



Leader in
Social Justice

Whole–Person Wellness Approaches

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What is wellness?

- ▶ Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.
- ▶ *"...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."*
 - *The World Health Organization*
- ▶ *"a conscious, self-directed and evolving process of achieving full potential."*
 - *The National Wellness Institute*
- ▶ *(Taken from University of California, Davis)*

Why is it important?

- ▶ Good nutrition and plenty of exercise are the building blocks for strong growth, healthy development and lifelong wellbeing for children.
- ▶ Too many children are not receiving the proper nutrition or enough exercise:
 - They are not eating enough — an estimated 16 to 17 million children live in homes where they are at risk of going hungry (approximately one in six households).
 - They are not eating enough healthy food — an estimated one in three children are overweight and about one in six (ages six to 17) are obese.
 - They are not getting enough exercise — only 30 percent of children (aged six to 17) participated in 20 minutes plus of vigorous physical activity on a daily basis. Children need to get 60 minutes of exercise on a daily basis.

▶ (American Psychological Association)

Wellness and Restraint Reduction

- ▶ Anecdotal/Subjective observation tells us that:
 - Children and young adults are better regulated when engaged in goal-directed movement activities
 - Wellness activities, such as religious ceremonies, sports, building healthy relationships/making friends, etc., lead to improved self-esteem and decreased depression
 - Individuals who are better regulated are more able to access their frontal lobe and make better choices, take perspective, and solve problems

Wellness Key Points



Nutrition

- ▶ All about teaching, not just restricting
 - Portion size
 - Healthy cooking and snack activities
 - Nutritionists
 - Achievable mealtime goals (salad bar, veggie night)
 - Restaurants – teach instead of avoid
 - Providing grocery lists



Movement



- ▶ Making it natural
- ▶ Building in to daily routine
- ▶ Building off interests that kids already have
 - Video games don't have to be all bad
- ▶ Important to have both indoor and outdoor options
- ▶ GeoPalz – make it rewarding
- ▶ Make it competitive
- ▶ Movement breaks
- ▶ Think creatively about resources in the community



Establishing
good
exercise
habits early
in life can
have a
positive
impact on
a child's
self-esteem

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WALKING
IS THE
MOST
EFFECTIVE
FORM OF
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HEART HEALTH.

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Outdoors

- ▶ Research has supported time and again that as little as 20 minutes in nature can have a profound effect on mood, especially anxiety and depression
 - ▶ “While exercise boosts endorphins — natural body chemicals that elicit sensations of pleasure — exercising *outdoors* can improve self-esteem and reduce feelings of depression, anger, and tension, according to a review of research published in the journal *Extreme Physiology & Medicine* in 2013.*
 - ▶ So couple the effects of exercise with the mood-boosting properties of the great outdoors, and you’ll address your body’s physical *and* emotional needs. The researchers also noted that the first five minutes of outdoor exercise offer the greatest benefits, proving that you don’t have to devote hours of time outside to reap the rewards.”**
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- ▶ *Jordan, Rob. “Stanford Researchers Find Mental Health Prescription: Nature.” June 30, 2016
 - ▶ **<http://www.everydayhealth.com/hs/major-depression-resource-center/how-nature-helps-depression/>

According to the National Wildlife Foundation:

▶ **Body**

- ▶ Outdoor play increases fitness levels and builds active, healthy bodies, an important strategy in helping the one in three American kids who are obese⁷ get fit.
- ▶ Spending time outside raises levels of Vitamin D, helping protect children from future bone problems, heart disease, diabetes and other health issues.⁸
- ▶ Being out there improves distance vision and lowers the chance of nearsightedness.⁹

▶ **Mind**

- ▶ Exposure to natural settings may be widely effective in reducing ADHD symptoms.¹⁰
- ▶ Schools with environmental education programs score higher on standardized tests in math, reading, writing and listening.¹¹
- ▶ Exposure to environment-based education significantly increases student performance on tests of their critical thinking skills.¹²

▶ **Spirit**

- ▶ Children's stress levels fall within minutes of seeing green spaces.¹³
- ▶ Play protects children's emotional development whereas loss of free time and a hurried lifestyle can contribute to anxiety and depression.¹⁴
- ▶ Nature makes you nicer, enhancing social interactions, value for community and close relationships.¹⁵

- ▶ www.nwf.org



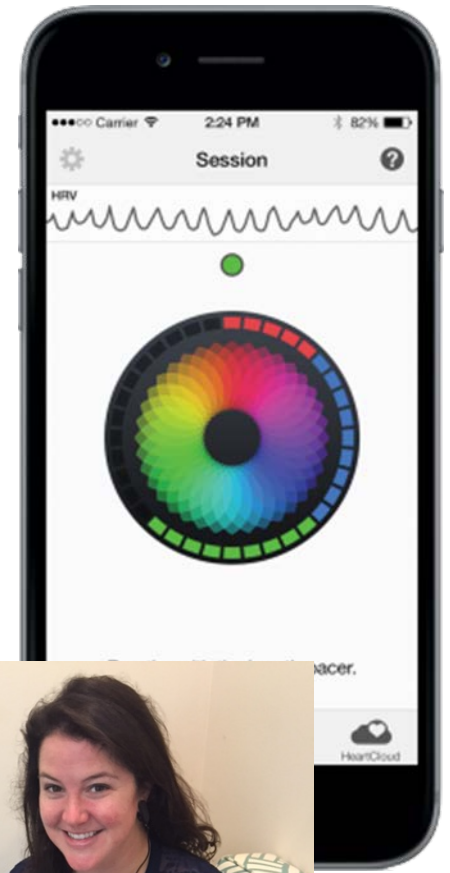
Spirituality

- ▶ Making community connections
- ▶ Non-denominational church; youth groups
- ▶ Visiting spiritual leaders
- ▶ Mindfulness
- ▶ Online communities
- ▶ Yoga, tai chi



Mind–Body Link

- ▶ HeartMath Biofeedback
- ▶ “The Body Keeps the Score,” by Bessel van der Kolk
- ▶ Bottom–up work
- ▶ Sensory interventions
 - Music, rhythm, grounding,
 - stretches, proprioceptive input
- ▶ Brain Gym©



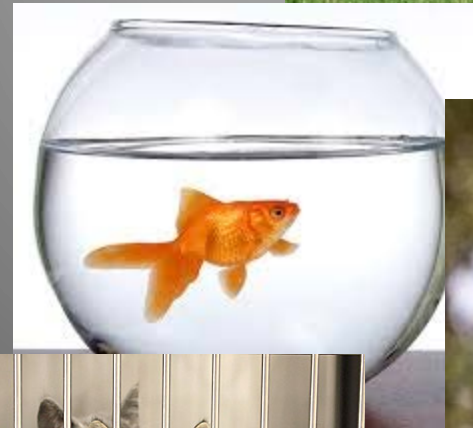
Environmental Wellness

- ▶ Brief Exercise!
- ▶ Perspective taking –
 - What would you see/hear/smell/feel/touch?

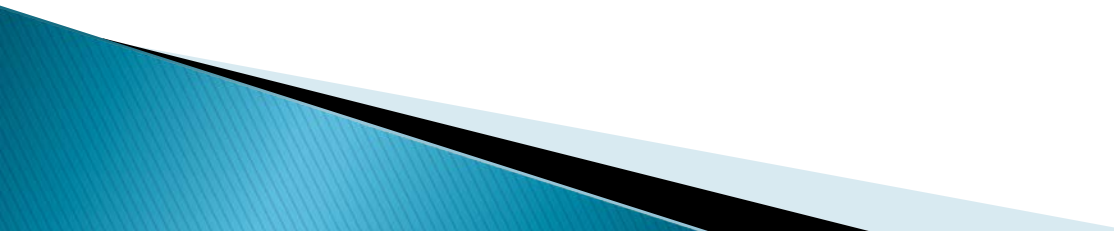


Animal Assisted Therapies

- ▶ Great to teach attachment, personal responsibility, connection
- ▶ At home or in the community



Individualized

- ▶ Wellness is not one size fits all
 - ▶ Forcing individuals into what we believe is wellness will almost certainly result in resistance and frustration
 - ▶ Wellness goals should reflect an individual's preferences, strengths, needs, and CURIOSITY
 - ▶ Work in teams
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Family and Communities

- ▶ Establishing community ties
 - YMCA
 - Boys and Girls Clubs
 - Local restaurants
 - Farms
 - 5K groups
 - Youth groups
- ▶ Support and education for the entire family unit
 - Dealing with picky eaters
 - Shopping on a budget
 - Quickly prepared meals
 - Safe zones for free time
 - Realistic goals
 - Medication and side effects
 - Daily routines that include time for wellness

Getting Creative

- ▶ Financial
- ▶ Location
- ▶ Safety
- ▶ Interest level
- ▶ Motivation level



- ▶ Donations, drives, funding agreements
- ▶ Most wellness is free!
- ▶ Know your area, map routes, make connections
- ▶ Have indoor and outdoor options, know your “safe zones”
- ▶ Start with what the individual already likes!

Barriers

Solutions?

Strategic Planning

Goal 7: Change focus from weight loss to increased movement with all students

| | | | |
|---|--|--------------------------------|--|
| Objective 1: Identify students with greatest amount of weight gained | Person Responsible: DON | Target Date: 07/2015 | Progress: 2 females identified with significant weight gain concerns |
| Objective 2: Brainstorm on ways of increasing activity or changing diet | Person Responsible: Nursing department | Target Date: 08/2015 | Progress: Decrease focus on weight and food, increase focus on activity with pedometers and prizes |
| Objective 3: Have students increase activity to include at least 10,000 steps daily goal | Person Responsible: DON | Target Date: 09/2015 | Progress: |
| Objective 4: Create weekend activities with nursing to include nutrition education | Person Responsible: Nursing department | Target Date: 12/2015 | Progress: |
| Objective 5: Assess progress and results of activity planning for each individual student | Person Responsible: Nursing department | Target Date: 2/2016 | Progress: |

Strategic Planning

Goal 5: Increase education and competence for students regarding transition to group home or independent living and medical concerns/ medications

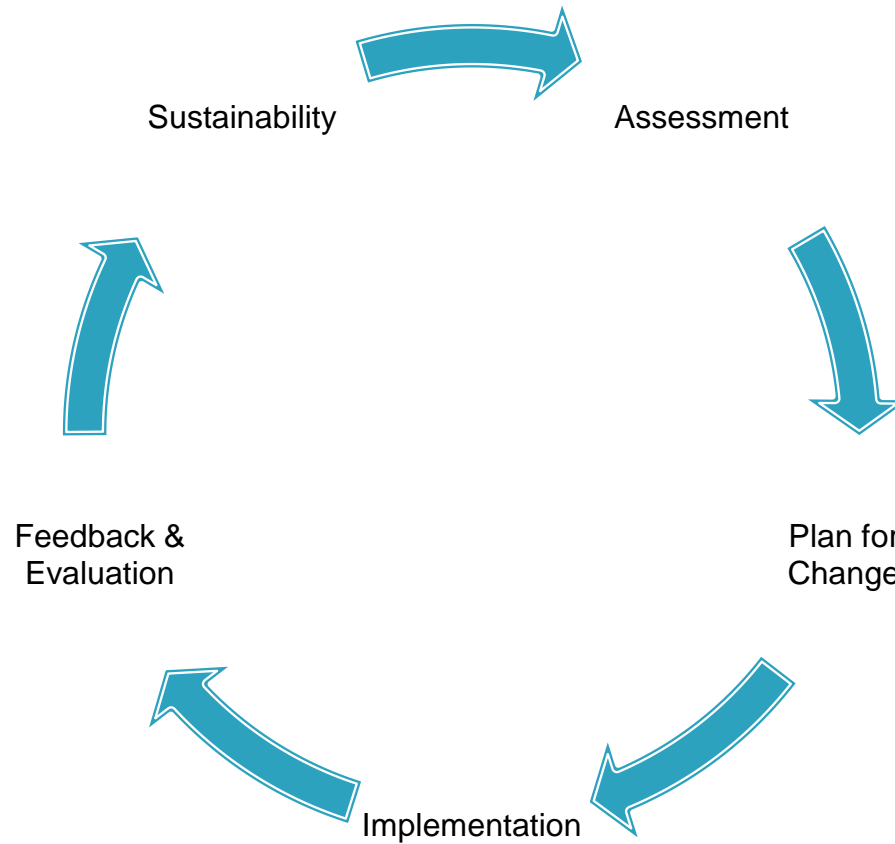
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| Objective 1: Identify students to focus on every month based on discharge planning | Person Responsible: DON | Target Date: 6/2016 | Progress: |
| Objective 2: Identify educational areas of need for identified students focusing on medication, healthy lifestyle, medical appointments | Person Responsible: Nursing Department | Target Date: 6/2016 | Progress: |
| Objective 3: Brainstorm ways of implementing education on an individual level based on needs | Person Responsible: Nursing Department | Target Date: 7/2016 | Progress: |
| Objective 4: All students begin to correctly identify medications and what they are for | Person Responsible: Nursing Department | Target Date: 12/2016 | Progress: |
| Objective 5: Assess continued education needs of all students | Person Responsible: Nursing Department | Target Date: 3/2017 | Progress: |

Structuring Change Initiatives

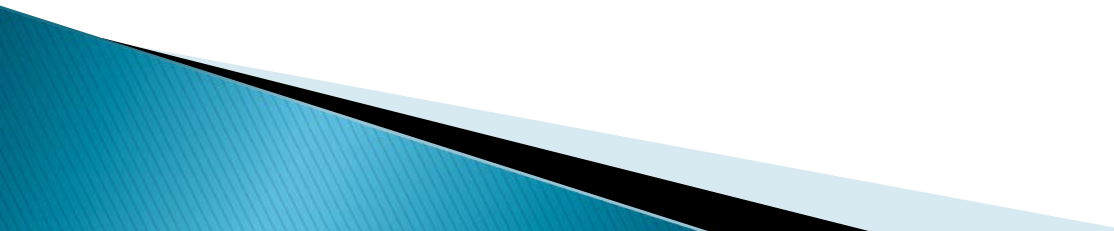
- ▶ Kotter's Change Model Example



Organizational Change Cycle



Many other types of wellness!

- ▶ Vocational
 - ▶ Relational
 - ▶ Medical
 - ▶ Cultural
 - ▶ Emotional
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Questions?

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