

THE WELLNESS CENTER

IDYLLWILD ARTS COUNSELING AND MENTAL HEALTH SERVICES FOR STUDENTS

Idyllwild Arts Academy is committed to supporting and empowering students for personal, social, and academic success. The Wellness Center of IAA, as supervised by the Dean of Students and in collaboration with the Director of Counseling Services, supports the mental health needs of all students. Individual counseling is offered on a short-term basis, in one-on-one sessions dealing with a wide range of personal concerns that may include issues such as Adjustment, Stress Management, Anxiety, Depression, and Relationship Concerns. These counseling services are provided in a professional, private, and confidential setting, at no cost, for all students who wish to address any potential obstacles or barriers to their success at IAA. IAA mental health services will operate in accordance with all applicable laws and regulations.

COUNSELING

Provide mental health counseling services for all students at no additional cost. Provide individual counseling services to foster the psychological and emotional well-being of students. Developing, hosting, and facilitating small group sessions and workshops that center on a shared issue or problem. Refer students whose counseling mental health needs are more intensive or long-term in nature, or beyond the scope of the Wellness Center, or beyond the scope of practice or competency of the counseling staff, to an appropriate community resource. Provide educational programming regarding alcohol, drugs, suicide prevention, healthy relationships, and other mental health and wellness topics. Psychological testing, psychiatric evaluations, medication management, and Accessibility evaluations will be referred to outside providers. Managing student departures and returns to campus that emerge from mental health needs and limited on-call crisis intervention after hours.

MISSION AND VISION

The Idyllwild Arts Academy Wellness Center provides high quality mental health services to promote the overall well-being, retention, and success of our diverse student population. Our work is guided by ethics, professional standards, and appreciation for diversity. We strive to ensure access to needed information for all people. We also value respecting the inherent dignity and worth of all people.

Maximize student success at IAA and beyond by providing responsive and effective support, education, and mental health care interventions and referrals.

EXAMPLE GROUPS AND WORKSHOPS

- Coping Skills
- Rest and Destress
- Sleep Hygiene
- Expressive Arts
- Earth Based Healing
- Organizational Skills
- Intuitive Eating
- Mindfulness
- Student Leaders in Wellness

REFERRAL PROGRAM

The Wellness Center is committed to finding resources for all of our students. We are able to look for help that meets the diverse needs of our student body. Some of the things we look at in our referral process are cultural considerations, acuity of care needs, financial and insurance status, location and demographics and long term success of the student. We understand the relationship between people and partnering in the therapeutic process. We seek to strengthen relationship and foster collaborations that serve the students. We promote ethical practices and work with organizations that do the same.

LOCAL COMMUNITY RESOURCES

Miles Thomas Acupuncture, Herbal Medicine (951) 659-2500	Saoirse Wood Massage (951) 805-6195
Dr. January Suarez Chiropractic, Energy Medicine 858-342-3646	Susan Woofsy AMFT 951-523-7470
Judy Milin Chiropractic (951) 659-4522	Nancy Waite-O'Brien, PhD 760-275-8598
Tima Ivanova, PhD 323-630-4727	Micha Thomas, AMFT (213) 463-2972
	Julie Lively Craniosacral Therapy, Feldenkrais, Pilates 9312423422

CRISIS INTERVENTION

Idyllwild Arts Wellness Center will respond to mental health acute distress and emergency crises during business hours and after hours. We provide crisis intervention services to students during business hours who are in serious, acute, or immediate emotional distress. We also provide resources and training to the staff members on campus to better support the students.

