



Well-Being Team

School Mental Health Program

Who We Are

The Well-Being Team (WBT) is a collaboration between the **University of Utah** and the **Salt Lake City School District**

Our team is comprised of **licensed psychologists, Board Certified Behavior Analysts, clinical social workers, and graduate students in clinical mental health counseling, school psychology, and counseling psychology at the University of Utah**

Who We Serve

The WBT provides supports across multiple tiers to **caregivers, educators, and students** to improve student mental health and wellbeing

Our Services

School-wide Supports

- Social-emotional learning
- Classwide psychoeducation
- Schoolwide social-emotional attitudes & values

Targeted Interventions

- Group therapy & individual check-ins to address areas such as:
 - Stress and anxiety
 - Coping with change
 - Academic engagement

Individualized Services

- Individual therapy and case management for acute needs, including:
 - Depression
 - Grief and/or trauma
 - Identity development

For More Information

Contact Dr. Aaron Fischer: aaron.fischer@utah.edu

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