



CommUnify
A Community Action Agency.

CommUnify Community Wellness

Give your
Mental Health
Some
LOVE

Maria Valdez

Wellness Coordinator

- ▶ CommUnify of Santa Barbara County-
Children Services Head Start Region IX
- ◀ 14 yrs. Service within Head Start Children Services
 - ◀ Family Service Advocate
 - ◀ Family Child Care Coordinator
 - ◀ Wellness Coordinator
- ▶ Mental Health First Aid Instructor
- ▶ On the Verge Ca. -Verger & Coach -
 - ◀ Personal, Interpersonal and Professional Development



*"Trust the Process and
Enjoy the Journey"*

How did we start our Community Wellness Program and who funds it

Community Mental Health Assessment launched in Fall of 2021 In Santa Barbara

American Rescue Plan Act (ARPA) and State and Local Fiscal Recovery Fund (SLFRF)

OUR PROJECT

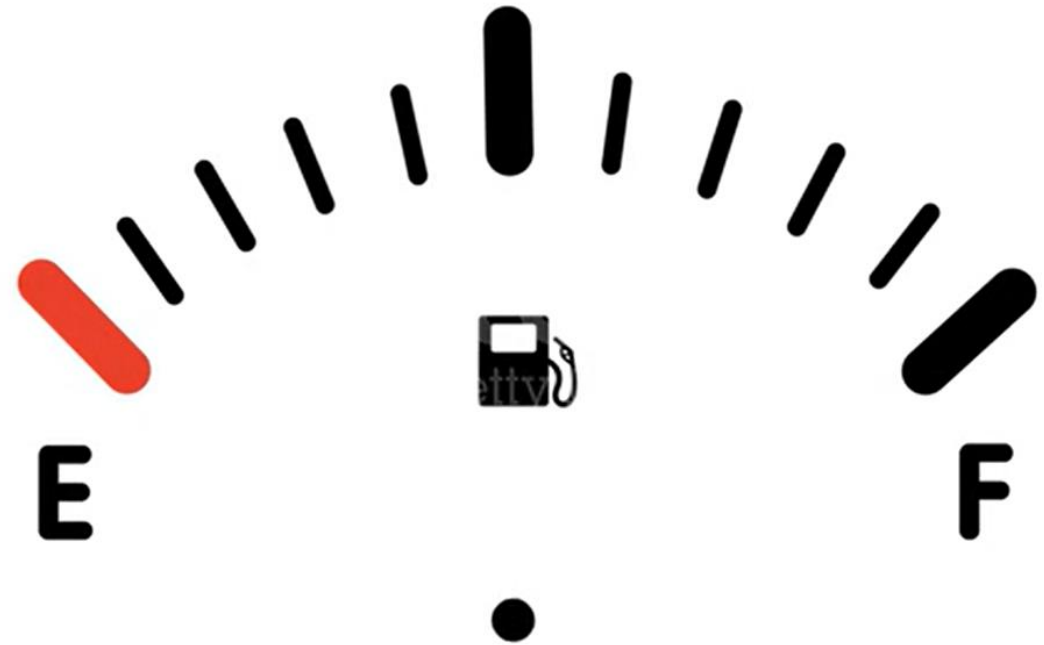
Community
Gatekeepers

Mental
Health First
Aid

Staff
Wellness

Learning when its time to refuel

- ▶ How do you feel at Full?
- ▶ How do you feel at every stage?
- ▶ What are your symptoms when you are on RED???



Staff Wellness- Frontline Staff-Family Service Advocates

- ▶ “Creating a Healthier life” A step-by-step guide to wellness
 - ▶ 8 Elements of wellness

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Our Staff - Wellness Program

- ▶ We offered support for our staff to check in
- ▶ Support Wellness Journey Smart goals
- ▶ Agency Social Groups
- ▶ Agency Resources access





Wellness Journey over Mental Health Challenges

- ▶ Mental Health First Aid
 - ▶ The importance of early intervention
 - ▶ How to apply the ALGEE Plan in non-crisis/ crisis situations
- ▶ Learn Terms and Definitions
 - ▶ What is Stigma?
 - ▶ What is Mental Health?
 - ▶ What is Mental Health Challenges?



Wellness Program- What's Next

Cafecito style conversation around
Mental Health- Wellness Table Talks

A light green downward-pointing arrow indicating the flow from the first step to the second.

Training our Head Start families-
Mental Health First Aid

A light orange downward-pointing arrow indicating the flow from the second step to the third.

Activities for them to also work on
their own Wellness



“ I thought I was the only one going through this!”

“This is so much more than Self-Care, it’s a lifestyle”

“I would have loved if this was in place when I was struggling last summer. I am so happy the agency is feeling a high need for this program.”

Wellness Program Testimonies

“It inspired me to call my friends and invite them over for dinner and laughs. It had been 3 years since we did something like this.”

We sometimes need accountability to take care of ourselves



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Any Questions?