

# wellness center

John Dickinson High School Wellness Center ■ 1801 Milltown Road ■ Wilmington, DE 19808 ■ 302-892-3270

Welcome to your high school Wellness Center. This center has been established especially for teens to help make the best quality health care available in our community more accessible.

Because they are located right in school, Wellness Centers help teens overcome many obstacles to receiving good health care – obstacles such as lack of transportation, inconvenient appointment times, or worries about cost and confidentiality. Your Wellness Center provides comprehensive medical and mental health care, treatment and health education, to promote a healthy lifestyle.

Each Wellness Center is operated by a partnership that includes Christiana Care, your school district and the Delaware Division of Public Health, Department of Health and Social Services. Christiana Care was rated the No. 1 Quality Leader in the region by the National Research Corporation for the past two years.

The Wellness Center's friendly staff work closely with your health care provider, parents and school nurse to create a health care resource you can rely on and trust. If you have not yet found a health care provider, the Wellness Center can help you locate one, using the free services of Christiana Care's referral service. Partnership in high school wellness centers throughout Delaware is just one part of Christiana Care's mission to improve the health of the people living in the community.

Here are some of the benefits you should know about having a Wellness Center at your high school. The Wellness Center provides, free of charge:

- Physical examinations, whether they are routine, for sports or pre-employment.
- Health screenings, including those for communicable infections.

- Women's health care.
- Treatment for minor illnesses and injuries.
- Immunizations.
- Nutrition and weight management.
- Individual, family and group counseling.
- Crisis intervention and suicide prevention.
- Tobacco cessation counseling.
- Drug and alcohol abuse counseling and referral.
- Outreach to at-risk youth.
- Health and nutrition education.
- Follow-up as requested by your family health care provider.

The Wellness Center does not provide hospitalization, X-rays or complex laboratory tests, does not distribute or prescribe birth control, and does not provide on-going treatment of complex medical or psychiatric problems.

## **What do you have to do to take advantage of your Wellness Center's services?**

Enroll! If you're under 18, ask your parent or guardian to sign a consent form and complete a registration and health history form. Enrollment forms must be returned to the Wellness Center before any services will be provided.

Your high school Wellness Center adheres to federal regulations governing confidentiality of care. However, Wellness Centers encourage you to involve your parents or guardians in your wellness plans. Parents and guardians are invited to call with questions or arrange to visit the Wellness Center. To learn more or to make an appointment, call or write:

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**DELAWARE HEALTH  
AND SOCIAL SERVICES**  
*Division of Public Health*



**CHRISTIANA CARE**  
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