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|  <p>ETTIE LEE Youth & Family Services Saving Lives, Changing Lives and Building Hope</p> | <p>CHILD NUTRITION PROGRAM WELLNESS PROGRAM TRIENNIAL ASSESSMENT</p> | |
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| | | GC Forms |

| Nutrition Promotion | Revised Plan |
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| <ul style="list-style-type: none"> Ettie Lee aims to teach, encourage, and support healthy eating. The facility will provide nutritional promotions that promotes healthy foods by: <ul style="list-style-type: none"> Promoting fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices. Posting healthy messages throughout the facility that promote physical activity, good eating habits, and positive well-being. Emphasizing caloric balance between food intake and energy expenditure (physical activity/exercise). Including training for staff and youth on nutrition education. | <ul style="list-style-type: none"> Don't have to ask for these items, they are available at all times. Buy new picture size brochures instead of posters so we can fit more into the home. Add the above topics on the annual staff training calendar. Review in established Life Skills Nutrition Classes with youth. |
| Nutritional Education: | |
| <ul style="list-style-type: none"> It is the practice that Ettie Lee Homes, Inc. provides education on health and nutrition three times per year as part of their Life skills training program | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that youth participate in the menu planning each month. | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that youth are offered the opportunity and encouraged to participate in grocery shopping for each facility. | Reece to be assigned to shopping for all homes. Reece to pick up a youth. |
| <ul style="list-style-type: none"> It is the practice that youth are offered the opportunity and encouraged to participate in meal preparation. | Put on the chore chart. |
| <ul style="list-style-type: none"> It is the practice that Ettie Lee Homes, Inc. provides education on physical health and exercise three times per year as part of their day treatment program. | Continue – Met |

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| Physical Activity | |
| <ul style="list-style-type: none"> It is the practice that each youth is given the opportunity to engage in physical large motor skills & recreation activities that averages up to 7 hours per week. It is the practice that the youth cannot be restricted from these physical recreation activities as a consequence for behavior. | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that there is a scheduled physical recreational outing each month. | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that the facility provides recreational equipment for indoor and outdoor use that promotes physical activity. Each home has an outdoor basketball court, 3 of 6 homes have a pool, and each home has access to footballs, basketballs, soccer balls, badminton and volleyballs etc. | Continue – Met |
| Medical and Emotional Well Being: | |
| <ul style="list-style-type: none"> It is the practice that each youth receives a physical exam and dental exam within one month of placement. | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that each youth receives individual counseling from a Marriage, Family Child therapist/intern/trainee on a weekly basis. | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that each youth has an Individual Mental Health Assessment to assess needs and an Individual Treatment Plan to meet the emotional, social, relationship, physical, educational, medical, and recreational and health related needs of each youth. This plan is updated quarterly. | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that each youth's case is reviewed once quarter for evaluation. | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that each week there is availability at a weekly consultation meeting for individual needs of youth to be discussed and monthly each youth's case is reviewed formally. | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that each youth receives the opportunity as assessed to see a psychiatrist on a monthly basis. | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that each youth as assessed receives education and counseling on Drug and Alcohol related issues | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that each youth as assessed receives education and counseling on Anger | Delete – We no longer provide this in-home on a regular |

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| Reduction Therapy one time a week for 1½ hours per session. | basis. A youth will be linked to this service in a community-based organization as needed. |
| <ul style="list-style-type: none"> It is the practice that each youth in the course receives information on nutrition and wellness at intake and information is posted at each site in a common area. | <ul style="list-style-type: none"> Delete – Repeated from above. |
| <ul style="list-style-type: none"> It is the practice that all youth are supervised in their current living situation by staff that have received Certification in Community Water Safety, First Aid, CPR, ProAct (De-escalation) | Continue – Met |
| <ul style="list-style-type: none"> It is the practice that all youth have access to a credentialed psychiatric technician that is supervised by a clinical therapist and receives guidance from a psychiatrist. | Continue – Met |
| <ul style="list-style-type: none"> New Addition – Whole Body Wellness | <ul style="list-style-type: none"> Staff will implement mindfulness exercises such as taekwondo to the weekly routine. |
| <ul style="list-style-type: none"> FOR COMPLETE DOCUMENT ASK STAFF. CN&WP IS LOCATED IN THE FOOD SAFETY LOG. | <ul style="list-style-type: none"> Continue – Met |
| Public Involvement: | |
| <ul style="list-style-type: none"> Ettie Lee maintains a Wellness committee that includes administrators, department supervisors, mental health professionals, youth and parents (where appropriate) in developing, implementing, monitoring and reviewing the Child Nutrition and Wellness Protocols. The Wellness Committee shall meet quarterly to review and revise the Child Nutrition and Wellness Policies and to develop and monitor an action plan for the coming year as necessary. The Committee shall meet additionally as needed during the school year to discuss implementation activities and address barriers and challenges. | <ul style="list-style-type: none"> Not Met – Plan - Case Manager will reach out to the local school district to try to enlist their participation. |
| <ul style="list-style-type: none"> The Wellness Committee will meet annually, at minimum, or more often as needed to monitor the implementation and impact of the Child Nutrition and Wellness Protocols. Goal attainment will be measured by monitoring the Needs and Services Plans and goals will be revised and updated or newly created. Policy | <ul style="list-style-type: none"> Not Met – Plan – The Program Director has included training, site monitoring and monitoring of the Wellness Plan to the agency annual training plan for January, |

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| language will be assessed each year and revised as needed. | |
| Public Notification: | |
| <ul style="list-style-type: none"> Awareness of the Ettie Lee Child Nutrition and Wellness Program shall be made available to staff, youth and families by means of program training manual, client intake information and the ettielee.org website. | Continue – Met |
| <ul style="list-style-type: none"> On an annual basis, Ettie Lee will notify staff, youth and families on their website that they offer a Child Nutrition and Wellness Program and about its Civil Rights Policies and Procedures on filing complaints, about the content and updates to the policy and how the public can be involved in the Child Nutrition and Wellness Program. | Continue – Met |
| <ul style="list-style-type: none"> Ettie Lee will provide reports of the triennial assessment to the public via their website. | <ul style="list-style-type: none"> Not Met – Plan – Program Director will place this assessment and revised wellness plan onto the agency website. |
| | Whole body wellness |