



**PREVENTION and
WELLNESS EDUCATION**
Jewish COMMUNITY SERVICES

Wellness My Way

Health and Wellness Specialists from the Prevention & Wellness Team of Jewish Community Services (JCS) have a long history of providing dynamic, interactive programs for children (as young as 4) and teens to help them understand their emotions, recognize their stressors, and provide them with age-appropriate tools and strategies for managing them in healthy ways.

In recent years, there has been an escalating mental health crisis among young people. Rates of depression, anxiety, suicidality, substance misuse, and violence have risen dramatically. At the same time, it has been increasingly more challenging for schools and youth organizations to integrate critical programming into their curricula that provides children and teens with the essential information, resources, and strategies to help reduce their vulnerability to mental health challenges and do it in a way that keeps them interested and engaged.

In response to these challenges, in addition to our highly successful live, in-person programs, Jewish Community Services has added an innovative new option for offering our Prevention & Wellness programming to your youth.

Wellness My Way (WMW) is an online, on-demand program platform that makes our lessons about mental and behavioral health convenient, accessible, and fun. By having the feel of a multi-level video game with animation, illustrations, pop-ups, videos, options to choose where the story goes, and more, **WMW** keeps minds and attention engaged.



FAQs

What age groups is this for?

Our units focus on elementary school, middle school, upper school, and college-aged students, but any unit can be tailored to fit specific age group or developmental stage. We plan the curriculum for each unit with different age ranges in mind.

Is it for use in groups or by individuals?

Wellness My Way is flexible in that it can be used in groups led by teachers or facilitators AND it can be used by individuals for a solo experience.



How do I access **Wellness My Way**?

Wellness My Way is accessed through Patreon, a hosting site. Once we set you up with a registration, you will receive unique links to the monthly programs available, as well as direct contact information for one of our Health and Wellness Specialists who will serve as your liaison to make sure you have all that you need to be successful.



What topics are covered?

Once you have registered, you receive unlimited access to two base programs. Those programs are **Substance Use and Addiction** and **Be Well**. Additionally, each month you get unlimited access to an additional featured program such as **Ezra's Invisible Backpack**, **Internet Safety for Teens**, **Consent and Healthy Relationships**, and **Trauma Support for Teens**. Our **Wellness My Way** catalog is constantly growing to address the issues confronting young people today!



Can I request a topic or ask to have a unit customized?

Yes! If you have registered for at least one-month, you can request a specific topic or ask us to customize a unit. Special requests may require an additional fee.

Do you need special training or technical skills to use the platform?

There is no special training or technical skills needed. If you can use a computer, you can use **Wellness My Way**. However, if you have questions or need help with anything, as part of your registration, you will have 1:1 support from one of our Health and Wellness Specialists.

What if I need help or support to run a program?

If you would like to bring a Health and Wellness Specialist to lead the program for your group, you can add an a la carte option to your registration.

Can I still have a JCS Health and Wellness Specialist facilitate live programs?

Absolutely! **Wellness My Way** is not replacing in-person programming. Think of **Wellness My Way** more as an additional option for offering our Prevention & Wellness programming to your youth. It can be incorporated into our live programming, used as an adjunct to live programming, or given as an independent assignment.

What about the props and guest speakers you often bring to live programs?

Props for units, such as the drunk goggles we use to enhance lessons about substance use, are available for drop off/pick up locally. We can also arrange for guest speakers who will share their lived experiences related to the **Wellness My Way** unit you are using. These program add-ons may require an additional fee.

Is there a cost to use **Wellness My Way**?

The standard cost for each month of access to **Wellness My Way** is based upon the number of program participants. Included in the per-month cost are our two base units, **Substance Use and Addiction** and **Be Well** plus one additional program* selected by our Health & Wellness Specialists. That means you get access to three program units each month for one low fee.

Add-on options for units are also available, including:

- A JCS Health Educator to facilitate a program
- Props Kits to enhance the immersive learning experience
- Guest speakers who share lived experiences related to the program topic

We would be happy to talk with you about our pricing and work with you to develop a plan that fits your organization's needs.

* Program examples include **Ezra's Invisible Backpack**, **Consent and Healthy Relationships**, **Internet Safety for Teens**, and **Trauma Support for Teens**. Substitutions for pre-selected programs are possible.

Do I need to make a long-term commitment?

Absolutely not! You can choose the length of your registration with the minimum being one month. You can continue to register on a month-to-month basis, skip months, or opt to sign up in advance for a term that meets your needs.

Can I experience **Wellness My Way** before deciding?

Yes! We invite you to try the **Wellness My Way** demo [HERE](#).

You can also learn more about the breadth of Prevention & Wellness programs we provide children, teens, and young adults and see our catalog of topics at jcsbalt.org/school-programs/.

We would love to talk with you about making **Wellness My Way** and/or any of our live programming available to the young people you serve!

Please email us at wellnessmyway@jcsbaltimore.org.

Wellness My Way

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