

Kairos

Wellness Policy 2018-2019

Implementation Date: June 2018

Kairos recognizes and supports national efforts to reduce obesity and promote wellness of youth served in its residential programs through the development and implementation of a comprehensive wellness program. Research regarding the interaction of physical and mental health is compelling. Since its inception, Kairos has dedicated administrative and financial resources toward the promotion of the physical health of youth served through the development of comprehensive policies and practices related to nutrition. Nutritional policies and practices meet the requirements as set forth by The Joint Commission and the National School Program. A Registered Dietitian and Medical Doctor have been consulted when necessary. Additionally, input of the youth served, parents, staff and other stakeholders has been solicited.

This wellness policy is set forth to ensure that existing agency goals for nutrition education, physical activity, and other school-based activities promote youth/student wellness in a manner that supports current national health awareness goals. The New Beginnings classroom is administered by the Southern Oregon Education Services District. Kairos works with the district to oversee classroom activities for the youth in its psychiatric residential facilities, and has developed this plan in its capacity as a free-standing organization that implements the National School Lunch Program.

Kairos does not sell or market any food or beverage products to youth receiving any Kairos service. Youth have the right to maintain their own funds and use at their own discretion. Staff encourages youth to make healthy food and beverage choices when making those purchases on scheduled outings.

2018-2019 Goals of the Kairos Wellness Program:

1. **Nutrition Education:** The agency shall ensure that instruction in Health and Nutrition is provided as part of the classroom curriculum in consultation with the Southern Oregon Education Services District teachers assigned to New Beginnings. The Health and Nutrition segment shall be taught on a consistent, rotating basis in response to rapid turnover of the resident population.
2. **Stakeholder Involvement:** The Food Services Manager, in consultation with the Lead Nurse and Medical Director, respective Program Managers, and the Environment of Care Manager, will oversee the ongoing development and implementation of this plan. The agency will solicit outside stakeholder involvement as necessary. Food Services consistently seek feedback from youth and staff regarding meals and food selection. The Nutrition Quality Improvement effort, begun in 2009, continues in order to maintain focus on improving the taste and appearance of meals served while increasing the nutritional value of meals at the same time reducing the amount of fried and fatty foods served in accordance with national initiatives.

Kairos consults with a Registered Dietitian on an as-needed basis through a Memorandum of Understanding with Asante Three Rivers Community Hospital.

3. **Nutrition Guidelines:** Kairos will follow the USDA guidelines for all meals and snacks served to its youth, staff, and families. Kairos will remain current with the USDA guidelines, and national initiatives, will update policies as required.

Kairos has adhered to the following revised meal planning guidelines as recommended by the Nutrition Quality Improvement effort:

- a. Sweet desserts are only served three times per week
 - b. Sweet snacks will not be served during the evening hours
 - c. "Thirds" are not served unless by treatment plan and doctor order
 - d. Afternoon snack (3pm) will consist of vegetables, dip, cheese or yogurt, fruit, whole grain crackers, juice and water.
 - e. Processed white breads will be replaced by whole-wheat products wherever possible.
4. **Physical Education/Activity:** Kairos will provide multiple opportunities for physical education, playtime and organized activities to the youth served. Activities include:
- a. Regularly scheduled Physical Education sessions, consisting of a variety of different activities on and off campus. Examples: basketball, bad mitten, noodle tag, disc golf, biking, walking, volleyball, swimming, and soccer.
 - b. Both campuses have dedicated exercise equipment and Xbox physical activities (sit ups, squats, planks, yoga, etc) in house for youth use.
5. **Public Awareness:** Parents and family members are members of each youth's care team, and as such, participate in the development of the youth's treatment plan, including any goals related to nutrition and wellness. Nutritional plans and all diet orders are kept in the residential kitchens with the Food Services Manager and shared with the cooks to ensure that all diet orders and National School Lunch Plan requirements are met. Kairos will share all activities related to the health and wellness of youth/students served through the individual care team process, personal communication with families, and with other involved community stakeholders through the Kairos Community Advisory Committee.
6. **Plan for Measuring Implementation:** The plan is reviewed and revised annually to coincide with the Oregon Department of Education's school year (July 1 – June 30). Special diets are evaluated through the care team process on an individual basis. Agency-wide nutrition initiatives are reviewed and implemented through the agency's Continuous Quality Improvement and performance measurement process. Youth and family concerns may be brought forward to the respective program's Peer and/or Family Support Specialist, assigned Individual and Family Therapist or Program Manager at any time.

Evaluation:

Kairos' Wellness Program/Policy is reviewed, minimally, on an annual basis by the following individuals:

1. Food Services Manager
2. Environment of Care Manager
3. Quality Systems Director
4. Medical Director
5. Lead Nurse
6. Peer Delivered Services Team
7. Teaching Staff

Input is sought from each program's youth, family members, and interested community stakeholders on an ongoing basis throughout the school year as outlined above.

Below is a summary of the highlights of the activities and impact of the agency's wellness program during the course of the most recent reporting period (school year 2017-2018):

- Food Services and the teaching staff conducted training on food portion sizes with all youth.
- Southern Oregon Education Services District and Kairos staff continued to encourage youth to participate in P.E.
- Southern Oregon Education Services District and Kairos staff continued to provide equipment for P.E. activities.