

Name of Grantee: Wellness Together
 Title of Proposed Project: School-Based Therapy for Lakeside Union School District Students
 Requested Amount: \$75,000.00
 # of Residents Served: 40
 CHNA Category: Behavioral Health



Introduction

Wellness Together was established in 2016 with the mission to provide accessible and effective mental health services to individuals and families across communities with humanity and dignity. We believe in providing innovative solutions that promote mental health awareness, advocacy, and access, and are committed to the development of a culturally competent mental health workforce. Partnering with hundreds of schools across California, we provide students, educators, and staff access to mental health services and supports. In addition to counseling services, we offer several online and in-person programs to help students to recover their capacity to learn and reach their full potential.

Project Highlights

Wellness Together’s School-Based Therapy provides culturally responsive, evidence-based mental health support for students across California. Since 2016, our Mental Health Specialists have facilitated counseling sessions with over 110,000 individuals, providing on-campus and online support for students, faculty, and staff. By placing skilled, clinically-trained professionals on campuses, we ease the pressure of student care so that educators may expand their effectiveness rather than their workload, and students can reach their full potential. For the proposed project, Wellness Together requests funding to provide mental health support for students with our current partner, Lakeside Union School District, for the 2025-26 school year.

Prior Funding	Prior Sponsorships
FY23-24: -	FY23-24: -
FY22-23: -	FY22-23: -
FY21-22: -	FY21-22: -
FY20-21: -	FY20-21: -
FY19-20: -	FY19-20: -

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Financial Overview

Total Assets: \$ 4,782,232
 Current Assets: \$ 3,735,626
 Total Liabilities: \$ 1,183,897
 Current Liabilities: \$ 678,435
 Current Ratio: 5.51
 Total Revenue: \$ 10,621,436
 Operating Cash Flow: \$ 1,322,080

Cost per Client: \$ 1,875.00

Budget Data

Total Organization Budget: \$ 180,000.00
 Total Project Budget: \$ 180,000.00
 GHD % of Project Funding: 42%

Grant Funding Allocation:

Staff \$ 75,000.00
 Management \$ -
 Consultants \$ -
 Equipment \$ -
 Food \$ -
 Information/Materials \$ -
OTHER \$ -
 Utilities & Office Exp. \$ -
 Professional Services \$ -
 Training \$ -
 \$ -
 Total \$ 75,000.00

Total Organization Funding Sources

Source	Amount
Federal	\$ -
State	\$ -
City/County	\$ -
Other Government	\$ -
Proposed GHD	\$ 75,000
Fees for Service	\$ -
Nonprofit Organizations	\$ -
Private Donations	\$ 25,000
Other (list below)	
Blue Shield of CA	\$ 20,000
School Partnerships	\$ 60,000
Total	\$ 180,000

Title	Wellness Together	08/28/2024
	by Sarah Wild in Full Grant	id. 47329146
	sarah.wild@wellnesstogether.org	

Original Submission 08/28/2024

Score	n/a
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Organization Information

Legal Name of Organization	Wellness Together
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Address	1382 Blue Oaks Blvd Ste 213 Roseville CA 95678 US 38.79597 -121.31165
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Organization Website	https://www.wellnesstogether.org/
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Organization Introduction	Please provide a brief (2-3 sentence) introduction to the organization, and its primary purpose(s).
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Organization Introduction (response):	Wellness Together was established in 2016 with the mission to provide accessible and effective mental health services to individuals and families across communities with humanity and dignity. We believe in providing innovative solutions that promote mental health awareness, advocacy, and access, and are committed to the development of a culturally competent mental health workforce. Partnering with hundreds of schools across California, we provide students, educators, and staff access to mental health services and supports. In addition to counseling services, we offer several online and in-person programs to help students to recover their capacity to learn and reach their full potential.
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Applicant Information

Name (application point of contact)	Mark Drexler
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Applicant Title	Director of Corporate Partnerships
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Applicant Phone	+15103329013
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Are you the agency director?	No
Name of Agency Director	Marlon Morgan
Phone of Agency Director	+15103329013
Email of Agency Director	marlon.morgan@wellnesstogether.org
Board of Directors	
	Wellness_Together_Board_and_Affiliations_.pdf
Nonprofit Bylaws	
	2024_WT_Bylaws_-_FINAL.pdf
Organization Brochure	
	Wellness_Together_Services.pdf
Has the organization received grant or sponsorship funding from the Grossmont Healthcare District within the past five years?	No
Grant Information	
Proposed Project Title	Wellness Together's School-Based Therapy for Lakeside Union School District Students
Project Highlights	Please provide below a concise (2-3 sentence) description of the proposed project.
Project Highlights (response):	Wellness Together's School-Based Therapy provides culturally responsive, evidence-based mental health support for students across California. Since 2016, our Mental Health Specialists have facilitated counseling sessions with over 110,000 individuals, providing on-campus and online support for students, faculty, and staff. By placing skilled, clinically-trained professionals on campuses, we ease the pressure of student care so that educators may expand their effectiveness rather than their workload, and students can reach their full potential. For the proposed project, Wellness Together requests funding to provide mental health support for students with our current partner, Lakeside Union School District, for the 2025-26 school year.
Amount of Funds Requested	75000.0

Number of Unduplicated GHD Residents to be Served	40.0
Ages of Population to be Served (select all that apply)	Middle childhood (6-11 years) Adolescent (12-17 years)
Which of GHD's strategic priorities best aligns with your project? (select one)	Behavioral Health
	<p>Areas of Impact The Grossmont Healthcare District is home to approximately 520,000 residents, and its boundaries cover a large geographic area of 750 square miles that include most cities and towns frequently referred to as "East County," as well as much of the rural Mountain Empire Region. For the purposes of Board governance, it is divided into five zones. Use the image below or visit the Grossmont Healthcare District Interactive map to identify which zone(s) your project will impact.</p>
Which zone(s) of the Grossmont Healthcare District will your project impact?	Zone 4: Lakeside, Harbison-Crest, Alpine, Pine Valley, Tribal communities (Barona and Viejas Reservations)
	Project Narrative
Narrative Part 1 - Problem Statement	Please provide a summary description of the issue(s) or challenge(s) that the proposed project seeks to address, and the need for these proposed service(s) within the Grossmont Healthcare District.

Narrative Part 1
(response)

Wellness Together was established in 2016 to provide mental health services and support for school communities and underserved students to help them recover their capacity to learn and reach their full potential. According to the 2022 San Diego Community Health Needs Assessment (CHNA), depressive disorders were the most common inpatient principal diagnosis for youth in 2019, with as many as six youth per day treated for attempted suicide in San Diego County emergency departments. Youth mental health crises are on the rise, with Rady Children's Hospital San Diego reporting a 1,746% increase in psychiatric crises from 2011 to 2019. Clinicians and community members surveyed in the report agreed that the primary behavioral health challenges for children and youth are anxiety and depression, with over 60% of respondents selecting mental/behavioral health as their major concern. Common challenges like anxiety, depression, stress, and behavioral disorders can impair students' ability to concentrate, process information, and perform academically, often leading to higher absenteeism that adversely affects their learning and grades. The report identified a severe lack of therapists in schools, insufficient behavioral health resources for children, and limited services with lengthy wait times in community-based programs. Schools play a critical role in identifying students at risk and providing timely interventions to prevent escalation. By partnering with schools to address these challenges and equipping students, educators, and guardians with the necessary tools and knowledge, we can mitigate the impact of mental health struggles and promote health literacy and resilience for San Diegan students.

Narrative Part 2 -
About Your
Organization

Please share the most important information about your organization, and its capabilities to address the problem(s) described above. Relevant information could include some of the following: How will your organization's history and experience make this project successful? Current programs and recent accomplishments or achievements Recent major changes to financial and/or organizational circumstances

Narrative Part 2
(response)

Wellness Together School Mental Health was launched in 2016 for underserved Californian students in an effort to close the achievement gap and provide life-saving mental health support for youth who may not otherwise be able to access the care they need. We partner with schools to deliver on-site and online mental health services for all students, regardless of Medicaid or insurance status. We are driven to reduce harmful stigma and promote mental health awareness, literacy, advocacy, and access for everyone through various resources and innovative programming. In just eight years, Wellness Together has developed and implemented six robust programs to advance our mission and expand our effectiveness:

1) *School-Based Therapy*: Mental Health Specialists are placed on school campuses to provide crisis intervention and individual and group counseling to students.

2) *HearYou.org*: Provides flexible employee wellness solutions for schools and organizations by offering secure online counseling to educators and employees.

3) *Wellness Education Lab*: Free online practical and empowering mental health training for students 13+, parents/guardians, and educators/school staff.

4) *Laughing Together*: Created by professional improv teachers and licensed therapists, these engaging workshops combine comedy and mental health using evidence-informed curricula for professionals, teams/groups, and school communities.

5) *Student Mental Wellness Conference*: With the California Department of Education, Wellness Together convenes policymakers, school leaders, mental health professionals, and educators from around the world for the largest annual international student mental health advocacy conference.

6) *Mind Out Loud*: Youth-led student mental health advocacy program amplifying the student voice through a free annual event, monthly workshops, and student representative program.

Since our 2016 inception, Wellness Together has evolved into a multi-million dollar organization employing 228 people and reaching over 200,000 students and educators per year. We have quickly attained and nurtured valuable partnerships to optimize and expand our important services with numerous school districts and state entities. We partner with the California Department of Education to deliver the Student Mental Wellness Conference, the largest international student mental health advocacy conference held annually in Anaheim. Wellness Together also partners with Blue Shield of California as part of the BlueSky Initiative to fund school-based programs with individual and group counseling sessions for at-risk students in Alameda and San Diego counties. Partnerships like these continue to increase mental health literacy, foster skill development, empower educators and guardians, foster community engagement through a sense of belonging, and reduce the stigma surrounding mental health challenges in schools and the community.

Wellness Together is also passionate about diversifying the behavioral health workforce so that clinicians reflect the communities they serve. Mental health clinician graduate programs require practicum placements for students to gain clinical experience, yet as most are unpaid, students from under-resourced backgrounds are often deterred from entering the behavioral health workforce. To create pathways for clinicians from underserved communities, we provide paid practicum placements where students receive weekly clinical supervision from licensed clinicians, weekly meetings with program staff, specialized training on working with students in school settings, and opportunities for advancement within our organization.

Narrative Part 3 -
About the Community
Served

Please share information about the community that will be served through this project. Relevant information could include some of the following: The primary community opportunity, challenge, issue or need that your organization works to address Information about the people you serve such as socioeconomic status, race, ethnicity, gender, sexual orientation, age, physical ability, and language Details about how you work with other organizations, coalitions, or networks that serve the same community, or provide similar services Details about how you listen to/involve constituents, community members, and/or volunteers

Narrative Part 3
(response)

This grant will fund Wellness Together's School Based-Therapy program in Lakeside Union School District. In the 12-month grant term, Wellness Together will provide up to 40 K-12 students with free onsite and online mental health services by offering immediate therapeutic intervention while removing barriers of transportation and costs. Lakeside Union School District's minority enrollment is 80%, while 53.5% of students are economically disadvantaged. There is only one full-time counselor serving 1,504 students, and the student-to-teacher ratio is higher than the state average (21:1), at 25:1. Nearly 70% of students we serve are from historically marginalized populations, and over 90% of students face barriers to accessing mental health services due to cost, insurance eligibility, immigration status, lack of transportation, long wait times, or lack of advocacy at home. We are committed to helping young people overcome their obstacles to mental health support by providing equitable access to all students, including underrepresented and LGBTQIA+ students, who are disproportionately at risk for serious mental health challenges. Our services come at no cost to families and students, regardless of Medicaid or insurance status. By providing onsite Mental Health Specialists, we ensure the seamless integration of services on school campuses so that students receive support where they spend most of their day.

The 2022 San Diego County Community Needs Assessment (CHNA) identified mental/behavioral health, depression, and anxiety as major health concerns for children and youth, with rates of psychiatric crises, suicides, and suicide attempts among youth greatly increasing in the last decade. Public health and community-based behavioral health services have not been able to keep up with local needs, and there are not enough therapists staffed in schools. In San Diego County, approximately 50% of children are enrolled in Medi-Cal, yet there is a serious gap between the needed behavioral health services and the covered services. Youth who are from historically marginalized populations are subject to serious racial and geographic disparities and poor outcomes for early development, health, school success, and transition to adulthood. These concerning outcomes illustrate a need for programs like ours to work with students, staff, and families to foster trusting relationships and best meet individual needs, helping students overcome their obstacles to meet their full personal and academic potential.

Wellness Together understands that the lack of diverse representation of therapists represents another barrier to many individuals seeking help from those with similar lived experience. Thus, we are committed to diversifying the behavioral health labor force so that clinicians reflect the communities they serve by providing paid practicum placement to create pathways for clinicians from underserved communities. In this way, Wellness Together addresses the mental health workforce shortage identified by the CHNA while promoting the development of a culturally competent behavioral health system in San Diego to meet the urgent mental healthcare needs of our youth. School-Based Therapy is essential for supporting the healthy socioemotional development of students, promoting academic success, reducing stigma, and nurturing students' overall development in a safe and accessible environment.

Narrative Part 4 -
About Your Project

Please explain the project. It is not necessary to restate information answered above. Relevant information could include some of the following: What you plan to do (activities) and anticipated timeframe Why you plan to do it (opportunity, challenge, issue or need) Who will be impacted (target population, including age, gender, ethnicity, other relevant characteristics) Whether the proposed project is a new service or an established service or program that will be expanded to GHD residents

Narrative Part 4
(response)

Wellness Together's School-Based Therapy is an established program that has provided effective, evidence-based, and culturally responsive mental health support for students, educators, and families since 2016. The program is delivered in over 200 schools across California, serving 55 schools and 168,000 K-12 students in San Diego County, including Lakeside Union School District, the focus of this request. Our qualified, clinically-trained Mental Health Specialists work in person with school communities to serve students and help relieve the emotional burden of educators so they can focus on their important work. Specialists are available to provide immediate support for students in crisis, collaborating with school staff and parents/guardians to keep children safe. In non-crisis situations, students meet with clinicians within two days of request, regardless of insurance. By eliminating this paperwork step, we ensure that support is efficiently delivered at no cost to students and their families. Working within each school's Multi-Tiered System of Supports, our Mental Health Specialists provide the following services to schools through a collaborative, integrated, and turn-key approach: Individual Counseling & Group Counseling; Services Family Engagement Sessions; Collaboration with Existing Support Staff; Crisis Intervention & Prevention; and Social-Emotional Learning Classroom Presentations.

Using evidence-based interventions such as mindfulness practices utilizing the DNA-V model and social-emotional learning, our Mental Health Specialists offer both on-campus and online mental health support to students in individual or group counseling sessions, helping them to set goals and overcome their barriers to mental wellness and scholastic achievement. Students meet weekly with clinicians in a confidential space, either individually or in a group, depending on their needs and preferences. Individual sessions last 10-13 weeks, and group sessions typically last 6-8 weeks. Our clinicians provide support for students (resources and referrals as needed), guidance for staff, and follow-up support for aftercare.

Wellness Together fills an important gap by placing Mental Health Specialists on school campuses to provide crisis intervention and individual and group counseling to underserved students in San Diego. As the prevalence of mental/behavioral health conditions among youth have been increasing in recent years, many young people might be unable to seek help due to unstable or unsupportive home environments, cultural/social stigma, or barriers including resources, finances, time, and transportation. Public health and community-based behavioral health programs are already strained as rates of children and youth psychiatric crises are on the rise. Schools do not have enough therapists, and public services are limited with lengthy wait times. Wellness Together recognizes the importance of delivering collaborative supports on school campuses to meet the needs of students and families so that they receive the support

they need in the place where they spend the majority of their day. We support the health and effectiveness of school environments by easing the pressure of student mental health needs so that educators may expand their effectiveness rather than their workload. Too often are teachers compelled to devote additional energy, time, and care to meet the non-academic needs of their students in addition to fulfilling their already demanding workload. Not only might they lack the clinical training necessary to address psychiatric concerns, but students require appropriate, impartial, and confidential counseling separate from their scholastic responsibilities. As the number of schools requiring mental health services far outnumber the meager supply of school-appointed therapists, Wellness Together steps in to provide much-needed mental healthcare to our underserved youth.

Wellness Together's School-Based Therapy offers several innovative aspects that set it apart from other mental health programs. By combining the following features, we offer a unique, effective approach to addressing students' mental health needs.

- **Comprehensive School-Based Services:** We provide seamless integration of onsite mental health services in school environments, ensuring students receive support where they spend a significant portion of their day at no cost to families and students.
- **Collaborative Partnerships:** We partner with schools, districts, and community agencies to create a collaborative multi-agency network of support.
- **Accessibility & Equity:** We prioritize equitable access to mental health services for all students, including those from underserved or marginalized communities.
- **Customized & Culturally Responsive Care:** We offer customized interventions based on individual student needs, utilizing evidence-based practices. We emphasize culturally responsive care, ensuring services are sensitive to students' diverse backgrounds and experiences.
- **Professional Development & Support:** Ongoing support and supervision for mental health professionals ensure high-quality service delivery.
- **Data-Driven Focused:** We collect and analyze data to monitor the effectiveness of interventions and make informed adjustments to improve outcomes.
- **Innovation & Technology:** We utilize telehealth services to reach students without access to on-site services, vital in rural or remote areas.

Measurable Project Goals	In addition to the number of unduplicated GHD residents to be served, please briefly describe below 2-3 measurable goals that the project aims to achieve. If awarded, you will be asked to provide quarterly updates on your progress toward these goals, so please be sure that they are specific, measurable, and achievable within the project timeframe.
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Project Goal #1	Provide access to mental health services to approximately 40 K-12 students in Lakeside Union School District
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Project Goal #2	Provide three 6-hour days of mental health services and supports in Lakeside Union School District for the 2025-26 school year
Project Goal #3	Support up to 200 educators and school personnel by providing access to mental health resources and services
Narrative Part 5 - About Your Impact	<p>In a brief narrative, please explain what success looks like for the project overall, and for any goals stated above. How do you track impact and how do you know you're moving toward it? Relevant information could include some of the following: What kind of data will be measured, and how will it be collected? How will the organization generate referrals, or market the services? How would the proposed project specifically fulfill the elements of the Grossmont Healthcare District's mission?</p>
Narrative Part 5 (response)	<p>With School-Based Therapy, Wellness Together aims to provide necessary mental health support to underserved students, increase mental health literacy, foster skill development, empower educators and guardians, cultivate community engagement through increased sense of belonging, and reduce the stigma surrounding mental health challenges in schools and communities.</p> <p>At the end of the grant period, we will have:</p> <ul style="list-style-type: none"> • Provided access to mental health services to up to 40 K-12 students in Lakeside Union School District • Supported educators and personnel with mental health resources and services to best serve their student population • Increased awareness of the program and how it can be integrated with local existing initiatives <p>To evaluate the success of the program, we will utilize both quantitative and qualitative data collection and analysis methods to ensure comprehensive assessment and enable informed decisions for continuous improvement. Quantitative methods will encompass specific indicators, including the total number of: 1) Individuals receiving services (students, educators, school personnel, families); 2) Schools receiving services; 2) Hours of mental health services delivered. Qualitative methods will include satisfaction surveys to be distributed to educators, administrative staff, students, and their families receiving services to measure satisfaction levels with ongoing support services. The goal is to achieve a 90% satisfaction rate. We look forward to providing a report on the measured outcome(s) and results of the supported program.</p> <p>This project fulfills the mission of Grossmont Healthcare District by attenuating the mental health crisis affecting our youth with culturally competent mental healthcare and bolstering the local behavioral health workforce.</p>

Project Budget and Organization Funding Sources Please use the forms below to provide: 1) Project Budget: The project's total budget, including requested GHD funding as well as other funding that is available to support the project 2) All Budget Sources: The organization's total budget for the current fiscal year and all major sources of revenue. For budget preparation purposes, Excel versions of the budget forms are available here: 1) Project Budget, 2) All Budget Sources. Please note that you will need to transfer the information into the forms below, taking care to avoid the use of special characters, and value errors.

Project Budget Form. DO NOT USE SPECIAL CHARACTERS (EX: \$, %, ",")

[GHD Project Budget form 5.15.24.xlsx](#)

All Budget Sources Form. DO NOT USE SPECIAL CHARACTERS (EX: \$, %, ",")

[GHD All Budget Sources form 5.15.24.xlsx](#)

I confirm the information provided above is accurate and there are no #VALUE errors above.

checked

Organization Financials

Does your organization have audited financial statements completed by an independent CPA?

Yes

Complete audited financial statement from most recently completed year

[Audited_Financials_WT.pdf](#)

Financial Overview Please enter the following figures, from the most recent set of financial statements (provided above):

Total Assets (from Statement of Financial Position): 4781930.56

Current Assets (from Statement of Financial Position): 3730164.88

Total Liabilities (from Statement of Financial Position): 1183896.74

Current Liabilities (from Statement of Financial Position): 679936.14

Total Revenue (from Statement of Activities): 10619839.57

Cash Flow From Operations (from Statement of Cash Flows): 10619839.57

Attestation and Digital Signature

Applicant Name Mark Drexler

I understand entering my name above will serve as my digital signature on this grant application. checked

You have finished completing the application.

Before finalizing and submitting your application, please review all your materials and answers, ensuring that all attachments are correct and up-to-date. You will receive an email confirmation once your application has been successfully submitted, and will be able to review your submission. To ensure you receive communication related to your application, safelist the @submittable.com email address. Please check your email to confirm receipt. If you do not receive a confirmation email, consider the following: Check the junk/spam filters for your email account. Ensure that you have submitted the application and that it is not still saved as a draft. Failure to receive the confirmation email may result in missing other important information. To complete and submit your application, click the "Submit" button below. Please note that once you submit, you will not be able to make changes to your application unless requested and approved by District staff.

Total Grant Amount Requested

PERSONNEL	Grossmont Healthcare District Project Funding	Other Funding Available for Project	Total Project Budget
Staff (non-management) - List Position	-	-	-
Mental Health Specialist	25000	35000	60000
Mental Health Specialist	25000	35000	60000
Mental Health Specialist	25000	35000	60000
			0
			0
Total Staff Salary and Benefits	75000	105000	180000
Management - List Position(s)	-	-	-
			0
			0
			0
			0
			0
Total Management Salary & Benefits	0	0	0
Consultant Fees			0
TOTAL PERSONNEL	75000	105000	180000
-	-	-	-
OTHER EXPENSES	Grossmont Healthcare District Funding	Other Funding Available for Project	Total Project Budget
Telephone			0
Postage			0
Office Supplies			0
Equipment			0
Printing/Duplicating			0
Information/Materials			0
Professional Services			0
Travel			0
Rent			0
Utilities			0
Insurance			0
Training			0
Project Food /Packaging Costs			0
Miscellaneous - List	-	-	-
			0
			0
			0
			0
TOTAL OTHER EXPENSE	0	0	0
TOTAL PROJECT EXPENSES	75000	105000	180000

Grant Request Must Match GHD Total

FUNDING SOURCE	Total Organization Budget
Federal	-
State	-
City/County	-
Other Government	-
Proposed GHD	75,000
Fees for Service	-
Nonprofit Organizations	-
Private Donations	25,000
Other (list below)	
Blue Shield of CA	20,000
School Partnerships	60,000
-	180,000

Wellness Together partners with you to provide mental health services for K-12 students through a collaborative, integrated, and turn-key approach. Culturally competent Mental Health Specialists (MHS) provide evidence-based interventions within each school's Multi-Tiered System of Supports (MTSS). Wellness Together offers individual counseling, group counseling, crisis intervention, family engagement, and social-emotional learning classroom presentations.

Get Services:

1 Connect with Us

Schedule a meeting for us to learn how the Wellness Together School-Based Therapy Program can best support your students and families.

2 Customize the Program

Collaborate with our team to customize school-based mental health services, available to all students *regardless of Medicaid or insurance requirements.*

3 Increase Your Student Supports

Your students can now access evidence-based interventions on-campus or online, typically in less than two days wait time.



Mental Health Specialists collaborate with existing support staff.



Program data reports are provided bi-annually demonstrating program effectiveness.

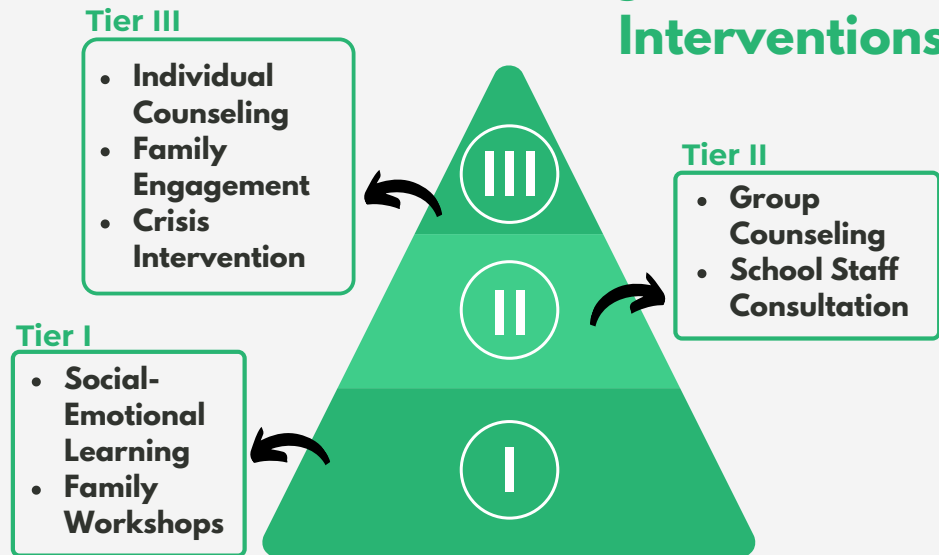


Culturally competent clinicians serve diverse student populations.



Flexible & timely service delivery options.

Wellness Together Tiered Interventions



Potential Funding Sources:

LCFF/LCAP (CA ONLY)

Local Control Funding Formula /Local Control & Accountability Plan

ESSER II

Elementary & Secondary School Relief (Coronavirus Response & Relief Supplemental Appropriations Act)

Title IV/ESEA/SSAE

Secondary Education Act of 1965 / Student Support & Academic Enrichment



Melissa Cairo

Partnerships Manager
Melissa.Cairo@wellnesstogether.org

Gillian Flowers

Partnerships Coordinator
Gillian.Flowers@wellnesstogether.org

