



JSD WELLNESSES

25-26



# Jordan District Student Wellness

- School Psychologists (all schools)
- School Counselors (all schools)
- School-based Mental Health Therapist (secondary schools)
- Full Mental Health Teams (secondary)
- Jordan Family Education Center
- Intervention Early Warning System (Panorama)
- Student Feedback Surveys
- Comprehensive School Counseling
- District Mental Health Team
- Behavior Support and Training
- Collaborative Multi-Disciplinary MTSS/PBIS Supports
- Crisis Response & Support
- Teen Centers
- At-Risk Supports
- School Safety Supports
- Social-Emotional Supports
- Prevention Supports
- Wellness Supports
- Community/Family Mental Health Supports



## Prevention

- SEW Curriculum
- SafeUT, BARK
- Suicide, Bullying, Violence Prevention (CSTAG)
- Attendance
- Prevention Plans



## Mental Health Services

- Clinical Support Staff
- Mental Health Access Program
- Virtual Parent MH Series
- Mental Health Screening



## Wellness

- Employee Wellness Offerings & Reps
- Wellness Day (2/6)
- Wellness Room Support
- SEW Skill Building Curriculum Support

To engage individuals in sustaining their well-being



[wellness.jordandistrict.org](https://wellness.jordandistrict.org)

# Student Health and Wellness Data

## Clinical Support Specialist (School-Based Therapist) Feedback

- 21 School-Based Therapists
- 94.4% of parents agree/strongly agree that “School-based mental health therapy has been helpful for my student and their school success”
- 94.6% agree/strongly agree that “Meeting with my school therapist has been helpful to me at school”

## Mental Health Access Program (MHAP)

- 3206 referrals since 2019, and counting!

## BARK & SafeUT

- 2669 Sever BARK alerts this year so far, 1053 SafeUT alerts this year

## SEW Curriculum Support

- 32 Schools utilizing skill-building curriculum

## Wellness Rooms

- 23,236 student visits recorded (based on reporting schools), 86% reported feeling happy, calm, and confident in their ability to return to class after their brief visit

# Jordan District Employee Wellness Highlights

- Addition of maternity and paternity leave
- Changing leave to “annual” leave
- Substitute shortage addressed
- Maximizing allowable PD Days
- Addressing Efficacy (District Specialists, i.e. Wellness, MTSS, etc.)
- School & Department Employee Wellness Reps – peer support network
- PD Opportunities
  - InFocus Educator Well-Being
  - Mindfulness-Based Stress Reduction (MBSR)
  - Asynchronous “Mindfulness for Humans”
  - School PD & PD Day Offers
- Annual Districtwide “Wellness Day”

# Wellness Day 2026 - Student Curriculum



- Supportive Relationships
- Balanced Nutrition
- Quality Sleep
- Mindfulness Practices
- Physical Activity

[wellness.jordandistrict.org/stress-busters](https://wellness.jordandistrict.org/stress-busters)

# Wellness Day 2026 - Employee Offers



[wellnessday.jordandistrict.org](https://wellnessday.jordandistrict.org)

- \*TopGolf
- \*Escape Room
- Bowling @ Delton Lanes
- Bowling @ Megaplex
- Cornhole @ MRHS
- Sourdough
- \*Craft Lake City
- \*Painting w/ Easley
- Line Dancing
- Pilates
- Barre
- BalleX
- Pickleball
- \*Painting w/ AI Rounds
- 6 Sound Baths!
- BBQ
- Quilting
- Cookie Decorating
- Health Fair
- Blood Drive
- Writing Workshop
- \*SLCC Cooking
- Yoga
- Self-Defense
- Swig - Free menu item
- Zumba
- Local Gym offers
- Junk Journaling
- Fly Tying
- Karaoke
- Classic Skate Discount
- Laughter Yoga
- Somatic Movement
- Mindfulness
- Salt Scrub Craft



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