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Cypress Education

Cypress High School gets new "Wellness Room"

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Dan Gleason with students to open Cypress High School's new Wellness Room.

The Anaheim Union High School District has announced that action has been taken on a request by students to construct a Wellness Room at Cypress High School.

According to the District, Elevate Youth leadership program students Valentina Villareal and Genesis Rivera, along with three other Cypress High School Students advocated for a Wellness Room at their high school. On Dec. 5, in less than a year since their request, their advocacy became a reality.

The Wellness Room materialized quickly, the district said, thanks to the partnership of Waymakers and Anaheim Union High School District. "The Wellness Room opened on campus for the thousands of students at Cypress High school," the district said in a statement.

"Through a grant from Sierra Health Foundation, Waymakers helped make this possible. Waymakers program supervisors Catarina Olmstead and Charline Minifield worked tirelessly with the leadership students make this all come together," a spokesperson for Waymakers said.

"Depression, anxiety and behavioral disorders are among the leading causes of illness and disability in adolescents and this new Wellness Room will help bridge the gap in mental health resources available to our teens today, especially as the traverse the challenges that come with high school, their peers and general daily routines," said Waymakers coordinator Dan Gleason.

"The Grand Opening of the Wellness Room at Cypress High School made possible thanks to the dedication of five Cypress High School students from Waymakers' Elevate Youth Program. The students have successfully championed the creation of the much-needed Wellness Room on their campus, marking a significant achievement in their mental health advocacy efforts," he said.

Community members, parents and students were invited to visit the Wellness Room and learn more about the importance of providing an environment where students can take a mental health break in a stress-free, calm environment.

"Recognizing a gap in mental health resources, the Cypress High School students took the initiative to educate over 1,000 of their peers on the importance of mental health," said Gleason.

"Their commitment to this program not only raised awareness among key administrative staff but also persuaded the school administration to approve a large space for the Wellness Room," he added.

Through the grant funding from the Elevate Youth Program, Waymakers allocated money to refurbish the space at Cypress High School. This included painting and preparation, decor, comfortable and functional furniture, as well as mindful relaxation activities, providing students with a place to reset and refocus during the school day, the nonprofit organization said in the statement.



Courtesy David Meza EasyOCPhotos
Cypress High School Wellness Room.