

Wellness & Prevention Center.

SAN CLEMENTE

**HELPING TEENS
TO BE TEENS
AND FAMILIES
TO BE STRONG.**



WHAT DO WE DO? WORK TO CREATE A HEALTHIER, HAPPIER SAN CLEMENTE.

OUR MISSION

When we live in a culture with a relaxed attitude toward drug and alcohol use, and which doesn't openly discuss mental health issues, it can be difficult for teens and parents to get the resources they need to live healthy, productive, drug-free lives. Knowing the struggles San Clemente families face, community members came together with the goal to educate and provide services for parents and youth about substance abuse and mental health. That's how our organization, the Wellness & Prevention Center, San Clemente, was formed.

SCHOOL CAMPUS >

Since teens spend the majority of their days in school, we are on campuses throughout San Clemente, providing educational events on substance abuse and counseling services to make the greatest impact on their lives.



**"I APPRECIATE
THAT THE CENTER
MADE SURE I WAS
TAKEN CARE OF
WHEN I HAD NO ONE
ELSE TO TURN TO."
— ANNA, SCHS STUDENT**

WHAT DO WE DO? [CONTINUED]

EDUCATION

We educate teens about wellness, substance abuse and how to make healthy decisions. Parents and teens attend our educational events to learn from experts about drug use and how it affects their health and community. We provide information on healthy living and discuss issues teens face through flyers, school packets, weekly newsletters and a column in the *San Clemente Times*.

COMMUNITY

We work with local organizations to develop a wellness approach to health and ask for community-wide pledges from families to commit to healthy behaviors. Through awareness campaigns and educational events, we strengthen the well-being of the entire community.

PREVENTION

We work to reduce the use of alcohol, illicit drugs and prescription medications. We teach teens and parents about the science of drug addiction and how it affects their brain and behavior. We also work directly with the business community by discussing how they too can help reduce alcohol and drug use in San Clemente.

COUNSELING

We provide safe places for students to discuss their problems and work with them to discover positive solutions. We provide services and resources for teens and parents to understand and get treatment for substance abuse, depression, anxiety, chronic stress and suicidal thoughts.

SOCIAL >

We provide activities for teens to have fun together without the use of drugs and alcohol. We support the local San Clemente Social Club (SC2) and Link Crew to strengthen our youths' connections to their schools, family, peers and community.



“WORKING WITH
OUR TEENS AND
THE COMMUNITY,
WE CAN REACH OUR
GOAL OF A HEALTHIER
SAN CLEMENTE.”

— SUSAN PARMELEE,
EXECUTIVE DIRECTOR,
WELLNESS &
PREVENTION CENTER

WHAT CAN YOU DO?

YOU CAN DONATE YOUR TIME, TALENTS AND DOLLARS.

HELP US CREATE A HEALTHY SAN CLEMENTE

Generous donations from the community and funding from several grants support the Wellness & Prevention Center. Our partners include Sisters of Saint Joseph, Mission Hospital, Capistrano Unified School District, John Redmond Orthodontics, Kaiser Permanente, Orange County Community Foundation and the City of San Clemente. You can help our mission by providing your time or talent as a volunteer or by donating funds.

LEVELS OF GIVING

Be Social	\$20 to \$99.
Think Positive	\$100 to \$499.
Seek Fulfillment	\$500 to \$999.
Find Purpose	\$1,000 to \$2,499.
Develop Creativity	\$2,500 to \$4,999.
Foster Harmony	\$5,000 to \$9,999.
Live Healthy	Over \$10,000.

CORPORATE SPONSORSHIP

Are you a corporation looking to make a positive impact on our youth and give back to San Clemente?

With your support, we can expand our range of services to help more teens and families lead healthier lives. Let's work together to create a sponsorship benefits package that meets your organization's needs.



LET'S WORK TOGETHER. WILL YOU JOIN OUR MANY SUPPORTERS?

The Wellness & Prevention Center, San Clemente, is funded by several grants as well as generous donations from businesses and community organizations around the San Clemente and Orange County area.

- \$75,000 grant from Mission Hospital to fund our middle school Wellness & Prevention Center program at three San Clemente Middle Schools
- \$3,000 grant from the city of San Clemente toward teen programs
- \$36,000 donation from John Redmond Orthodontics toward grant writing
- Participation in a Drug Free Communities grant award of \$75,000 to the National Council on Alcoholism and Drug Dependency, Orange County
- The Orange County Community Foundation has provided grant resources and consulting
- We partner with the Capistrano Unified School District, which provides office space at school sites

**"WE EDUCATE TEENS ABOUT WELLNESS,
SUBSTANCE ABUSE AND HOW TO MAKE
HEALTHY DECISIONS."**

**— JEN ANTHONY, THERAPIST,
WELLNESS & PREVENTION CENTER**

PROGRAM STATS 2014-2016

16,500

Lock Up Your Meds
Information Cards to
San Clemente families

845

Students participated
in San Clemente
Social Club activities



5,185

Community members
have attended
education events



162

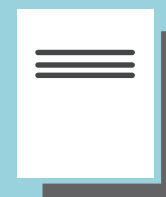
Adults attended a
Reality Party to learn
what happens at teen
house parties

5,714

Students have received
Wellness & Prevention
Center presentations in
the classroom

1,555

Students received
education from partner
agencies regarding
tobacco use, mental
health awareness
and preventing risky
behaviors



4,800

Educational flyers
were distributed to
San Clemente community
members on topics
varying from healthy teen
development to
education about illegal
substances

160

Adults and youth
participated in coalition
meetings to plan
prevention activities



1,800

Households received
weekly emails about
raising healthy teens



166

Students received
individual counseling for a
total of 657 sessions

111

Referrals to outside
providers and services

HERE'S THE PROOF. IT WORKS. WHAT THE COMMUNITY HAS TO SAY.



"San Clemente is a family-focused community. Given the excellent track record of the Wellness & Prevention Center, it was a logical and important choice for the city council to support them. Simply stated, they make a positive difference for our children."

– LORI DONCHAK, SAN CLEMENTE CITY COUNCIL MEMBER

"The Wellness & Prevention Center is an incredibly valuable safe port for teens and their parents amidst the storm of drug and alcohol abuse in South Orange County—especially heroin addiction, alcohol binges and marijuana abuse, which has such potent strains that a single inhale is like smoking an entire joint just a decade ago, thus creating an epidemic of mental illness and potential brain damage."

– EDWARD A. TAUB, M.D., F.A.A.P.,
WELLNESS AND ADOLESCENT MEDICINE PIONEER

**"WE'RE
PROVIDING A
SAFE PLACE
TO GO ON
SATURDAY
NIGHTS."**

– SOPHIA SPRALJA,
FOUNDER OF
SC2 CLUB

**"IF IT
MAKES A
DIFFERENCE
TO ONE KID,
IT'S ALL
WORTH IT."**

– SUSAN PARMELEE,
EXECUTIVE DIRECTOR
OF THE WELLNESS &
PREVENTION CENTER



"Thank you for all the time you take to learn about each student and for helping teens understand that stress and anxiety can be a normal part of growing up."

– KAREN, PARENT, SAN CLEMENTE



**THE WELLNESS & PREVENTION CENTER SAVED
MY DAUGHTER'S LIFE."**

– REQUESTED ANONYMOUS

"The Wellness & Prevention Center of San Clemente is an invaluable partner with the Capistrano Unified School District in our mission to best serve the social-emotional needs of our students. The Center deeply understands the issues facing students and creates an informative level of support for CUSD counselors, even for those at the elementary level. Prevention is key and the Wellness & Prevention Center of San Clemente is a valued and integral component of the Capistrano Unified School District's 'multi-tiered system of support' for our students."

– AMY HANACEK, PRESIDENT BOARD OF EDUCATION,
CAPISTRANO UNIFIED SCHOOL DISTRICT



HELP US CREATE A HEALTHIER SAN CLEMENTE.

For more information or donation and sponsorship opportunities, please contact:

FUNDRAISING DIRECTOR

Brittany Kirk

fundraising@wellnessandpreventionsanclemente.com

949.393.2320

EXECUTIVE DIRECTOR

Susan Parmelee, LCSW

susan@wellnessandpreventionsanclemente.com

949.680.0516

Wellness
& Prevention
Center.

SAN CLEMENTE

700 Avenida Pico
San Clemente, CA 92673

wellnessandpreventionsanclemente.com