

Wellness Policy

Avanti ~ Bar-None Residential Treatment Services ~ Children's Residential Treatment Center ~ Omegon

Volunteers of America-Oregon Youth Residential Treatment (Avanti Center, Bar None Residential Treatment and Shelter Programs, Children's Residential Treatment Center (CRTC) and Omegon).

Volunteers of America has four sites and seven programs within the Youth Residential Treatment (YRT) Division. These sites are Avanti Center, Bar None Sunrise Treatment Program, Bar None Norris Lake Shelter, Bar None Deer Creek Shelter, Children's Residential Treatment Center (CRTC) and Omegon Residential Treatment Center.

Avanti Center

Youth are admitted to Avanti Center for a variety of reasons, and the diverse resources available through our programming allow us to work successfully with varying backgrounds and reasons for referral. Residents eligible for admission are biologically-females between the ages of 10-17 years. Individuals are admitted specifically to the Shelter, Evaluation, or Treatment programming based on their individual needs. In general, residents of Avanti have experienced a lack of success in the community or other placements as a result of mental health crisis, ongoing struggles and/or ineffective and unsafe behaviors, and are in need of more intensive structure, supervision, programming and education from which they can learn to safely and successfully function in less restrictive settings. While in placement, residents are provided a safe, structured environment and the resources needed to address their referring issues. The goal for all residents is discharge to the least restrictive setting in which they can be successful.

Bar None

VOA Bar None Residential Treatment Services has provided services for youth since 1954. In efforts to meet the changing needs of youth with emotional and behavioral concerns, various adjustments and additions to the agency have occurred since that time. At this point the agency consists of 3 living units and a variety of on-site supplemental departments, caregivers and other childcare and mental health professionals. There is one residential treatment unit, Sunrise serving 12-18 and two shelter units, Deer Creek serving ages 6-11 and Norris Lake serving ages 12-18. Youth on all units have programs teaching self-esteem, social-emotional skills, living skills, wellness, respect, and responsible decision-making in a safe and supportive environment, that better align with their individual needs. Youth will advance through different skills and create a structured plan to utilize once they have found more permanent living solution.

Children's Residential Treatment Center

CRTC is a secure psychiatric facility in the treatment of adolescents and pre-adolescents meeting the criteria of severe emotional disturbance and whose serious emotional trouble remain unresolved despite numerous previous attempts at remediation. CRTC is licensed for 24-beds, although operates with a working capacity of 22. CRTC serves males, females and

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transgender youth between the ages of 11 and 18 in a secure setting. CRTC uses intensive psychotherapies and cognitive and emotional skill building to assist each participant to remediate mental health symptoms and behavioral problems through developing the skills required to relate constructively to his/her environment and lead successful lives in their home and community. Services include individual, group, and family therapy, Dialectical Behavioral Therapy (DBT) skills group 3x weekly, psychiatric services and medication management. CRTC works in collaboration with the accredited school district of Minneapolis Public Schools to provide an in-center school program. CRTC is focused on teaching and role modeling wellness as part of the service modality.

Omegon Residential Treatment Center

Omegon is a 26-bed dual diagnosis residential treatment center located in Minnetonka, Minnesota that serves youth dealing with mental health and chemical health issues ranging from ages 12 to 17. Residents reside within the center in a one floor dormitory area and participate in group sessions, education, recreation, individual therapy, family therapy, psychiatric services and mealtimes. This building also houses the administrative offices. Omegon works in collaboration with an accredited school district, Intermediate School District 287, located within the facility. Omegon places a large amount of importance on teaching and role modeling the importance of wellness. Omegon's treatment program is comprised of six levels of treatment prior to completion; level two is centered on teaching residents about wellness and implementing these skills into daily living practices.

Youth Residential Treatment Wide

Youth Residential Treatment's wellness components include residents actively taking account of what they put into their bodies, including food, music, movies, reading and the effects that follow after events take place. Hygiene, sleep, emotional regulation and physical activities are other components that are taught and reviewed during program levels.

Youth Residential Treatment supports and promotes proper dietary habits contributing to resident's health status and academic performance. In support of healthy living habits, all foods that are available at Omegon meet or exceed the school district's nutritional standards. Food served is done in a manner that promotes nutritional reliability, diversity, appeal, taste, safety and packaging to ensure premium meals and snacks. Meals are provided to all residents, despite their social or economic status. Treating all residents the same helps to eliminate social stigma associated with free meals. Youth Residential Treatment does not support or use food as a punishment for poor behavior.

All agencies within Youth Residential Treatment division have developed a local wellness policy committee comprised of the following representatives: Omegon Program Director, Senior Case Manager or designee, Agency Registered Nurse or Director of Nursing, Residential Counselor and Food Service Manager.

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NUTRITION EDUCATION AND PROMOTION

Nutrition Messages

Youth Residential Treatment division will provide nutrition education and promote good nutrition via nursing staff, residential counselors and living skills and level/phase group curriculum materials. Additionally, all agencies within the Youth Residential Treatment Division maintain cafeterias that contains colorful and inviting posters which promote nutrition. Another area of education is the teaching of social skills and appropriate manners by direct care staff to residents during mealtimes. There is no marketing on food outside posters which promote nutrition within agencies.

Discussions with residents as a group or individually will occur as needed to also assure that these needs are met. In addition, there is a registered dietician available for resident consultation if determined appropriate by a physical or the agency nursing department for things such as unusual food allergies/intolerance, weight issues, etc.

Youth Residential Treatment does respect our residents' rights to observe religious/belief based practices in regard to food choices. In cases of verified religious/belief based restrictions on food, appropriate and healthy substitutions are provided. Also, to further promote appropriate portion sizes, the Food Service Management Company uses portion sized scoops when serving meals; this includes both our offer vs serve and family-style facilities.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON SITE

Agency Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Be appealing and attractive to children (residents/residents);
- Be served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state and federal law;
- Offer a variety of fruits and vegetables;
- Serve only skim and 1% milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA)
- Ensure that half of the served grains are whole grain

Youth Residential Treatment division agencies all use the Traditional Food-Based Menu Planning system.

Youth Residential Treatment is committed to engaging residents in selecting or identifying foods offered through the meal program in order to identify healthy and appealing food choices. This will be done through a biannual resident and staff survey and meeting with resident representatives so that they are empowered to provide input into the menu planning at each agency.

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Finally, at discharge, residents and referring parties from the community are provided a survey, that among other issues, gives them an opportunity to rate their meals/food service while with us. This information from residents as they leave the program, and from the community members responsible for their placement with us, is reviewed and is part of the continuous quality improvement process used to make modifications as necessary.

Breakfast

To ensure that all children have breakfast, in order to meet their nutritional needs and enhance their ability to learn, Youth Residential Treatment will provide a breakfast program to all residents, to the extent possible.

Mealtimes and Scheduling

Youth Residential Treatment agencies will:

- Provide residents with 30 minutes for breakfast, lunch, and dinner
- Schedule meal periods at appropriate times (breakfast between 6:45-8:00 (depending on weekday/weekend); lunch between 12:00 until 1:00pm; and dinner 5:00-6:00pm)
- Provide residents access to hand washing before they eat meals or snacks.

Qualifications of Food Service Staff

Qualified nutrition professionals will administer the meal programs. Continuing education is provided to them through New Horizon Foods, Inc.

Sharing of Foods

Youth Residential Treatment discourages children from sharing their foods or beverages with one another during meal or snack times. YRT staff will monitor condiments to residents.

Free Meals

All residents in the residential and shelter programs receive free meals. Youth Residential Treatment programs do not utilize a lunch ticket system

Foods Sold Outside the Meal (e.g. vending)

YRT agencies do not offer ala carte or separate sales of food items.

Snacks/desserts

Snacks served during the school day or in after-school care programs will be healthy in nature and make a positive contribution to children's diets and health, with an emphasis on serving fruits, fruit products, or healthy starch/wheat products with water and/or juice as the primary beverage should Residents request this.

Rewards

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Youth Residential Treatment agencies will not use foods or beverages as rewards for academic performance or good behavior, nor will YRT agencies withhold foods or beverages (including food served through meals) as a punishment.

Celebrations

Youth Residential Treatment continually evaluates its celebration practices that involve food during the school day.

In general, the celebrations that involve food are special prepared for Holidays (meals) and to celebrate Birthdays (snack) and Program Discharges (a snack) as well as agency wide events such as an annual Child Banquets/Talent Show (BBQ/meal). Meals provided as part of these celebrations do meet or exceed nutritional requirements.

Food Safety

All food made available via foodservice at Youth Residential Treatment adhere to food safety and security guidelines.

- All foods available at Youth Residential Treatment will comply with state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness.
- For the safety and security of the food and facility, access to the food service operations are limited to Food Service Staff and authorized personnel.

Summer Meals

Youth Residential Treatment provides the Food Service Program throughout the entire summer vacation since all children in the program are eligible for free meals

WELLNESS GOALS

Nutrition education

Goals:

- Provide knowledge and teach skills that helps residents how to make food choices that maintain and promote health
- Coordination between the foodservice staff and agency staff regarding the nutrition provided in the menu planning
- Offer parent/family education opportunities about wellness and healthy nutrition choices

Objectives:

- Food Service Vendor will provide a dietician or designee biannually who will discuss nutrition and education with residents on healthy food choices, portion control, nutrition and overall effects from healthy and unhealthy diets

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- Food Service Vendor will consult with a dietician about menu options prior to approval for implementation
- Families will be offered a wellness education session during required family psychoeducational group biannually

Physical Activity Goals:

- Opportunities for residents to develop the knowledge and skills for specific physical activities
- Regular physical activity to maintain residents' physical fitness
- Resources to promote physical activity will be accessible to all residents, regardless of age, gender, disability, etc.
- Instruction on the short and long-term benefits of a physically active lifestyle

Objectives:

- Residents are given the opportunity for a minimum of one hour of physical activity during programming each day
- All physical education curriculum has been reviewed by each agency's School District to ensure compliance according to school guidelines on physical education
- Physical education is provided for all residents throughout the entire year
- Staff will engage residents in moderate to vigorous activity during at least 50 percent of the physical education class time
- A variety of resources will be provided (some availability varies by program; see addendums for individual program specifics)
 - Indoor
 - Gymnasium, basketball court, volleyball court, weightlifting, misc. indoor recreation equipment/games
 - Outdoor
 - Basketball court, volleyball court, kickball, softball field, walking paths, bicycle, miscellaneous outdoor recreation equipment/game

OTHER AGENCY BASED ACTIVITIES THAT PROMOTE OVERALL RESIDENT WELLNESS

Omegon will provide for times of required physical activity as follows:

- One hour of large muscle activity per day
- Varies in activity required Utilizes the various recreational resources available (see above)
- Is documented and kept on file

Physical education group occurs three times per week for 50 minutes per day. Outside of these scheduled groups, physical education and active recreational programming in the weekday evenings and weekends includes physical education components (e.g. YMCA gym, active

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Agency employees do not use physical activity (e.g. running laps, pushups) or withhold opportunities for physical activity (e.g. physical education, etc.) as punishments. If for any reason a resident is unsafe to leave the building to attend a physically active exercise due to safety, then accommodations are made to ensure that the resident is provided an alternative physical activity.

For residents to receive the nationally recommended amount of daily physical activity and to fully embrace regular activity as a personal behavior, residents need opportunities for physical activity beyond what is required of them (one hour of large muscle activity per day). Therefore, agencies will:

- Discourage extended involvement in sedentary activities, such as watching television and playing video games. These activities are done very sparingly and with therapeutic or educational purpose.
- Encourage direct care staff to promote various physical activities while role modeling and engaging in recreational activities with residents. Each month a different direct care staff is chosen to plan an activity calendar thus a variety of options can be introduced to residents.
- Regularly planned agency wide events focusing on physical activity, such as volleyball and basketball tournaments, a summer Olympics event and physical games are programmed.
- Membership to the nearby YMCA has been purchased to allow for varied physical activities (Omegon-specific)
- Residents are given scheduled breaks to go outside (see addendum for safety exclusions) and weather permitting during school and group breaks throughout programming.

Additional wellness activities and programming includes:

- Planting plants and a garden every spring during living skills group
- Education on wellness and balanced choices in mandatory Independent Living Skills group (which occurs twice weekly)
- Education biannually by a dietician or similarly trained designee (i.e. Nurse, individual trained in health/nutrition) who discusses nutrition, healthy food choices and portion control to all residents
- Volunteers of America has an assigned wellness policy for staff to follow; which assists in role modeling for residents
- Biannual food survey is distributed and collected anonymously from all residents and discussed with Food Service Manager to make additional adjustments, if possible.

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- Resident Council acts as an advocacy group for fellow peer residents to incorporate any adjustments, including food and physical programming.

PLAN FOR MEASURING & ON-GOING IMPLEMENTATION

Monitoring

The members of the Wellness Policy Committee will ensure compliance with established school nutrition and physical activity guidelines discussed herein through the following steps:

- The Wellness Policy Committee will meet annually to review the Wellness Policy
- The Wellness Policy Committee will develop additional monitors and work plans to facilitate implementation as needed based on review
- The Program Director, Senior Case Manager and New Horizon Food Manager will discuss wellness policy and implementation in monthly meetings.
- Quarterly reviews by Registered Dietician per New Horizon Foods
- The Food Service Staff will ensure compliance with nutrition policies within the food service area and will report on this matter to the Omegon Administrator
- The agency Administrator or designee will compile all reports/information received in monthly meetings, which will be reviewed on a quarterly basis.
- Additionally, compliance will be reviewed by the Wellness Committee on an annual basis

Policy Review

To help with the initial development of the Omegon Wellness Policy, a review was completed of the existing nutrition and physical activity practices of agency residents. The following formal reviews will be used to ensure ongoing compliance:

- USDA/MDE Review
- State Licensing Review by the Minnesota Department of Human Services
- Menu reviews by a Registered Dietician through New Horizon Foods
- Monitors are completed and reviewed monthly and results are documented and reviewed on a quarterly basis.
- The Wellness Committee will meet annually to review the Wellness Policy, develop monitors, and develop work plans to facilitate implementation.
- The Wellness committee will review and make updates to the Wellness Policy a minimum of once every three years
- The outcomes of the Wellness Committee Review are shared with advisors on the Community Advisory Committee. Group members on the Advisory Committee are asked to offer suggestions and feedback. Any feedback or suggestions from the group are added to the notes for further review by Wellness Committee.

Staff Involved with Wellness Policy Development include:

1. Agency Division Director
2. Agency Program Director

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3. Agency Senior Case Manager or designee
4. Residential Counselor
5. Agency Registered Nurse or Director of Nursing
6. New Horizon On-Site Food Service Manager

Continued Professional Development Goals

Agency direct care staff, including the Unit Supervisor(s) and Senior Case Manager(s) are trained annually on Offer vs Serve requirements as well as Civil Rights for School Nutrition Programs. Annual Job Performance Reviews are also conducted on residential counseling staff, with ratings given regarding healthy role modeling and appropriate recreational activities, thus providing feedback to staff in regard to performance of these duties

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Addendum—Avanti Center

Avanti serves family style at the table for breakfast and lunch and serves from window at dinner. During family style meals, Individual scoops and serving spoons are utilized to measure out portions that promote wellness and overall healthy portion sizes.

Addendum--Bar None

Hours for physical education credits are earned as part of the school day and tracked through St Francis School District.

Addendum—Children's Residential Treatment Center (CRTC)

CRTC serves family style at the table for all meals. Individual scoops and serving spoons are utilized to measure out portions that promote wellness and overall healthy portion sizes. Staff supervision and encouragement helps manage any potential overeating concerns.

CRTC has a garden on site as part of living skills group and school programming

Residents are not allowed to go outdoors for gym time given the safety concerns related to residents. Additionally, this facility does not have access to a gymnasium given the location/set up of the building. Therefore, alternatives are made to ensure physical activity is part of program while protecting safety concerns with population. Examples include the use of a game room, on-site gym equipment, physical education sets utilizing building components (stairs, push-ups, aerobic videotapes, yoga, etc).

Addendum—Omegon

Hours for physical education credits are earned through scheduled physical education time in the daily schedule. All Phy ed curricula is approved through Hopkins School District and curriculum is stored on site for staff use in facilitation.