

# SVUSD Wellness Night

## Hosted at FIMS

on September 27, 2023

Presented by: Dr. Megan McIntosh,  
Cheri Rigdon, Kami Murphy



# “No Wrong Door”

Silver Valley Unified School District Wellness Night  
at Fort Irwin Middle School

## “No Wrong Door”

September 27th

4:00 PM -6:00 PM at FIMS

Activities and games will be available for  
students and families



## “Team of Community Support”

Agencies Available: SVUSD, WACH, CAHELP, ASAP, FAP, Behavioral Health,  
Immunizations, MST, CYS, MFLCs, SLO, Emergency Services and CID

Breakout Sessions will be available on healthy habits, stress  
& anger management, and online safety



# Resource Booths in the Gym:

- Immunization Information
- Barstow PD Explorer Program
- SVUSD Information /HR
- School Liaison Office
- Middle School Teen Center
- SVUSD Special Ed Team & Bobbie the Therapy Dog
- CAHELP Outreach Team



- ASAP
- CYS Nurse
- CYS Program
- CYS Special Needs
- MFLC Team
- EFMP Providers
- Literacy Connection (FLARE)
- Book Give Away
- Healthy SBCSS
- Ft Irwin Fire Department
- Behavioral Health



# Fun Activities for SVUSD Families:



## Make & Take Activities:

- Squishy Bags
- DIY Playdough
- Calming Bottles
- Tornado Bottles



## Games in the Quad:

- Tic-Tac-Toe
- Cornhole
- Football Toss
- Giant Chess
- Bubble Station
- Puzzles & Games
- Yoga

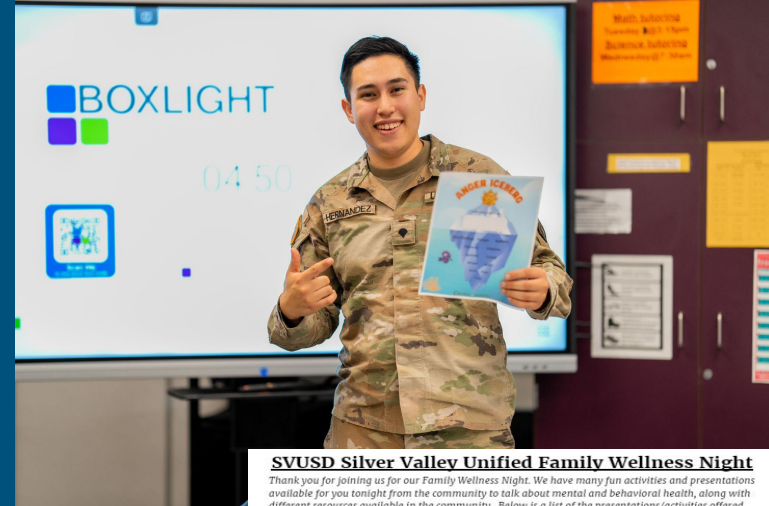
## Freebies/ Give-Aways:

- Snacks
- Free Books
- Free Bags
- Free SWAG



# Breakout Room classes

1. Criminal Investigations Division (CID)
2. Family Advocacy Program (FAP)
3. Department of Behavioral Health
4. CAHELP- Outreach Team
5. Wellness Together
6. Karla Romero-Castillo FIMS School Counselor(SVUSD)



## **SVUSD Silver Valley Unified Family Wellness Night**

Thank you for joining us for our Family Wellness Night. We have many fun activities and presentations available for you tonight from the community to talk about mental and behavioral health, along with different resources available in the community. Below is a list of the presentations/activities offered and their locations.

Name of Presentation/Activity	Presenter	Location:	Session Times: 4:30-4:55 5:00-5:25 5:30-5:55
Grooming Behaviors Information	CID	D-4	
Stress and Anger Mgmt/ Bully Awareness/ Problematic Sexual Behavior	FAP	D-2	
Behavioral Health: Healthy Habits that Reinforce Appropriate Care	Major Durrah	D-1+ will have an informational table in the Gym	
CAHELP- Outreach Team- Family Engagement	Marysol Hurtado and Team	H-2 + will have an informational table in Gym	
Social Mindfulness	Gami Rodriguez- Wellness Together	E-2	
Immunizations Info	Jamie Julian/ Major Folker	Table in Gym	
Explorer Program	Barstow Police Department	Table in Gym	
SVUSD Information/ HR	SVUSD	Table in Gym	
School Liaison Office	Pam Murray	Table in Gym	
Middle School Teen Center	Anna Anaya	Table in Gym	
CVE Nurse	Sarah Aneman	Table in Gym	

# Laughter, Fun and Connection

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# Engagement and Learning



# Outcomes- Words from the Community

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# Looking Forward to Next Year

- Start Planning Earlier
- Consider refreshments
- Include School PTOs or Student Groups
- Expand knowledge of resources and agencies to invite
- Review class names for increased marketing appeal
- Ask stakeholders what resources they are interested in
- Complete pre and post survey data



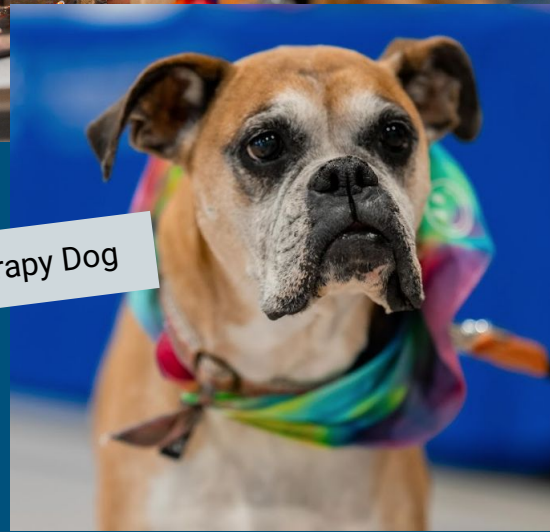


# Fun For ALL





Bobbie the Therapy Dog



Supporting our families



Students filled up the backpack(s) with free resources!



Partnering with Ft. Irwin resources



Satisfied Customers!



# Special Thanks

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Special Thanks to Megan's FIMS Team- All of her teachers, aides and staff put in outstanding effort in making sure this event ran smoothly!

Special Thanks to our partners who joined us in making this event impactful!

Special Thanks to the support we received from Garrison Command and all of our Fort Irwin Training Center Agencies!

