

CCTEC Wellness Initiative July 2021 - June 2022

CCTEC has been awarded the American Heart Association Workplace Wellness recognition for a number of years:

- 2017 - Bronze level award
- 2018 - Silver level award
- 2019 - Silver level award
- 2020 - Silver level award

Workplace Wellness is a researched based data collection model which CCTEC engaged in to assure it was working on making sustainable changes in the overall wellness of the school. CCTEC will continue working with AHA and strive to reach the gold level in the 2021-2022 grant year. Through annual interest surveys, all areas of wellness will be evaluated and accommodated to meet the variety of needs of the staff. These surveys will also help the Wellness Committee review the activities provided and realign them to the staff's interests. The CCTEC Wellness Team has 20 members that meet bi monthly. The team also meets with an AHA coordinator to assist in formulating goals for the school. CCTEC will continue a staff-wide wellness plan using a point system to help facilitate the set goals. Staff members can earn points for voluntary participation in the activities outlined in the Wellness Initiative. During a set time frame, points will be accumulated using the predetermined value of each event set by the Wellness Committee. Included in the point system are daily workouts which are worth one point and two point obtainments for all wellness visits as scripted by the member's medical plan. The activities and events will be communicated through a monthly wellness newsletter.

Individual wellness hinges on seven aspects of wellness: emotional, intellectual, physical, social, environmental, financial, and spiritual factors. At CCTEC we feel that we can operate a successful school of staff, students, parents, and community members by supporting each other's wellness. We have outlined events and programs that support this initiative. As our staff population grows, we are looking to build the supportive services necessary to ensure success for everyone.

POINT System

Each time a participant earns a point, they must enter their information into the Staff Wellness log in a Google Doc. A point opportunity document will be shared and include activities that are drawn from the staff surveys and AHA's 7 areas of wellness wheel. The log sheet is only provided to the staff member upon completing the AHA MyLifeCheck Know your Numbers protocol. CCTEC will provide the opportunity for staff members to be tested. Members will also have an opportunity to review their results with a wellness certified team member and will be asked to design a wellness goal that meets one of the 7 areas of the wellness wheel. These goals will be discussed and action steps put in place. This is done each September/October. Goals are reviewed at the end of the school year and know your numbers are administered again, looking for maintenance or improvement.

Monthly Awards: A designated wellness team member will tally all points and the gift cards of \$25.00 will be awarded at the monthly faculty meeting. October 2021-May 31, 2022, on the 30th of each month (or last work day of the month), points will be tallied. The Wellness team will meet on this day to process the numbers.

Planning for participation is: 20 participants x 8 months x \$25 = \$4,000

CCTEC will participate in community benefit races/5ks. To promote wellness among staff and the community, we need to provide the entrance fee for staff to these various events. These include: Breast Cancer Awareness 5K (Sept), Parvin State Park Bone Run (Oct), Jolly Holly (Nov), Cumberland County College Run (Apr), American Heart walk (May).

Cost - \$25 per race x 20 = \$500

CTEC will continue to provide Yoga, Crossfit instruction, HITT workouts, Mindfulness and Spin once a week for 1 hour. The instructors for these activities are CCTEC certified staff members who do not request payment for their services. This activity is provided free of charge for our staff members.

“On Your Mark Til Dark” is an event to promote exercise, healthy diet, and social wellness among staff and their families. This event was designed to allow staff to come to the school after hours, play games outdoors with family, and clean eating. In all, it contributes to social wellness by helping to build a stronger community.

Cost = \$200

CCTEC’s Culinary program will provide healthy cooking classes for staff. Participants will receive the recipes and learn new substitutes for unhealthy foods. The knowledge gained carries over to family life and promotes wellness at home.

Cost - \$5/person x 20 x 2 times = \$200

Monthly guest speakers on a variety of wellness topics. Attendance at these workshops earn participants 2 points on their point log.

Financial Wellness
Smoking Cessation
Stress relief strategies

Other activities for staff involvement would include:

Eat Well, Paint Swell- (Paint party with a healthy snack and positive socialization) Welcome back to new moms (staff that have given birth- Self care items)

Self Care baskets Cost -\$50/person x 5 = \$250

In addition, CCTEC will distribute pamphlets and memos regarding emotional wellness.

To increase participation and improve our score to achieve the Gold level, CCTEC must purchase the test strips to use in the analyzer.

Cost -eGLU Test Strips= \$400

CCTEC will participate in staff appreciation week by providing various goods and services to staff members (teachers, nurses, secretaries, counselors) to promote wellness. We would like to provide staff with an opportunity to receive a complimentary massage from Hand & Stone, appreciation cards from other staff and students, an assortment of healthy snacks/fruit, and gifts that promote wellness.

\$60.00/ person x 5 -Cost = \$300
Staff Appreciation = \$750

CCTEC maintains the belief that wellness involves staying curious and engaging in learning new things. This is the mission of the wellness team to continue to provide opportunities for staff members. Many staff members have and continue to offer their services to encourage and motivate the CCTEC family.

2021-2022 Requested Total \$6,600