

iWellness Center White Paper:
Transforming Student Wellness and Connection with iWellness Center
Clinton Middle School: Clinton, Michigan
2024-2025

Introduction

Clinton Middle School, located in the heart of Lenawee County, Michigan, is taking bold steps to prioritize student wellness in the face of growing emotional and behavioral challenges. With increasing numbers of students reporting feelings of anxiety, disconnection, and low self-esteem, school leaders knew they needed more than traditional support systems; they needed real-time data, actionable insights, and a way to hear directly from students. In Michigan, approximately one out of three high school students reported feeling sad or hopeless almost every day for two or more weeks, a trend that strongly suggests similar issues are present in middle school populations [1].

National and Local Context

Clinton Middle School's experience is part of a nationwide trend. A 2022 report from the National Center for Education Statistics found that 69% of public schools saw a rise in students seeking mental health support, and 76% noted increased concerns about symptoms of depression, anxiety, and trauma [2]. Like many schools across the nation, Clinton Middle School noticed a rise in students struggling to cope emotionally since the onset of COVID-19. School leaders recognized the need to transition from reactive solutions to a proactive approach, one that could identify student needs early and intervene with purpose. ***"We are able to use this real-time data to directly address the areas students are struggling with. Additionally, we use iWellness data to create purposeful small groups, selecting students based on current needs rather than relying on outdated or anecdotal information."*** — Abbey Clark, Counselor

The Pro-Active Solution: iWellness Center

In 2024, Clinton Middle School partnered with iWellness Center to launch a Tier 1 weekly wellness check-in for all students. The platform offers a straightforward, research-based, informed survey that helps identify which students need connection, encouragement, or direct support. With the ability to track trends across the entire student body and flag individual concerns in real-time, Clinton Middle School now has the visibility and data it needs to address concerns effectively. ***"Having the weekly iWellness feedback was extremely helpful in supporting students who may not have otherwise reached out to an adult, especially those who are introverted, shy, or have limited communication skills."*** -Abbey Clark, Counselor

Implementation and Data-Driven Transformation

Each week, students across the school complete a digital check-in using the iWellness platform. Through their personal iWellness dashboards, students respond to seven questions grounded in Maslow's Hierarchy of Needs, addressing key areas such as safety, self-esteem, and connection. Designated school staff, often administrators, counselors, or social workers, access their own iWellness dashboards to review real-time alerts, identify emerging trends, and track patterns at both the individual and school-wide level. This data-driven approach enables staff to provide timely, personalized support based on the specific needs students report. As one 8th grade student shared, ***"The iWellness Survey is easy to complete and makes it easier to be honest about my feelings."***

Since the onset of utilizing the iWellness Center platform and resources, Clinton Middle School has completed over 2,500 student check-ins. As a result, more students are proactively seeking support

before challenges escalate, and educators report feeling more confident in their ability to build meaningful connections with students.

Data from the 2024-25 school year shows:

- A 25% drop in student surveys reporting feeling disconnected from peers.
- A 30% increase in student surveys reporting the ability to handle challenges.
- A noticeable improvement in Tier 2 referrals, driven by student data, not just teacher observations.

Overall Wellness Gains (1st Semester to 2nd Semester):

- Students responses in the Green (Low needs at this time): 64.9% → 73.8%
- Students responses in the Yellow (Some needs at this time): 28.2% → 23.4%
- Students responses in the Red (High needs at this time): 6.8% → 2.8%
(Far outperforming state averages of 4-6% in the Red)

By Gender:

- Female student surveys reporting in the Red: 8.3% → 3.2%
- Male student surveys reporting in the Red: 5.6% → 2.5%

Targeted Improvement by Wellness Area (% of Student responses answering **Not at All/Somedays**)

Wellness Area	1st Semester	2nd Semester	Change
Handling Challenges	30.9%	20.6%	-10.3%
Stress	29.2%	21.3%	-7.9%
Happiness	24.0%	16.2%	-7.8%
Self-Esteem	28.5%	22.0%	-6.5%
Connectedness	24.2%	18.0%	-6.2%
Safety	22.3%	15.5%	-6.8%
Friendships	19.5%	14.6%	-4.9%

Broader Implications for Other Schools

Clinton Middle School's implementation of the iWellness platform serves as a powerful model for schools across the country. By proactively identifying students in need of support, the school has improved student outcomes within a single academic year while significantly reducing key risk indicators. Staff members report feeling more confident and prepared to provide timely, targeted interventions, resulting in fewer crisis situations and an enhanced sense of safety throughout the school community. As a designated "Lighthouse School," Clinton Middle School exemplifies how prioritizing student wellness and safety can lead to meaningful benefits for both students and staff.

Conclusion

In just one year, Clinton Middle School has proven that student wellness can be meaningfully tracked, supported, and improved with the right tools and a commitment to proactive care. The iWellness Center platform has become an essential part of the school's MTSS framework, ensuring that every student feels seen, supported, and set up for success. Using real-time data from the platform, Clinton Middle School was able to clearly demonstrate the need for additional mental health resources. As a direct result, the school secured grant funding to expand their social work team, an outcome that underscores the power of actionable data.

Principal Katie Richardson reflects on the platform's impact:

"As a building administrator, I've found iWellness Center to be a valuable asset in supporting our students' mental health. Its integration into our existing SEL framework has provided meaningful alignment with other tools we use, helping us build a more comprehensive approach to student well-being. What truly sets iWellness apart is the data it delivers. The insights gathered through the platform allowed us to identify key trends and needs within our student population. As a direct result, we were able to advocate for, and secure, an additional mental health provider in our building—something that will make a tangible difference for both students and staff in the 2025–2026 school year. Overall, iWellness has empowered our team with the tools and information we need to proactively support the whole child. We look forward to continuing our partnership."

Clinton Middle School's experience highlights the transformative impact of leveraging wellness data, not only to meet student needs in the moment, but to shape long-term strategies that build stronger, healthier school communities.

About iWellness Center

Founded in 2022, iWellness Center delivers real-time student wellness insights to schools nationwide. By elevating student voice, empowering staff, and integrating with MTSS, EWIMS and PBIS frameworks, iWellness Center helps schools foster safe, connected learning environments.

Visit us online: www.iWellnessCenter.org

References

1. National Center for Education Statistics. (2022). *Findings from the School Pulse Panel: Mental health needs in public schools during the COVID-19 pandemic* (NCES 2022-029). U.S. Department of Education, Institute of Education Sciences.
<https://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2022029>
2. Webpage title: "[Roughly Half of Public Schools Report That They Can Effectively Provide Mental Health Services to All Students in Need](#)" — National Center for Education Statistics press release, May 31, 2022.

"Our participating schools consistently report how the (iWellness Center) platform helps them better understand their students, especially those who may have otherwise "fallen through the cracks." iWellness gives students a voice and connects them with critical supports. Our partner schools are seeing meaningful gains in student outcomes, ranging from improved attendance and academic performance to students' own self-reported improvements in physical and mental wellness. The iWellness platform has

proven to be the “missing link” in guiding referrals, services, and even instructional practices focused on social and emotional well-being.” - Mark Haag, Lenawee Intermediate School District Superintendent

