; distraction strategies; and emotional regulation.

Provide brief check-ins with students that provide emotional support and/or follow manualized curriculum that enhances wellness

Support students with goal setting and coping skills

Support small group programming of a structured curriculum to enhance wellness and life skills (e.g. social-emotional skills, stress management, time management, organization, problem-solving, and conflict resolution.)

Support the administration of universal screening programs in school

Support students in completing behavioral health screenings

Support the school with identification and linkage of youth in need of behavioral support to providers in the school or broader organization or community

Connect students and families to internal and external behavioral or mental health resources.

Facilitate communication with other professionals that are providing support and care to youth, including connecting individuals to licensed providers

Support the documentation of provided services for school-based billable services.

Support school wide behavioral systems

Support family and community engagement efforts

Provide crisis referrals

KNOWLEDGE AND ABILITIES:

KNOWLEDGE OF:

Basic understanding of behavioral and mental wellness

Available community resources and services

Challenges, behaviors, and needs of various student populations, including at-risk/high-risk and those with special needs

Effective interventions

Research techniques

Computer operations including word processing and spreadsheets

ABILITY TO:

Maintain confidentiality

Communicate with others on the care team and within the organization

Work effectively with students

Present to groups of students in a classroom setting

Work individually with a student on skill development and goal-setting

Develop and maintain positive working relationships with members of the school community

EDUCATION AND EXPERIENCE:

Bachelor's degree or higher in Social Work, Human Services, Addiction Studies, Child Development/Early Intervention, Psychology, or Sociology

Field Experience (800 hours; application accepted with 300 hours)

CERTIFICATE:

Receive either a Certified Wellness Coach II or Registered-Certified Wellness Coach II certification through the California Department of Health Care Access and Information (HCAI)

WORKING CONDITIONS:**ENVIRONMENT:**

School classroom and/or office

PHYSICAL DEMANDS:

Standing for extended periods of time.

Bending at the waist to assist students.

Reaching overhead, above the shoulders and horizontally.

Dexterity of hands and fingers to demonstrate activities and prepare materials.

Board Approved: December 19, 2024