

**Findlay Digital Academy Wellness Plan  
REVISED 2023-2025**

**Needs and Gaps:**  
Recognize and provide supports to FDA students to address their social/emotional and mental health needs.

**Goals:**

1. Provide an opportunity for staff to develop an understanding of the mental health challenges that youth face and become aware of ways to support students.
2. Provide opportunities for students to meet in a Lunch 'n Learn format to learn about coping skills, gain a sense of empowerment and learn to advocate for themselves.
3. Provide support on site at Findlay Digital Academy through a Student Resource Aide and School Counselor. 4. Provide nutrition education to students on how a nutritious and balanced diet can promote overall wellness. 5. Partnering with community agencies to assist in assessing students in order to identify student needs and provide evidence based behavioral health services and recovery support.

Activities, Services, Programs and Strategies	Responsible Parties	Partners' Roles	Process Measures	Progress Monitoring	Benchmark Goals (Short term)	Desired Outcomes (Long term)
Meet with area representatives from local agencies to discuss strategies to assess students and determine types of support needed.	*FDA Superintendent *FDA Assistant Superintendent *FDA Principal *NAMI Staff *Dionne Kinninger, Dionne Kinninger Counseling *Jennifer Little, OSU Ext. Office *Chris Biltz, Family Resource	Discussion of initial overview of organizations in our community that support at-risk students and discuss opportunities that can be implemented at FDA.	Meeting notes	Meetings that are held	Meeting with community leaders.	Memorandum of Understandings

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Provide Training for FDA staff related to the understanding of mental health challenges that youth face. Help them develop confidence in their ability to identify mental health challenges and know what "next steps" to take.	*FDA Superintendent *FDA Assistant Superintendent *FDA Principal *FDA Staff and Mentors/Coaches *NAMI Staff	Supply information that supports at risk students, what the specific requirements are for support, what a mentor/academic coach can provide in dispersing information to students who may be or to the parent(s) of those students	In-service training	Training for October In service Day	FDA Superintendent reach out to NAMI to: 1) schedule date and time for training; 2) coordinate presenters from community groups with input and help from partners	FDA Mentors/Academic coaches will be educated in strategies to use with at risk students
Gather student input through surveys for topics for Lunch 'n Learns.	*FDA Superintendent *FDA Assistant Superintendent *FDA Principal *FDA Student Resource Aide	Develop Student Interest Survey	Student Interest Survey Results	Survey collected	Data from survey	Topics for Lunch 'n Learns sessions will be chosen based on student interest survey

Offer 1-hour Lunch 'n Learn sessions during the 23/24 school year. Sessions will be made available through Google Meets and in person	*NAMI Rep *Student Resource Aide	Presentation	Google Exit Ticket completed at end of each session	Exit ticket results collected	Data from exit tickets	Observable student engagement during discussions.
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Provide a Student Resource Aide on site to provide support to students and help coordinate services for students with community resources.	*FDA Admin *Resource Aide	Provide student support And attend Community Meetings	Schedule Meetings Notes	Regular Monitoring meetings with Admin	Mid-year and Year-End Evaluations	On-site support in for parents and students.
Provide FDA staff training exploring the Science of Hope that cultivates a hopeful and resilient mindset and how to use this with our students.	*FDA Admin *Battelle for Kids staff	Provide support and training for staff.	Staff evaluations and surveys	Staff Meetings	Data from staff surveys	Continued support from Battelle for Kids.

Nutritional information regarding healthy eating habits and making healthy choices sent to all students.	*FDA Admin *OSU Extension Office staff	Provide nutritional information for students.	The number of students that receive information.	Number of students that receive information	Increase the number of students being fed and informed.	Students learning from information and making good nutritional choices.
Healthy Box Lunches from local restaurants given to all students along with nutritional information of box contents.	*FDA Admin *OSU Extension Office staff	Providing box meals for students	The number of meals passed out each time	Number of students receiving meals	Increase of students being fed	Students learning to make healthy choices and creating healthy eating habits

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The OHYES! Survey given to all students in order to provide support services for students facing depression, anxiety, bullying, and etc.	*FDA Admin *Ohio DEW, and the dept. of Mental Health and Addiction Services	Creating the survey and analyzing the results	Results of the survey will be shared with FDA Admin	Informational letter sent home to parents, along with opt out info.	Analyzing results and determining needs of students	Addressing the needs of the students identified through mental health support to determine specific needs for development of

Provide healthy snack options for students to have access to each while getting educational assistance	*FDA Admin *FDA Coaches/Mentors	Providing healthy snack options	Amount of snack options students consume	Inventory of snacks each week.	Increase the number of students accessing healthy snacks	support groups
School Counselor to provide individual and group counseling, be the Homeless Liaison, and be involved in Wrap Around services	*FDA Admin *School Counselor	Provide student support and attend community meetings	Meeting notes and Agendas	Regular Admin meeting notes	Analyze the number of students being served	Increase the services that can be provided to students to increase impact

Revised Plan Approved on December 5, 2024.

