

# ***Sidekix: Program Model***

June 2015: Prepared for Westside  
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# ***Intro***

## **Why Therapeutic Lifestyle Changes (TLCs)?:**

- **Initial discussions with field experts and stakeholders led to identifying the TLC model as a promising mode of intervention**
- **Research literature**
  - **Meta Analysis (Dr. Roger Walsh, UC Irvine)**

# ***Intro***

## **Why TLCs? The Theory of Change:**

- **Mental health professionals have significantly underestimated the importance of lifestyle factors:**
  - (a) as contributors to and treatments for multiple psychopathologies,
  - (b) for fostering individual and social well-being, and
  - (c) for preserving and optimizing cognitive function.
- **Consequently, therapeutic lifestyle changes (TLCs) are underutilized despite considerable evidence of their effectiveness in both clinical and normal populations. \***
- **Eight TLC categories have a significant body of evidence to indicate their value as modes of intervention as therapeutic aids that service providers can present to clients for a wide variety of backgrounds.**

# ***Intro***

## **Why TLCs?:**

- **The Sidekix Wellness Drop-in Center will demonstrate the value of incorporating TLCs within a holistic program for Transition-Age Youth members living with developmental disabilities and co-occurring mental health diagnoses (or those at risk for them)**
- **By focusing on proven interventions across 8 dimensions of the TLC spectrum, Sidekix will be able to serve as a new alternative to the many programs currently focusing on potentially less effective modes of interaction with clients.**
- **Members will be able to engage the program's TLC model in a way that encourages empowered interaction as well as ways of engaging the activities in a truly integrated program design.**



## Goals:

- To weave movement into our weekly experience
- To teach the different ways people incorporate exercise/movement into their daily routines
- To discover why doing so has a positive impact on overall health & wellness.



## TOPICS:

- What does it mean to exercise?
  - Popular/personal methods & places
  - simple changes to daily behavior
- Why should I exercise?
  - Effects on the body
  - Effects on mood and mind
- What are some barriers to exercise or reasons we don't?
  - Ways to adapt/incorporate movement given varying lifestyles and abilities



## ACTIVITIES:

- Alarm set every 30 minutes to remind us to get moving!
- Movement/exercise of the week!
- Classes with instructors
  - Based on group interest (e.g., yoga, dance,)



***Fuel!***

## **Goals:**

- to integrate healthy food options while learning about ingredients
- How nutrition affects our bodies and contributes to our overall health & wellness.





# *Fuel!*

## Topics:

- What do we currently eat?
  - Favorite foods & why?
- Why should we care what is in our food?
- Simple changes to daily diet to improve nutrition
- Why do people take supplements?
- Water! How much should I drink?
- What are some barriers to our eating more healthy?
  - What can we do about these challenges?



***Fuel!***

**Activities:**

- Healthy vs. less healthy snack of the day
- Serving Size comparisons game
- FDA “my food plate”
- Practical, healthy cooking class with instructor
- How nutrition affects our bodies and contributes to our overall health & wellness.



# Connect!

## Goals:

- To learn about how relationships are connected to wellness
- Discover what different types of relationships exist
- Learn how to communicate in different relationships
- How to protect ourselves from, and speak up for ourselves, when involved in potentially harmful relationships.



# Connect!

## Topics:

- What does “relationship” mean?
  - Discuss Types of relationships in our lives.
  - Social media and connecting online
- What does it mean to have friends, to be a friend?
- Why is communication so important in relationships?
- What does it mean to have a girlfriend or boyfriend?
  - varying levels & types of love and intimacy
- Good vs. bad relationships
  - How to create and support the good and protect ourselves and end the bad.



# **Connect!**

## **Activities:**

- Group interaction, topic discussion & sharing
- Group building & trust exercises
- Weekly local/national/world news & events discussion
- Draw and explore our current relationship circles



***Fun!***

## **Goals:**

- To learn different ways to have fun
- Why recreation is good for the mind and body
- To experience fun together as a group and share its effects each week.



***Fun!***

**Topics:**

- What is our favorite way to have fun?
- What effect does having fun have on the mind & body?
- Discuss popular ways people have fun.
- Is there a real difference between outdoor and indoor recreation?
- What are some barriers to our having fun and how can we adapt?



***Fun!***

## **Activities:**

- Discuss our favorite ways to have fun with each other
- Have some fun! Activity of the week (try/learn and share feelings about it, could include other TLCs)
- Discuss how we had fun last week and plan to do so this coming week





# *Mindful!*

## Goals:

- To learn what it means to be mindful
- How some people prefer to relax in different contexts
- How mindfulness affects the body & mind
- To experience relaxation together as a group and to share how it makes us feel.



# *Mindful!*

## Topics:

- How does relaxation differ from fun? Or from sleeping? What does it mean to be mindful?
- What are relaxation techniques? Why might these be good for me & my body?
- What is stress and what are some life triggers that cause me stress?
  - How to recognize these and react.
- What are some barriers to our ability to be mindful and what changes can we make to help this?



# *Mindful!*

## Activities:

- Session timer to remind us to take a moment to physically and mentally relax.
- Relaxation technique of the week
- Group meditation, relaxation with music, sounds and words
- Discuss our favorite ways to relax/be mindful.
  - What did we do this week or plan to do next week to relax?
- 10 minute massage with therapist
- Joke of the week. Explore healing power of laughter.



# *Elements!*

## Goals:

- To learn why spending time in natural environments is good for the mind and body
- To learn how it is possible experience nature in the middle of a big city
- To experience a part of nature every week together whether we bring it in to the program or go out to meet it



# *Elements!*

## Topics:

- What is nature or a natural environment? Why is it “good for us”?
- Why should we care about our environment? What does it mean to say the planet is our “home”?
- What are favorite ways to visit our home (popular & personal)?
- Are there effects on wellness from lives that are having less interaction with “real” environments?
  - Are we replacing nature with artificial substitutes too much?
- What are some barriers to spending time in nature and how can we adapt?



# *Elements!*

## Activities:

- Weekly slice of “nature” pie (sights, sounds, smells, textures, etc.)
- Guest teaching about a part of nature they love (e.g., Guest expert coming to share about “birding”)
- Plants, animals, insects – learning about nature and the environment around us.
- How “nature” is used to heal (e.g., vitamin D from the sun, oxygen in the air, animal therapy)



# Serve!

## Goals:

- To learn why serving others might be something to add to our weekly routines
- Discover what it means to serve or give back and help others in our community
- To experience service together and share how it makes us feel.



# Serve!

## Topics:

- What does it mean to “serve” or “contribute to others”?
- Why should I serve and if I do, who can I serve? How could this effect my body, mind and overall wellness?
- How do some people serve others?
- What are some barriers to our being of service to others and how can we adapt?
- Can this be done as a group? What are some groups that are doing great things to serve us and others?





# Serve!

## Activities:

- Discuss how someone helped us or how we helped someone this week. Share how it made us feel.
- Discuss whether it is hard or easy for us to accept help and why?
- Team problem solving: any member can present an existing or pending problem, concern or question and the group will try to help them work it out.
- Could we as a group do something to serve? Should we?



# *Meaning!*

## Goals:

- To learn the different ways people of varying cultures view the meaning of life
- To learn what our fellow members believe about a larger meaning
- Explore why our understanding of this can affect our health
- To experience spiritual activities together as a group and share how it makes us feel.



# *Meaning!*

## Topics:

- What is meaning/spirituality?
- What do different people believe about the meaning of life?
- How could my belief about this have an affect on my health & wellness?
- Why and how should I respect other people's beliefs about spirituality?
- What do we think and feel about death?
- What are some barriers to engaging in our form of spirituality and can we adapt?



# *Meaning!*

## Activities:

- Guided meditation with instructor
- Learn about each other's opinions and understanding about life and death
- “Saying & silence” of the day. Learn about what some well-respected leaders, philosophers, poets and prophets from varying cultures of the past and today have said about the meaning of life, death and truth. Take a silent minute to think about it.
- Discuss where we turn during the hardest times in life? How do we cope when we go through or hear about tragedies?

# ***Multi-disciplinary Activity Grid (MAG) Concept***

- Each session can include all or some of the activities from each TLC.
- Members choose what they want to do, and help select the day's activities and topics.
- Each member can decide if, when and how they want to interact with each activity.
- Many activities are multidisciplinary and touch various TCLs.

# ***MAG Grid Concept***

- Over the course of the program, we can:
  - Map which topics and activities resonate with members
  - Log the frequency and intensity of interaction
  - Keep a running grid to tally program inputs, outputs and ultimately connect to project outcomes.
- By developing and honing in on what members want from each TLC section, we hope to enhance their wellbeing in a way that is:
  - Fluid & flexible
  - Builds on member interest & participation
  - Empowering through self-direction

# MAG Grid Concept

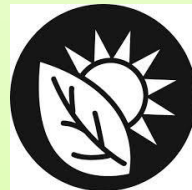
## Session 1

Selected Activities



## Session 2

Selected Activities



## Session 3

Selected Activities



## Session 4

Selected Activities

