

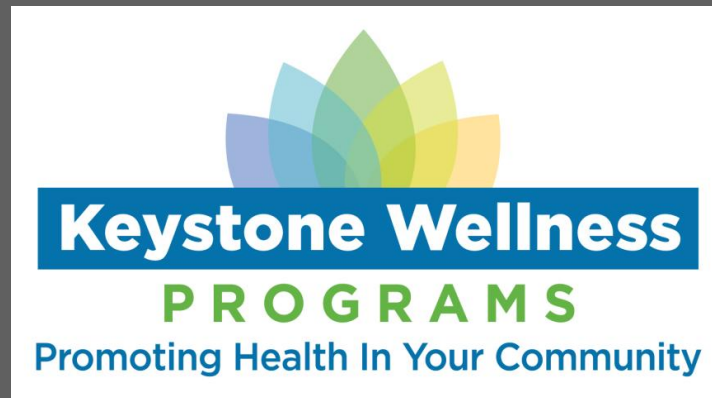
# KEYSTONE WELLNESS PROGRAMS



# WELLNESS FOR NATURAL SUPPORTS

# INTRO

Agency, myself, the Beaver County System of Care, our wellness initiative



# ACTIVITY TIME!

- Break off into groups of 5-8
- My volunteer, Annette and I will pass out activity packets
- Please take one balloon per person
- Think about stressors you experience/things that make you feel anxious
- Blow up and tie off your balloon and use a sharpie to write the stressor on your balloon

# ACTION!

Choose a Juggler in the group

Juggler please toss your own balloon in the air, and bat it around between your hands

Group – please add a balloon for your juggler to also bat around

Group – please add another balloon – DON'T LET ANY HIT THE FLOOR!!

Group – please add another balloon – and then another – and then another...

# STOP!!!

And let the balloons fall to the floor

Groups – share –

What were some of the stressors?

Jugglers – share –

How did it feel with just one or two balloon stressors?

What about the addition of multiple balloon stressors?

What, if anything happened with your group members when you were overwhelmed?

WE ALL NEED A LITTLE HELP, SOMETIMES



Please bring balloons up to the front of the room so we can deflate and throw them away without anyone stumbling or tripping on them!

Thank you!



# ACTIVITY!

- VOLUNTEER RECORDER NEEDED
  - Spelling WILL NOT count!

# SAMHSA WELLNESS DIMENSIONS





# PHYSICAL

**Example-** Healthy weight, abstinence from smoking, regular exercise/movement, sleep



# EMOTIONAL

**Example-** Recognizing emotions, coping strategies, mood balance





# SOCIAL

**Example** - Sense of connection to others and support system \*CRUCIAL FOR YOUTH!



# OCCUPATIONAL

**Example** - Personal satisfaction and enrichment in one's work





# INTELLECTUAL

**Example** - Recognizing creative pursuits, learning new things





# ENVIRONMENTAL

**Example** - Occupying pleasant, stimulating environments that support well-being



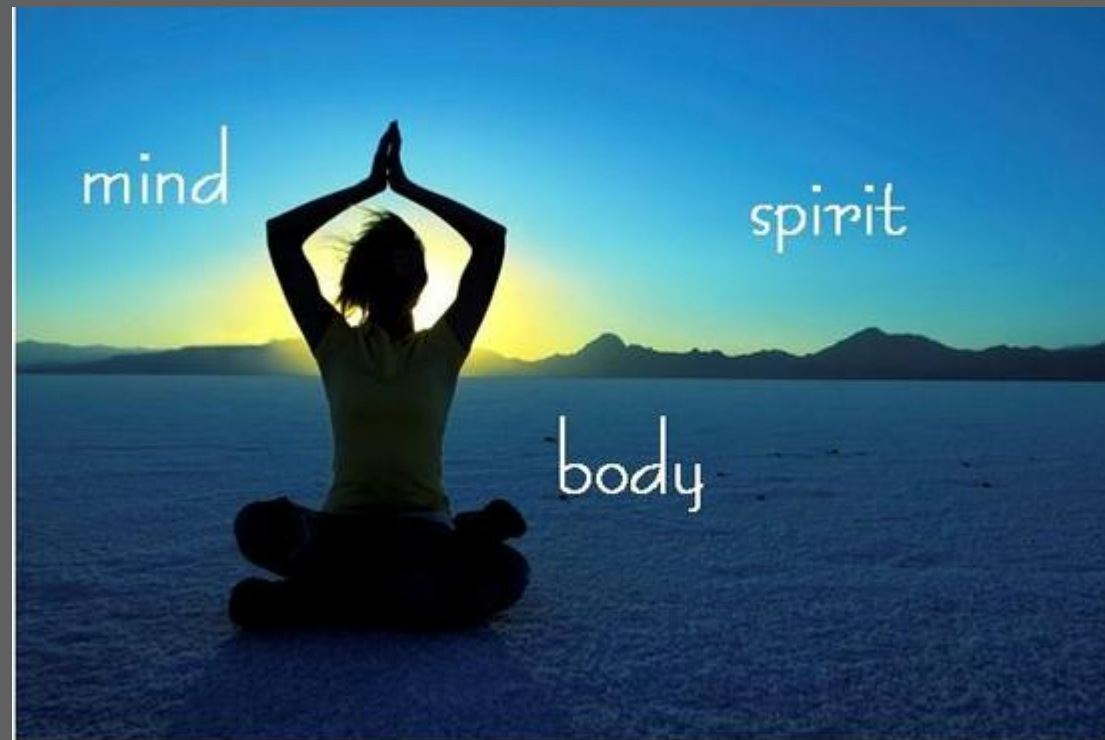
# FINANCIAL

**Example** - Satisfaction with current and future financial situations



# SPIRITUAL

**Example** - Finding a sense of purpose and meaning in life



# WELL DONE!





# STRETCH BREAK!



# PLANNING

Considerations –

Finding natural supports

Developing wellness training with youth-appropriate materials

Devising accountability plans

Implementing financial incentives/rewards that reached the youth as well



April 5, 2016

Dear \_\_\_\_\_,

On behalf of the HELPing BC SCORES grant and the Wellness Initiative, we are pleased to welcome your group to participate as a Natural Support with transition aged youth. We are here to assist you, as you help the youth through their journey to wellness.

You are participating in the Wellness Training on April 5. During training, you will receive a wellness binder and toolkit for each of the natural supports, to use when assisting the youth.

As part of the HELPing BC SCORES grant, we have limited funding to support your efforts. Following the training, you will receive a start-up check for \$\_\_\_\_\_. These funds are given to support the wellness initiatives with the transition aged youth at \$10 per encounter.

You agree to encounter \_\_\_\_\_ youth. You agree to encounter the youth \_\_\_\_\_ times each, for a total of \_\_\_\_\_ encounters.

Upon completion of **each** encounter, you will complete the Wellness Work form and submit it to Keystone Wellness Programs within two weeks of the encounter. At the close of the grant-funded period, September 29, 2016, you will receive an agency stipend of \$500 to help defray the costs of your participation. If you do not complete \_\_\_\_\_ encounters with \_\_\_\_\_ youth, the stipend will be pro-rated accordingly.

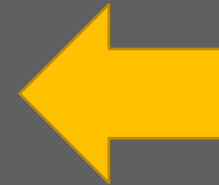
Our goal is to support you as you work with the youth. If there is something you need related to wellness, please reach out to us. We want our youth to be well!

Sincerely yours,

Signed in agreement,

Lori Vish Stearns, MEd  
Executive Director  
Date: \_\_\_\_\_

\_\_\_\_\_  
Date: \_\_\_\_\_



# Letter of Agreement

# NATURAL SUPPORTS

- Examples in our area
  - Faith based groups
  - Mentoring groups
  - School based groups
  - System-of-care supports
  - Alternative schools



# TYPES OF YOUTH

- Transitioned aged youth
  - Ages 14-18...
- incarcerated parents
- foster care systems
- intellectual delays
- experiencing grief, anxiety, or other mental health difficulties
- SOC or not yet

# THE FATHER'S HOUSE



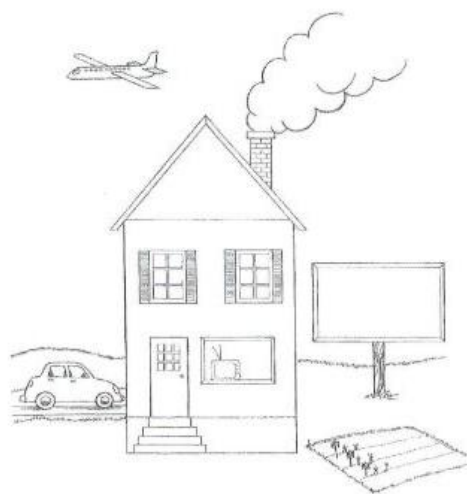
Thank you,  
Pastor  
Mary!

# TRAINING

- 3 hour training on wellness dimensions
- Deeper understanding of each dimension
- Activities for each dimension – SAMHSA has great resource, dollar store has affordable tools and supplies

Building My House

Handout #11



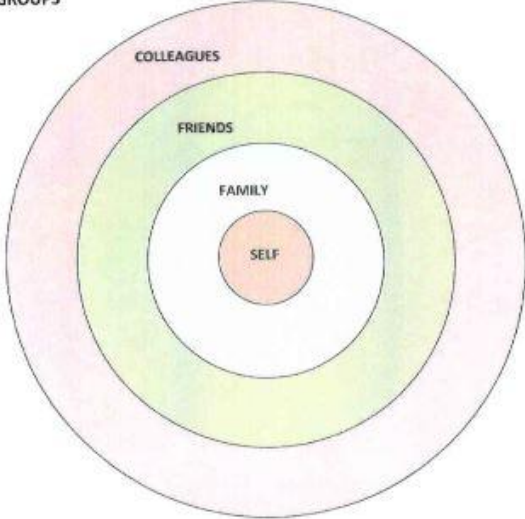
Examples of Wellness Worksheets

Love and Belonging

Handout #8

People who are successful at meeting their needs have a support system of other people who accept and encourage them. This support system can include family, friends, colleagues and acquaintances. Over time the members of your support system can change, but you always have at least one person who cares about you in order to meet your need for belonging (love).

GROUPS



Fill in the above chart with people who support you.

American Student Assistance  
Budget Worksheet

Know exactly where your money is going each month.

See how much you're saving—or losing—then adjust your expenses so you're in even better financial shape next month. All you have to do is complete this form. Get started today!

Income		Monthly Total
Salary (after taxes/benefits)		\$
Other income (after taxes)		\$
Total monthly income		\$ □
Expenses		Monthly Total
Home	Rent/mortgage	\$
	Utilities (electricity, gas, etc.)	\$
	Internet/cable/home phone	\$
	Home repairs and maintenance	\$
	Groceries	\$
Bills	Laundry/dry cleaning	\$
	Student loans	\$
	Credit cards	\$
	Car payments	\$
	Insurance (car, homeowner's, etc.)	\$
Transportation	Cell phone	\$
	Public transportation/train	\$
	Gas	\$
	Parking/tolls	\$
	Car repairs and maintenance	\$
Health	Prescriptions	\$
	Doctor appointments	\$
	Gym membership	\$
	Entertainment	\$
	Gifts/special occasions	\$
Personal	Travel	\$
	Dining out	\$
	Clothing	\$
		\$
		\$
Misc.		\$
Total monthly expenses		\$ □
Total monthly income		\$ □
- Total monthly expenses		\$ □
= Total savings		\$ □

Find out more tips for ensuring your financial wellness at [www.asa.org](http://www.asa.org).

Successfully Manage Your Student Loans

From application through repayment, you and your family can expect neutral, honest federal student loan solutions from American Student Assistance® (ASA). As a nonprofit working with the U.S. Department of Education, ASA's focus is not on selling you anything. Our focus is on your financial wellness, and it always will be.

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# ACCOUNTABILITY REPORTS

## Work on Wellness

Wellness Encounter Report Form

\* Required

Today's Date \*

mm/dd/yyyy

Wellness Partner Organization Name \*

Ex: Keystone Wellness Programs

Adult Name \*

Youth Initials \*

First and Last

Youth Birthday \*

mm/dd/yyyy

Youth home zip code \*

Youth Gender \*

☐ Female

☐ Male

☐ Other:

Has this youth ever been served by any behavioral health services? \*

☐ Yes

☐ No

☐ Unknown

Youth Ethnicity \*

☐ Hispanic or Latino

☐ Not Hispanic or Latino

Youth Race \*

☐ American Indian or Alaska Native

☐ Asian

☐ Black or African American

☐ Native Hawaiian or other Pacific Islander

☐ White or Caucasian

☐ Other:

When did you Work on Wellness? \*

Date of encounter (mm/dd/year)

mm/dd/yyyy

We focused on this dimension of wellness: \*

☐ Emotional

☐ Environmental

☐ Financial

☐ Intellectual

☐ Occupational

☐ Physical

☐ Social

☐ Spiritual

Describe your Wellness Encounter: \*

Where you went, what you did, etc....

How much time did you spend on the Wellness Encounter? \*

Hrs : Mins : Secs

How did the youth choose to use the \$10 stipend to work on wellness? \*

How helpful was this Wellness Encounter? \*

1 2 3 4 5

Not Helpful ☐ ☐ ☐ ☐ ☐ Extremely Helpful

Comments/Suggestions on Wellness Encounter:

Submit

Never submit passwords through Google Forms.

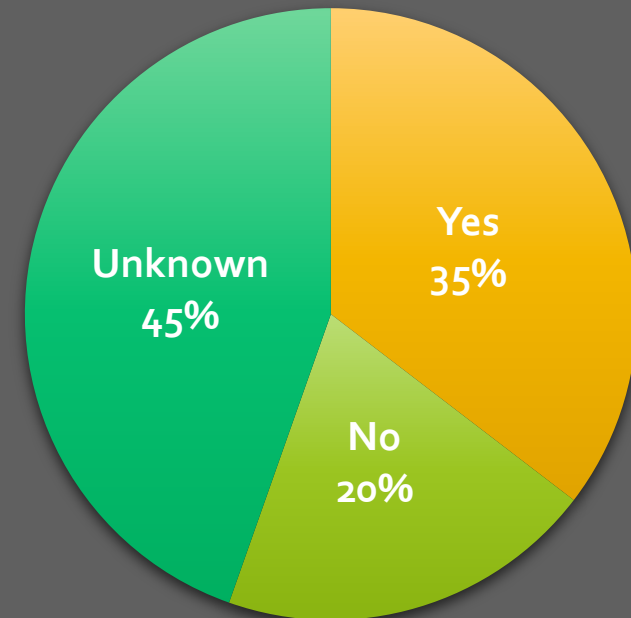
[https://docs.google.com/forms/d/14ldbwBdXGlaL\\_M4G7r2-5vKLzm3pWWIKLxpmCaoUe7Y/viewform](https://docs.google.com/forms/d/14ldbwBdXGlaL_M4G7r2-5vKLzm3pWWIKLxpmCaoUe7Y/viewform)

# REPORT RESPONSES YEAR ONE

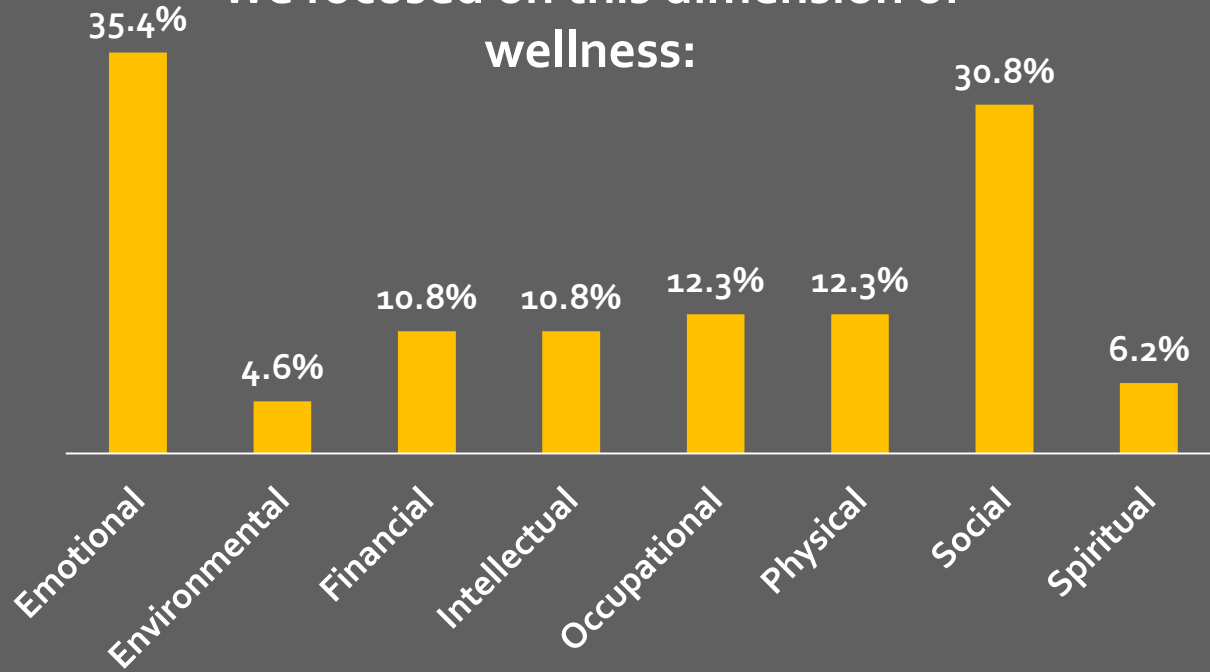
**# of Natural Supports Trained: 15**

**# Of Youth Encountered: 23**

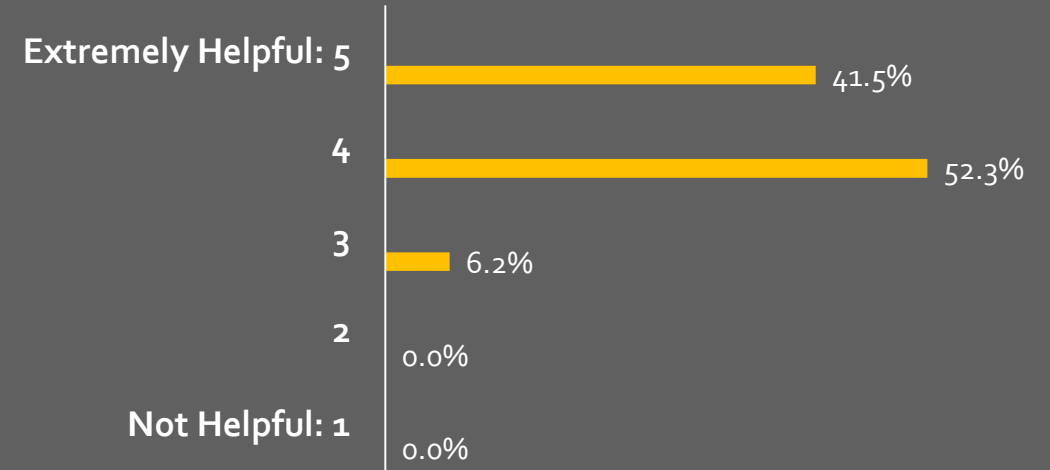
Has this youth ever been served  
by any behavioral health  
services?



## We focused on this dimension of wellness:



## How helpful was this Wellness Encounter?



### Describe your Wellness Encounter:

feel more comfortable in social settings.

Student showed some interest in wanting to buy a laptop for her own personal use with the money she is earning from this vocational camp. I went over with her how to budget her money better and how to shop for the best deals and waiting for sales so she can get the most out of her money. Also encouraged her to not spend all the money she earns during this camp at one time, suggested that she puts at least 30% of it away.

Discussed with her what her occupation of choice would be in the future. Student discussed with me what her passion is and we came up with some clear set steps that she would need to achieve in order to reach her ultimate goal

We had the students do presentations on their career choice. We spent time helping them research how much schooling, what skills you need, experience, and salaries. We discussed work place ethics and respect as well.

# WELCOME ANNETTE AND ROBIN!

And meet Nicole via video





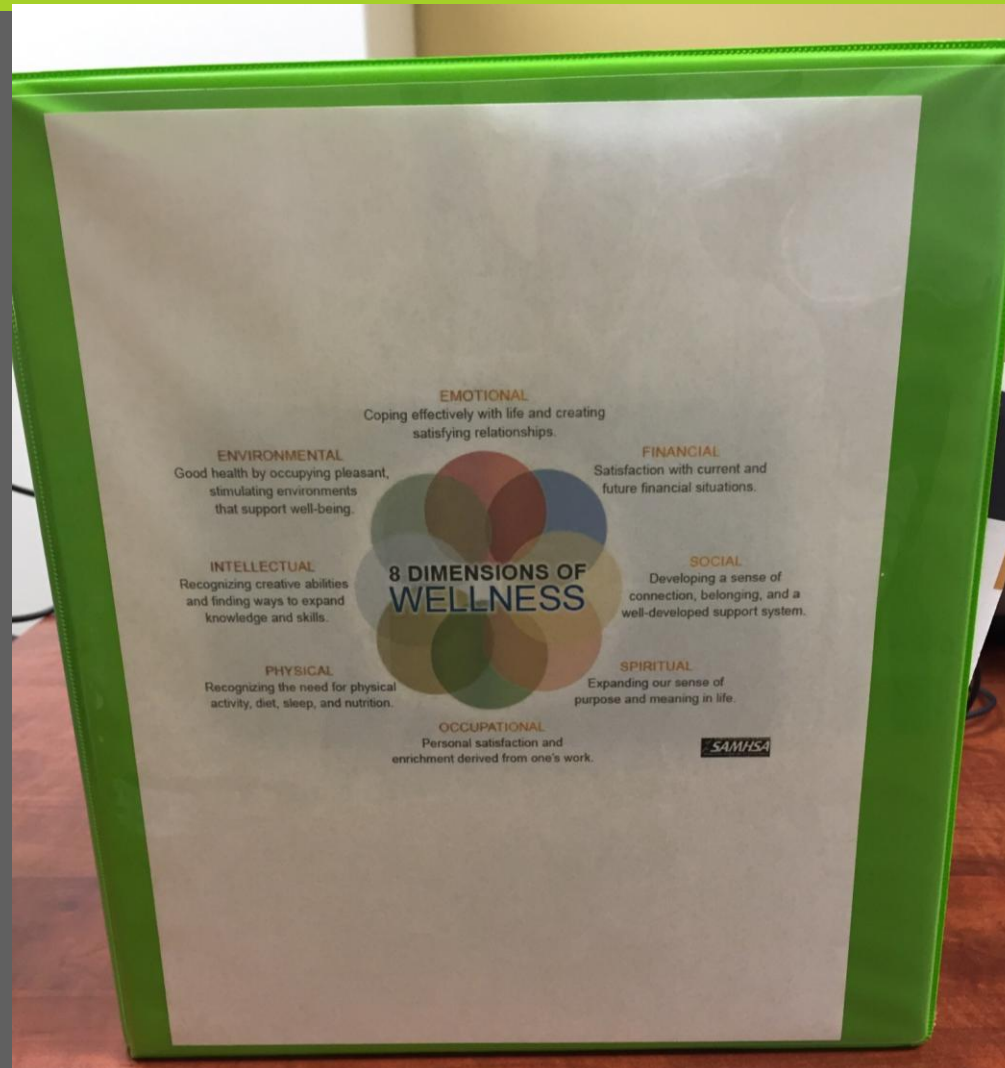
THOUGHTS?

# SECOND YEAR WELLNESS PROJECT GOALS

- Three new sites
- More than 25 new mentors trained
- Year One Natural Supports -
  - Refresher Training – 2 sites
  - Teen Leadership during camp
  - Wellness Week Activities
  - Commissioner Proclamation



# TOOL KIT



# Q&A

THANK YOU!

Lori Vish Stearns, Executive Director

[Lstearns@KeystoneWellnessPrograms.org](mailto:Lstearns@KeystoneWellnessPrograms.org)

724-432-3474

# KEYSTONE WELLNESS PROGRAMS

Promoting Health in Your Community

Responding to Public Health Concerns since 1990

