FEBRUARY 2026

CCCOE WELLNESS IN SCHOOLS PROGRAM

EDITION #26

WELLNESS IN SCHOOLS PROGRAM

CONTRA COSTA COUNTY Office of Education

Belonging is the Heart of School Wellness

This Valentine's season is a great time to celebrate youth mental health advocacy as an act of care. Valentine's Day is about connection—and in schools, that connection matters. When students feel heard, respected, and supported, belonging grows, strengthening mental health and helping students engage, seek support, and thrive every day.

National School Counseling Week (February 2 - 6)

School counselors play a vital role in amplifying student success. Let's take time to recognize and celebrate their impact on our school communities.

A Culture of Care: Student Wellness Clubs at Work

Youth mental health advocacy through student-led wellness clubs strengthens belonging by creating spaces where students feel seen, heard, and valued. When schools intentionally support these clubs and elevate youth voice, mental health support becomes part of school culture—not just something students navigate alone.

Self-Love & Self-Care for Students and Staff

Valentine's Day is a reminder that self-care matters too. Encouraging students and staff to rest, take breaks, and reach out for support helps build resilience and supports mental health.

February Activity Suggestions:

Kindness Grams / Gratitude Notes
Students write anonymous notes recognizing peers, teachers, or staff.

Wellness Club Valentine Week
Student wellness clubs host daily themes (self-care day, kindness day, connection day).

"You Belong Here" Board
Students add sticky notes sharing what makes them feel welcomed at school.

Staff Appreciation Board
Students and colleagues post thank-you notes recognizing staff contributions.

Self-Care Spotlight
Share one small self-care practice per week in staff emails or announcements.



The CCCOE Youth Coalition Winter Mixer

In January, the CCCOE Youth Coalition Winter Mixer brought together student mental health advocates from across Contra Costa County to connect, collaborate, and build belonging. Through interactive activities and peer discussions, students shared ideas, learned from one another, and formed connections beyond their own schools.

By centering youth voice and leadership, the Mixer highlighted the power of student-led spaces to strengthen belonging and make mental health advocacy a shared, countywide effort.









Student Voice Spotlight

CCCOE Youth Coalition Newsletter Team

The CCCOE Youth Coalition Newsletter Team is a group of student leaders who amplify youth voice through monthly newsletters on mental health, wellness, and belonging—using student-written content to keep school communities informed, connected, and engaged.

To read more about the CCCOE Youth Coalition: **The Student Voice in Action Page**.



The 988 Suicide & Crisis Lifeline provides 24/7, free, confidential support for emotional distress or mental health crises. **Call or text 988, or chat online to connect with trained counselors anytime**.

The Contra Costa Behavioral Health Access Line is a 24/7 entry point for mental health and substance use services. Trained staff provide immediate support, answer questions, and connect individuals and families to the right care—quickly, confidentially, and in multiple languages. **Call the 24/7 ACCESS Line at 1-888-678-7277**

The CAPC Surviving Parenthood Guide is a comprehensive resource guide that connects Contra Costa families to free local services and supports that promote child development, family well-being, and protective factors across all stages of childhood.

C.O.P.E. Family Support provides youth-centered mental health services that promote emotional well-being, resilience, and healthy relationships through counseling, skill-building groups, and prevention programs—supporting youth while also offering guidance for parents and caregivers.

VISIT OUR WEBSITE FOR INFO ON OUR PROGRAM AND SERVICES

Looking for more resources?

The Wellness in Schools Program website is a central hub for WISP's mission, programs, events, and partnership opportunities, with resources for educators, families, and students to support student mental health and thriving school communities.

The CCCOE WISP Website

THE WISP Padlet

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Office of Education
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Lynn Mackey, Superintendent of Schools