#Work2BeWell Powered by Providence Health & Services

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#Work2BeWell
Powered by Providence Health & Services

#BeWell  #BeHeard  #BeThere  #Work2BeWell
Our ongoing goal is to leverage our partnership’s diverse and multi-generational audiences to impact tweens, teens, parents and educators with important messaging related to mental wellness.

#BeWell is the MOVEMENT
Social Media is the MICROPHONE #BeHeard
Providence, Well Being Trust, Oregon Association of Student Councils, YouthLine and #ICanHelp are the RESOURCES #BeThere

Together, we make the difference
#Work2BeWell

In this partnership we have built a successful foundation and strategy for serving our communities and providing resources for emotional and social wellbeing.
#Work2BeWell Campaign

Components include:

- School year calendar of events/campaigns
- #Work2BeWell website hub
- BeWell Student Advisory Board
- Student Education and Training
- Train the Trainer Staff Education
- #Work2BeWell Mini Grants
- Social Media Campaigns
- Targeted Celebrity Influencer integration
- State Legislative Advocacy
iHeart Partnership

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#BeWell #Work2BeWell
In partnership with The Oregon Association of Student Councils #BeWell has created a peer network of on the ground influencers in local high school communities.

**On-site activations** at key OASC events including onsite booth at each event below. **Scholarship support** to host students on behalf of #BeWell, and small group workshop at Fall conference.

- **April 29-30th**: Spring Conference at Red Lion Hotel — Jantzen Beach (600 students, 40 schools)
- **July 15-18th**: M.S. Summer Leadership Camp (70 students)
- **July 15-19th**: Session 1 H.S. Summer Leadership Camp (250 students, 60 schools)
- **July 22-26th**: Session 2 H.S. Summer Leadership Camp (250 students, 60 schools)
- **Oct 1-5th**: Middle School State Tour (1200 students, 300 schools)
- **Nov. 4-5th**: OASC H.S. Fall Conference in Seaside (1500 students, 100 schools)
- **Feb. 16-18th**: Winter Energizer in Hillsboro 150 students, 50 schools attend)
- **April 27-28th**: Spring Conference at Red Lion Hotel — Jantzen Beach (600 students, 40 schools)

#BeWell #Work2BeWell
#Work2BeWell Draft School Year Topics for Website Hub

**November**
- Midterms and Test
- Holiday – being out of school, friends, money
- People in Need

**December**
- Holiday stress/ excitement
- Money stress
- Tolerance

**January**
- Back to school
- New possibilities
- Self-care

**April**
- Sexual Assault – Consent
- Self Defense
- Prom and prom-posals

**May**
- Mental Health Awareness
- #BeWell Challenge (week or month)
- Kindness – to self and others

**June**
- Pride Month – words, thoughts & actions
- Gratitude
- Out of School – not just college

**July**
- #GetOutside
- Inexpensive ways to be active this summer
- Things to do in the Summer

**August:**
- Back-To-School
- Making Friends – Being Involved
- Anxiety and stress

**September:**
- Parties in Highschool - pressures and how to handle the
- No means No - what is consent
- How to deal with friends in hard situation – Peer pressure

**October**
- Domestic Violence month
- Dating
- Bullying
High School Myths Videos

https://www.dropbox.com/sh/yviiimzik3z8mtu/AADEq9_QH8ezzGMDjRuT5Cx1a?dl=0

KPTV News story – Sept 4

#BeWell #Work2BeWell
OZY: Teens Taking the Time to Talk Mental Health

Teens Taking The Time To Talk Mental Health
September 21, 2018

Teen Stories
45K Page views
Average time spent on the story 7:12
110K impressions

#BeWell #Work2BeWell
Middle School Regional Tour 2018
STUDENT ADVISORY Board

We have created a Student Advisory Board made up of 16 middle and high-school students from around the state and region to advise and direct this program.

- They’re telling us
  - What resources they need/want
  - How to speak their language

- Topic direction for November:
  - How to diffuse or navigate political conversations at home and school
  - How to handle awkward family conversations/situations over the holidays
  - Ideas for things to do alone, or when lonely over the school breaks
  - Surviving College applications

#BeWell #Work2BeWell
#WORK2BEWELL Hub

http://studentcouncil.ufcontent.com/
Middleborough High School  
WellnessSTRONG Week 3/19 - 3/23

Theme Days:

Mindful Monday:
- Digital Detox
- Essential Oil
- Mindful Coloring
- Therapy Dogs in Berry’s Corner
- Spa Music

Workout Wednesday:
- Workout clothing suggested
- Walking Lunch
- Therapy Dogs in Berry’s Corner
- Workout Music
- Restful Quiet 15 minutes Block 4

Tiki Tuesday:
- Tropical Clothing suggested
- Sun Safety
- Hawaiian Music
- Therapy dogs in Berry’s Corner

Thankful Thursday:
- Writing “thank-you” notes to teachers/students
- Inspirational Music
- Therapy dogs in Berry’s Corner

StaffSTRONG Friday:
- Gratitude Grams Delivered
- PD for Faculty: yoga, basketball, self-defense, nature walk, essential oils

#Work2BeWell Wellness Weeks
#SpreadCheer Holiday Takeover

https://www.facebook.com/WellBeingTrust/videos/281171682743268/?q=well%20being%20trust&epa=SEARCH_BOX

#National Cookie Day
#Work2BeWell

Join us and be part of the solution

#BeWell  #BeHeard  #BeThere  #Work2BeWell