



# Together We Thrive

Overall *Wellness* and *Community* Program



Mobile Health Specialists will bring support services to youth ages 10-25 years old (and their families) in both Cattaraugus and Allegany counties. The focus will be on Overall Health and Wellness:

## Physical, Mental, Emotional, Social and Environmental

Directions in Independent Living recognizes that now, more than ever, our communities are in need of a program that **builds and strengthens positive peer interactions**, as well as educates on Overall Health and Wellness for our youth and their families. We have designed a program that promotes positive engagement with peers and includes activities that provide **education to make healthier choices**. Due to COVID19, we have been put in a position to adapt, adjust and accommodate to new restrictions and guidelines, just like most other programs out there. We feel that we are still able to introduce and unite individuals with peers, in order to **strengthen their support system**, **find accountability**, and **direct their life with purpose**. Below you will find some examples of how we have adapted the program in order to keep everyone safe, all the while growing them towards healthier choices in regards to their **physical** bodies, their **minds**, their **emotions**, their **social interactions** and their **impact on the community**.

- **Create connections** for positive peer interactions through Group Zoom Meetings
- Monthly calendars sent out with several options of events to register for  
\*Events include: **Cooking Show** with Kevin Fisher, **Yoga in the Park** with Lisa Ralston, **Healthy Cents Lessons** by Gayle Patterson, and **Virtues Based Social Hour** with Strength Solutions (Other options are being developed for the future)
- Provide opportunities for youth and adults to learn about and experiment with different **vegetables/recipes**, through our produce shares purchased from Canticle Farms- pickup and delivery options to be discussed with families
- Family **guidance, support and education** in regards to Overall Health/Wellness
- Ability to have a **specialist available** and willing to **direct, support, and empower** you and your family, in regards to all aspects of Overall Health and Wellness

All services are mobile, which can be brought to the youth via an agency van and provides opportunities to be involved in services and activities that promote positive health and wellness.

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