



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
- Assist in creating a "Growth Mindset" through the activities found in Big Life Journal
- Provide social and recreational activities through "Ding, Dong, Ditch Kits" (weekly to bi-weekly basis)
- Provide opportunities for youth and adults to learn about different vegetables, that we provide from shares purchased from a local farm (Canticle Farms)- descriptions provided as well
- Teach about healthy living through delivery of fresh produce with an associated recipe, physical activity challenges, social gatherings/discussions via Zoom, Support Groups and "Tell Your Story" talks by people from all different walks of life

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.

CONTACT US:

Emily Sullivan

esullivan@oleanilc.org

Christine Hoff

choff@oleanilc.org

