

Drug and Alcohol Rehabilitation Services, Inc.

Student Wellness Policy

July 1, 2014 – June 30, 2015

Purpose

Drug and Alcohol Rehabilitation Services, Inc. is committed to meeting the mental, physical and emotional needs of clients in our residential treatment programs. In this regard, this wellness policy will act as a

1. Authority - P. L. 108-265, Sec. 204

To establish the health and well being of all students, the Board of Directors of Drug and Alcohol Rehabilitation Services, Inc. establishes that the company shall provide to all students:

- A comprehensive nutrition program consistent with federal and state requirements.
- Free access to foods and beverages that meet established nutritional guidelines.
- Physical education classes and physical activities designed to both improve and/or maintain a high level of physical condition for all students.
- Curriculums for both the school and treatment program that are designed to educate students about proper nutrition and lifelong physical activity, in accordance with State Board of Education Curriculum regulations and academic standards.

2. Delegation of Responsibility

The Board of Directors of Drug and Alcohol Rehabilitation Services, Inc. establishes and approves the wellness policy. The Executive Director of Drug and Alcohol Rehabilitation Services, Inc. is responsible for oversight and the administration of the policy to insure implementation and compliance.

Employees responsible for particular element of the wellness policy shall report to the Executive Director regarding compliance. All employees shall report issues that adversely affect student wellness to their immediate supervisor, who in turn shall inform the Executive Director.

The Executive Director shall report annually to the Board of Directors regarding the company's compliance with the law and policies related to student wellness. The report shall include:

- Assessment of the school environment regarding student wellness.
- Evaluation of the food service program.
- Listing of activities and programs conducted to promote nutrition and physical activity.
- Recommendations for policy and/or program revisions.
- Suggestions for improvements of specific areas.
- Feedback received from company employees, students, schoolteachers, and volunteers.

#### 4. Guidelines

##### Wellness Committee

The executive director shall appointment a Wellness Committee that will include, but not be limited one member of the following groups:

- Executive Director
- Cook
- Treatment Director
- Drug and Alcohol Counselor
- Schoolteacher
- Student (client)

The Wellness Committee shall serve as an advisory committee regarding student health issues and shall be responsible for developing a Student Wellness policy that complies to established standards and seeks the Board of Directors for adoption.

The Wellness Committee may examine related research and laws, assess student needs and the current school environment, review existing Board policies and administrative regulations, and raise awareness about student health issues. The Wellness Committee may make policy recommendations to the Board related to other health issues necessary to promote student wellness.

The Wellness Committee may survey parents/guardians and students; conduct forums or focus groups; collaborate with appropriate community agencies and organizations; and engage in similar activities within the scope of their responsibilities.

The Wellness Committee shall provide periodic reports to the Executive Director regarding the status of its work, as required or when directed to do so.

### Nutrition Education

The goal of nutrition education is to teach, encourage and support healthy eating by students. Promoting student health and nutrition enhances readiness for learning, it increases student achievement, and assists in maintaining recovery and sobriety after students leave treatment.

Nutrition education will be provided with the sequential, comprehensive health education program in accordance with State Board of Education curriculum regulations and the academic standards for Health, Safety and Physical Education, and Family Consumer Sciences.

Nutrition Education shall provide all students with the knowledge and skills necessary to lead healthy lives.

Nutrition education lessons and applications shall be age-appropriate.

Nutrition education shall be behavior focused.

Nutrition education shall be integrated into other subjects to complement, but not replace, academic standards based on nutrition education.

Lifelong lifestyle balance shall be reinforced by linking nutrition education, physical activity and recovery from substance dependence and abuse.

The staff responsible for providing nutrition education shall be properly trained and prepared and shall participate in appropriate professional development training sessions. Criteria shall be developed to measure “properly” and “appropriate.” These measures shall pertain to program staff.

Program staff shall cooperate with agencies and community organizations to provide opportunities for appropriate student projects related to nutrition.

Consistent nutrition messages shall be disseminated throughout the facility to include school classrooms, client meetings, group therapy, individual counseling sessions, outside recreational activities, weekend activities, during student free time, and with parents and guardians as an element of family therapy and aftercare planning.

### Physical Activity

The facility shall determine how they will contribute to the effort to provide students opportunities to accumulate at least sixty (60) minutes of age-appropriate physical activity on all or most days of the week. That time will include physical activity outside the school environment, such as outdoor play both within and outside the facility, sports, etc.

Students shall participate daily in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

Age-appropriate physical activity opportunities, such as recreational time; during and after school, shall be provided to meet the needs and interests of all students, in addition to planned physical education.

A physical and social environment that encourages safe and enjoyable activity for all students shall be maintained.

Extended periods of student inactivity, two (2) hours or more, shall be discouraged.

After-school programs shall provide developmentally appropriate physical activity for participating students.

The facility shall partner with parents/guardians and community members to institute programs that support physical activity.

Physical activity shall not be used as a form of punishment.

Students shall be transported to an offsite location at least once a week to participate in the activity of their choice which may include swimming, basketball, jogging and weightlifting.

Students will participate in outside weekend activities on Saturdays and/or Sundays. These outings will include all eligible students with an emphasis on physical activities such as hiking, swimming, sports, laser tag, etc. The program shall develop a list of activities and outing locations that are appropriate for our students. Eligible students shall be identified by the Program Staff and may exclude students who are prohibited by the juvenile court in participating in an activity at a particular location.

Onsite physical activity will be scheduled into the daily routine, Monday through Sunday. The Program Staff will monitor onsite physical activity to ensure students are receiving the appropriate level exercise and that the exercises are conducted in a safe manner with adequate staff supervision. Lectures and seminars related to physical activity will be offered throughout a calendar year.

### Physical Education

Quality physical education instruction that promotes lifelong physical activity and provides instruction in the skills and knowledge necessary for lifelong participation shall be provided.

Physical education classes shall be the means through which all students learn, practice and are assessed on developmentally appropriate skills and knowledge necessary for lifelong, health-enhancing physical activity.

A comprehensive physical education course of study that focuses on providing students the skills, knowledge and confidence to participate in lifelong, health enhancing physical activity shall be implemented.

A varied and comprehensive curriculum that leads to students becoming and remaining physically active for a lifetime shall be provided in the physical education program.

A sequential physical education program consistent with State Board of Education curriculum regulations and Health, Safety and Physical Education academic standards shall be developed and implemented.

Adequate amounts of planned instruction shall be provided in order for students to achieve the proficient level for the Health, Safety and Physical Education academic standards.

A local assessment system shall be implemented to track student progress on the Health, Safety and Physical Education academic standards.

Students shall be moderately to vigorously active as much time as possible during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

Safe and adequate equipment, facilities and resources shall be provided for physical education courses.

Appropriate professional development shall be provided for physical education staff.

Physical education classes shall have a teacher-student ratio comparable to those of other courses.

Physical activity shall not be used as a form of punishment.

### Integration of Nutrition and Wellness with Substance Abuse Treatment

Our clients have often not received adequate health care prior to their admission. They sometimes have a low level of self-care for a variety of reasons, including a lack of wellness education, a lack of opportunities for participation in organized after-school athletic activities, a lack of a nurturing home environment, the addiction and abuse of drugs and alcohol, and engaging in risk-taking behaviors. Some clients are overweight and they have health problems (such as asthma and other respiratory diseases, sleep apnea, and diabetes). They are prone to sexually transmitted diseases and often have dental problems. Our clients often display co-occurring disorders, such as eating disorders, depression, and anxiety. Given these facts, it is important that health and nutrition be integrated into treatment planning for all clients and that a thorough assessment of each client's health and wellness be conducted as part of the intake process, within the first 10 days of treatment.

## Physical Assessment -

A physical assessment of health shall be performed by a physician during the client's intake examination. The results of the physical examination shall be documented according to the following: evidence of injuries, a serial neurological examination, an investigation of organ systems for possibilities of infectious disease, pulmonary, liver and cardiac abnormalities, dermatologic sequelae of addiction, and concurrent problems. In addition, the physical examination should include a determination of the client's vital signs (temperature, pulse, blood pressure and respiratory rate); an examination of the client's general appearance, head, ears, nose, throat (thyroid), chest (including heart and lungs), abdomen, extremities, skin assessment, and the physician's overall impression of the client.

The following laboratory tests shall also be performed:

- STAT blood alcohol level;
- Complete blood count differential;
- Blood or urine drug screen for detection of multiple drug use;
- Serological test for syphilis;
- Routine and microscopic urinalysis
- Liver function profile, e.g., SMA-12, etc.;
- Tuberculin skin test and when positive, a chest X-ray;

## Social Assessment

A complete Bio/Psych/Social History shall be performed on all clients. Regarding wellness, clinicians should explore areas of prior drug and alcohol abuse and how that impacts the client's health, prior health education, family attitudes towards health and wellness, and the overall impression of the client's attitude towards wellness,

## Other Program Activities

The facility shall provide adequate space, as defined by the Executive Director, for eating and serving school meals.

Students shall be provided a clean and safe meal environment. Staff supervision of the dining room is required during all meals.

Students shall be provided at least 30 minutes to consume meals. Students who are absent from the beginning of the meal period shall have their meal period extended to insure they also receive 30 minutes to consume their meals.

Meal periods shall be scheduled at appropriate hours, as defined by the Treatment Director.

Drinking water shall be available at all meal periods and throughout the school day and at all other times. Drinking fountains located on the 1<sup>st</sup> floor of the Academic Building and Cafeteria level of the Residential Building shall be maintained in a clean and operable condition.

Students shall have access to hand washing or sanitizing before meals and snacks.

Professional development shall be provided for food service staff.

Access to the food service operation shall be limited to authorized staff.

Nutrition content of school meals shall be available to students and to parents/guardians upon their request.

Students may be involved in menu selections through various means.

Food shall not be used as a reward or as a punishment.

The company shall provide appropriate training to all staff on the components of the Student Wellness Policy.

Goals of the Student Wellness Policy shall be considered in planning all school based activities.

All staff, parents/guardians, and community members shall be encouraged to serve as positive role models through company programs, communications and outreach efforts.

The company shall support the efforts of parents/guardians to provide a healthy diet and daily physical activity for children by communicating relevant information through various methods.

### Nutrition Guidelines

All foods available during the school day shall be offered to students with consideration for promoting student health and reducing childhood obesity.

Foods provided through the National School Lunch or School Breakfast Programs shall comply with federal nutrition standards under the School Meals Initiative.

**Competitive foods** (for Drug and Alcohol Rehabilitation Services, Inc.) are defined as foods offered at anytime other than food offered through the National School Lunch or School Breakfast Programs and include, snacks and beverages; birthday celebrations, facility-sponsored family events; and holiday celebrations.

Drug and Alcohol Rehabilitation Services, Inc. does not provide an ala carte menu or vending machines for students or staff use.

All competitive foods available to students shall comply with the Nutritional Standards for Competitive Foods in Pennsylvania Schools. The nutritional standards shall be implemented as a three-year plan.

Psycho-educational curriculum

Off-site and on-site physical activity(Lanco Fieldhouse, Spooky Nook, Brightside)

Weekend activities with an emphasis on physical activities

Afternoon snack limited to fruit and vegetables

Competition

### Policy Review

The Executive Director will review the policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the Executive Director will review the nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. These aforementioned policies and procedures will be reviewed and will, when deemed necessary, revise the wellness policies and develop work plans to facilitate with the implementation of these approved changes. Lastly, all revisions will be voted upon by the DARS, Inc. Board of Directors.