

**PINE REST CHRISTIAN MENTAL HEALTH SERVICES
COMMUNITY AND RESIDENTIAL SERVICES
CENTER FOR PSYCHIATRIC RESIDENTIAL SERVICES**

Wellness Policy

Departmental Policy:
Date of Original Document: March 2016
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APPLICABLE TO: Center for Residential Services Programs

APPROVAL: _____

Allen Jansen

Date

Corporate Director, Community and Residential Services

POLICY STATEMENT: The Center for Psychiatric Services is committed to the optimal development of all persons served. We strive to create a positive, safe, and health-promoting environment. This policy outlines the program's approach to ensuring environments and opportunities for all persons served to proactive healthy eating and physical activity behaviors throughout the day.

Nutrition Education

Every year, all students, shall receive nutrition education that is aligned with the *Michigan Health Education Content Standards and Benchmarks*. Nutrition education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the program. Staff members who provide nutrition education shall have the appropriate training.

Nutrition Standards

The program shall ensure that reimbursable school meals meet the program requirements and nutrition standards found in federal regulations. The program shall encourage persons served to make nutritious food choices.

The program shall monitor all food and beverages provided to persons served, including those available outside the federally regulated child nutrition programs.

Physical Education and Physical Activity Opportunities

The program will provide students with physical education, using an age-appropriate physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits. Physical education shall be aligned with the *Michigan Physical Education Content Standards and Benchmarks*.

Other School-Based Activities Designed to Promote Wellness

The program may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity.

Implementation and Measurement

The program will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition standards, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote wellness. The Program Director shall implement this policy and be responsible for its ongoing compliance.

The program will also measure how well the plan is being managed and enforced through periodic audits and reports on initiatives.

Administrative Rules regarding the Center for Psychiatric Residential Services Wellness Policy

In order to enact and enforce the for Psychiatric Residential Services Wellness Policy, the program Director and/or designee, with input from students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; program health professionals [i.e., nurses and other physical health providers, and mental health and social services staff; administrators, and other dietary staff.

The program will convene a representative wellness committee (hereto referred to as the WC) that meets at least four times per year to establish goals for and oversee health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred to as "wellness policy").

The Program Director or designee will appoint a member of staff to organize the WC and invite appropriate stakeholders to participate. The WC may include representatives from the following areas:

- Administration
- Food Services
- Kentwood Public Schools Staff working with the Program
- Physical Health Professionals
- Mental Health Professionals

These rules are subject to ongoing administrative review and modification as necessary to help assure compliance with the purpose and intent of the Center for Psychiatric Services Wellness Policy. Any stakeholder wishing to express a viewpoint, opinion, or complaint regarding these rules should contact:

Corporate Director
Pine Rest Community and Residential Services
300 68th Street, SE
Grand Rapids, MI 49548
(616/455-5000)

Students and staff will be informed about the Wellness Policy annually. The Wellness Policy will be available on the Pine Rest website at the following address:

www.pinerest.org/school-lunch

Nutrition Education

Nutrition education, a component of comprehensive health education, shall be offered every year to all students in the program. The program may offer age appropriate nutrition education group sessions. In addition, nutrition education topics shall be integrated into other activities as appropriate.

The program shall implement a quality nutrition education that addresses the following:

Curriculum:

- Has a curriculum aligned with the Michigan Health Education Content Standards and Benchmarks. Equips persons served to acquire the knowledge and skills needed to engage in sound nutrition behavior.

Instruction and Assessment

- Aligns curriculum, instruction, and assessment.
- Builds persons' served confidence and competence in making healthy nutrition choices.
- Engages persons served in learning that prepares them to choose a healthy diet.
- Includes persons served of all abilities.

Nutrition education materials will be made available in the form of handouts.

Nutrition Standards

The program shall offer school meal programs with menus meeting the meal patterns and nutrition standards established by the United States Department of Agriculture (USDA). The program shall encourage students to make food choices based on the most current Dietary Guidelines for Americans.

The program shall offer and promote the following food and beverages:

- Whole and enriched grain products that are high in fiber, low in added fats and sugars, and served in appropriate portion sizes consistent with the current USDA standards;
- Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques and 100% fruit or vegetable juice in 12 –ounce servings or less;
- Nonfat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5-ounce (two-ounce, if processed cheese) servings or less;
- Nuts, nut butters, seeds, trail mix, and/or soybean snacks in one-ounce portions or less (dietary needs of food-allergic students are taken into consideration in menu planning); portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques; and

- Accompaniments (sauces, dressings, and dips), if offered, in one-ounce servings or less.

The program will work with dietary vendor to ensure that they provide predominantly healthy food and beverage choices that comply with this policy's purpose during the school day. See Appendix A.

The program shall discourage using food as a reward. Alternatives to using food as a reward is found in Appendix A.

Physical Education and Physical Activity Opportunities

Developmentally appropriate physical education shall be offered every year to all students of the program. In addition, physical education topics shall be integrated into the entire curriculum when appropriate. The program shall work the local school district to implement a quality physical education program that addresses the following:

Curriculum:

- Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity,
- Has curriculum aligned with the *Michigan Physical Education Content Standards and Benchmarks*.
- Influence personal and social skills development.

Instruction and Assessment:

- Aligns curriculum, instruction, and assessment.
- Builds students' confidence and competence in physical activities.
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- Includes students of all abilities.
- Is taught by a certified physical education teacher trained in best practice physical education methods.
- Keeps all students involved in purposeful activity for a majority of the class period.

The program shall offer daily opportunities for daily unstructured physical activity.

Other School-Based Activities Designed to Promote Student-Wellness

Dining Environment

The program shall provide:

- A clean, safe, enjoyable meal environment for persons served.
- Enough space and serving areas to ensure all persons served have access to school meals with minimum wait time.
- Access to water, so that persons served can get water at meals and throughout the day.
- Encouragement to maximize student participation in school meal programs.

Time to Eat

The program shall provide:

- Adequate time for persons served to enjoy healthy foods over lunch period.
- That lunch time is scheduled as near the middle of the school day as possible.

Food or Physical Activity as a Reward or Punishment:

The program shall provide:

- Not deny student participation in physical activities as a form of discipline or for classroom make-up time.
- Not use physical education as punishment, and
- Encourage using physical activity as a reward.

The program shall:

- Provide opportunities for on-going professional training and development for foodservice staff and teachers in the areas of nutrition and physical education,
- Encourage parents/guardians, teachers, administrators, students, direct care workers, program clinical staff, food service professionals, and other community members to serve as role models in practicing healthy eating and being physically active, both during the school day and other appropriate times.
- Provide information and outreach materials about other FNS programs such as SNAP benefits, and Woman, Infants, and Children (WIC) to students and parents/guardians.
- Implement physical activity across the curriculum throughout the program day.
- **Program Wellness Committee**

Committee Role and Membership

The program will convene a representative wellness committee (hereto referred to as the WC) that meets at least four times per year to establish goals for and oversee health and safety policies and programs, including development, implementation, and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The WC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: caregivers; students; representatives of the school nutrition program (ex., school nutrition director); physical education teachers; health professionals (ex., health education teachers, and mental health and social services staff [i.e., counselors, psychologists, social workers, or psychiatrists]; administrators, and; health professionals (ex., dietitians, doctors, nurses, dentists).

Leadership

The Program Director or designee(s) will convene the WC and facilitate development of and updates to the wellness policy, and will ensure compliance with the policy. The Program Director will be responsible to ensure compliance with the policy.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:

| Name | Title | Email address | Role |
|------------|---------------|--|------------------|
| Corey Hill | Nurse Manager | Corey.Hill@Pinerest.org | Committee Member |

| | | | |
|----------------|---------------------------------|--|-----------------------------|
| Katie Cobb | Supervisor | Katie.Cobb@Pinerst.org | Wellness Policy Coordinator |
| Tiffany Idziak | Director of Clinical Operations | Tiffany.Idziak@Pinerest.org | Committee Member |
| Drew Martini | Licensed Practitioner | Drew.Martini@Pinerest.org | Committee Member |

The program will designate a wellness policy coordinator, who will ensure compliance with the policy.

Implementation and Measurement

All employees of the program are encouraged to be a positive healthy lifestyle role model for students by following, at a minimum, these administrative rules. Persons served can learn healthy lifestyle habits by observing the food and physical activity patterns of school personnel and other adults who serve as role models for their lives. In order to send consistent messages to persons served, all adults in the program environment are encouraged to make healthy food choices and engage in physical activity. The organization shall work with the Human Resources department to encourage staff wellness.

Appendix A: Healthy Food and Beverages Criteria and Healthy Snack List Your Resource to Health Packaged Food and Beverage Products

Appendix B: Alternatives to Using Food as a Reward

Appendix A: Healthy Food and Beverages Criteria and Healthy Snack List Your Resource to Health Packaged Food and Beverage Products:

The two lists below will help the program identify healthy food and beverages that are available from food-service.

Single-serve-size snacks (except for nuts, seeds, and cheese) should have no more than six grams of fat and meet at least two of the following three criteria:

1. Contain 300 or fewer calories,
2. One or more grams of fiber, or
3. At least 10% of Calcium, Iron, Vitamin A or Vitamin C

Appendix B: Alternatives to Using Food as a Reward

Often children are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value, are easy, inexpensive, and can bring about short-term behavior change. There are many disadvantages to using food as a reward:

It undermines nutrition education being taught in the school environment.

It encourages over consumption of foods high in added sugar and fat.

It teaches children to eat when they are not hungry as a reward to themselves.

Children learn preferences for foods made available to them, including those that are unhealthy. Poor food choices and inadequate physical activity contribute to being overweight and obesity. Currently, obesity among children is at epidemic levels and often leads to serious health problems.

Persons served naturally enjoy eating healthy and being physically active. The program needs to provide them with an environment that naturally supports healthy behaviors. Below are some alternatives for persons served to enjoy instead of being offered food as a reward.

Watch a video

Read outdoors

Play a computer game.