



Compassionate. Inclusive. Care.

Adagio Health is a trusted provider of high-quality care for women and men in western Pennsylvania. We strive to make every patient feel welcome and well cared for in our medical offices.

For patients who don't have insurance, we offer family planning and reproductive healthcare services regardless of ability to pay. We also accept most commercial insurances and Medicaid. Our reproductive healthcare services include **pelvic exams, sexually transmitted infection testing and treatment, basic infertility treatment, and birth control options** including long-acting reversible contraceptives such as IUD's or implants, along with birth control pills and condoms. **Breast and cervical cancer screening and diagnostic referrals are also available at no cost to eligible patients;** and vouchers for breast health screening and related diagnostic tests are offered to uninsured and underinsured women and men through the Susan G. Komen Mammogram Voucher Program.

Among the newer healthcare services that we offer is **screening and prescriptions for PrEP** – a once-a-day pill that can dramatically reduce the risk of HIV transmission when used correctly. Our menu of expanded services at Adagio Health also includes adult immunizations, boosters, and preventive screenings.

Health & Better Nutrition

Adagio Health administers the **WIC (Women, Infant and Children) Supplemental Nutrition Program** in Armstrong, Beaver, Butler, Indiana and Lawrence Counties. When eligible families enroll in WIC, they are able to receive **vouchers for healthy foods along with education** focused on healthy eating behaviors. Our WIC programs also provide mothers with breastfeeding support and healthcare service referrals as needed. WIC is for families with infants and children up to the age of 5 along with pregnant, breastfeeding, and postpartum women. Families need to meet certain income requirements for eligibility. Pennsylvania WIC is funded by the USDA. Communities also benefit from our **Power Up! nutrition education program** as we work with community partners to encourage students, adults, seniors, and communities to choose healthier foods and live active lifestyles. Power Up is a SNAP-Education program funded by the USDA.

Education

Our health educators offer **risk-reduction and prevention education** to young people and adults on topics that range from **positive decision making** to preventing pregnancy and sexually transmitted infections. We also provide **tobacco cessation education** and services for teens and adults through our **Tobacco Free Southwest** program.

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AdagioHealth.org

[1-800-215-7494](tel:1-800-215-7494) (TTY/TDD [1-800-654-5984](tel:1-800-654-5984))

What is Social and Emotional Learning?

“SEL teaches the skills we all need to handle ourselves, our relationships, and our decisions.” (Get Real, 2014)

There are 5 main SEL skills:

- Self Awareness
- Self Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making



Why is SEL important?

- Life Effectiveness- rewires brain
- Coping skills for less stress & resiliency
- Relationship Building
- Positive Socialization
- Preventative against violence, drugs, alcohol, and poor decision making
- Promotes healthy behaviors
- Future Thought: Goals
- Develops positive self concept

What are some SEL Tools?

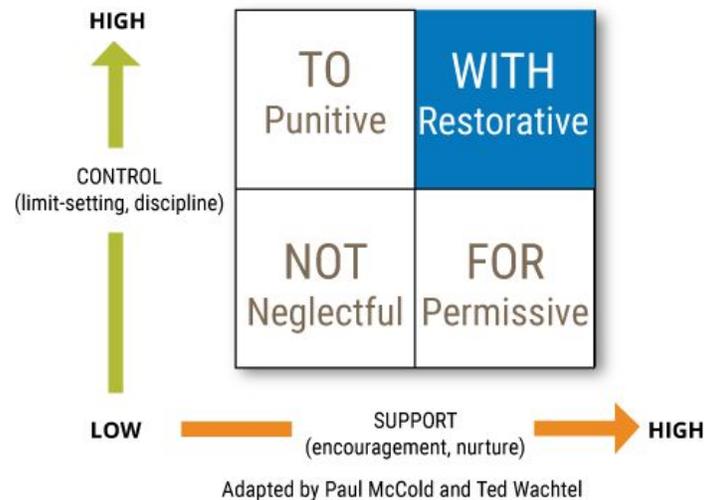
- Restorative Practices
- Fair Process
- Compassionate Communication
- Apologies
- Accountability
- Understand the impact of trauma on youth development
- Understand how to have empathy not sympathy

Restorative Practices

All humans are hardwired to connect. Just as we need food, shelter and clothing, human beings also **need strong and meaningful relationships to thrive**. Restorative practices strengthen relationships between individuals as well as social connections within communities. It's working **WITH** those whose behavior needs to improve to create their own change journey. This type of work creates accountability and develops deep change within oneself.

Fair Process:

- **Engage** individuals in decisions that affect them listen to their views genuinely & explicitly take their opinions into account
- **Explain** reasoning behind decision to everyone involved & affected
- **Expectation clarity** — make sure that everyone understands a decision & what is expected of them



Accountability through restorative questions:

In response to challenging behavior, ask...

- ★ What happened?
- ★ What were you thinking of at the time?
- ★ What have you thought about since?
- ★ Who has been affected by what you have done? In what way?
- ★ What do you think you need to do to make things right?

To help those harmed by others actions, ask...

- What did you think when you realized what happened?
- What impact has this had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

Using I-statements effectively:

- When I saw/heard ____ (insert observation), I felt ____ (feeling). I need ____ (make a request).

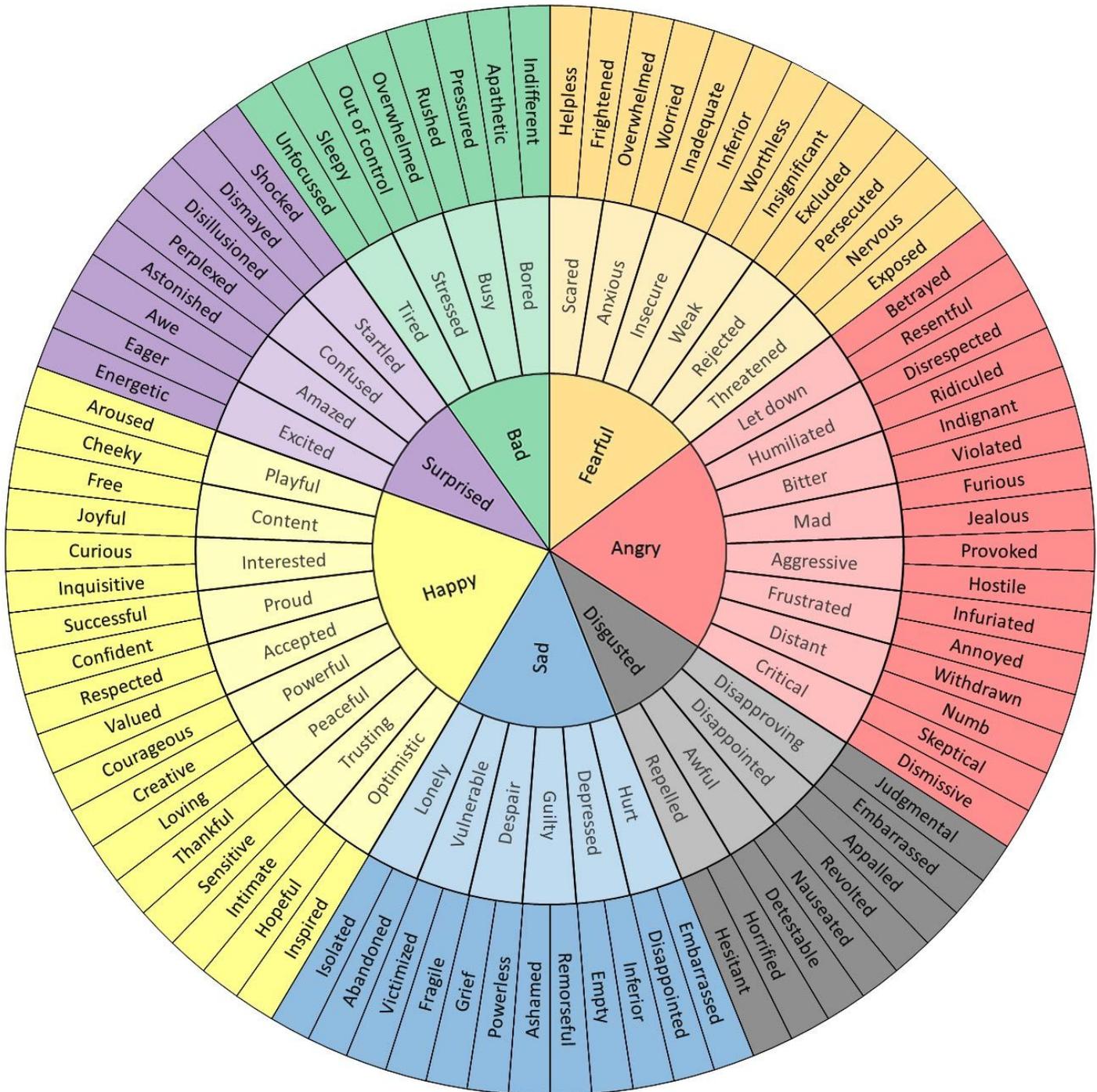


Image Source: Feelingswheel.com

The Four-Part Apology:

1. I am sorry for ____
2. It was wrong because ____
3. In the future I will ____
4. Will you forgive me?

Impacts of Trauma

Individual trauma results from **an event, series of events, or set of circumstances** experienced by an individual as physically or emotionally harmful or life-threatening **with lasting adverse effects** on the individual's functioning and mental, physical, **social, emotional**, or spiritual well-being. - SAMHSA, 2019

Types of Trauma

Type	Definition	Examples	Example your campers might face
Acute	1 time incident	Car accident	
Chronic	Repeated incidents	Chronic illness, Long term abuse/bullying	
Complex	Repeated incidents over a long period of time often starting at a young age	Witnessing domestic violence. Sexual, emotional & physical abuse.	
Generational/Community	Collective experiences of a community over generations	Racism, systemic oppression, harassment	

Impacts on Youth

- Expect to be hurt by others
- **Easily activated by trauma triggers, especially unexpected ones**
- Sensitive to choice and control as those have been taken from them
- **Feel Chronic Shame**
- **Feel damaged and defective, blame themselves**
- Feel alone, singled out
- **Boundaries have been violated & often have not learned about proper boundaries**
- Have Distorted Thinking

Learning the Difference: Meltdowns & Tantrums

Meltdowns	Tantrums
<p>A reaction to something beyond a child's control.</p> <p>Probably won't stop even if they get what they want.</p> <p>A result of being overwhelmed by feelings or the environment.</p> <p>*Find a safe, quiet place for the child to de-escalate.</p> <p>*Reduce sensory input.</p>	<p>A reaction to something a child wants.</p> <p>Can usually stop a tantrum if they get what they want OR <u>if they are rewarded for more appropriate behavior.</u></p> <p>*Acknowledge the desire <u>without giving into the poor behavior choice.</u></p> <p>*Reward/praise when the behavior changes.</p>

Your Options in the moment

(Circle the One you want to focus on, write down others you want to remember)

1. Lower your body so the child can see you & hear you better.
2. Short sentences. Don't ask a ton of questions.
3. Slow - Down: speech, movement.
4. Relaxation strategies (i.e. deep breathing, counted breaths)
5. Let the child talk & listen. Silence can be a beautiful thing. Don't rush to be the "fixer"
6. Be Patient
7. Express your own emotions
8. Calm yourself down first
9. _____
10. _____
11. _____
12. _____

De-escalation Tool Kit

What are your favorites? What are other ideas you have?

- Emotions Photos
- Squeeze Ball
- Puzzles
- Coloring Pages
- Music
- SuperBetter App
- Listen with all of your senses
- Sweets
- Be present
- Personal Chill Plan

- Quiet Space
- Smiling mind
- _____
- _____
- _____
- _____
- _____

Self Care Plan

Filling up your own reserves is important for sustainability, your own health and well-being, as well as being an advocate and mentor.

Self Care to me is _____.

Two things that help me restore myself in the evenings are:

1. _____
2. _____

Two people I can ask for help or vent to when I am feeling worn out are:

1. _____
2. _____

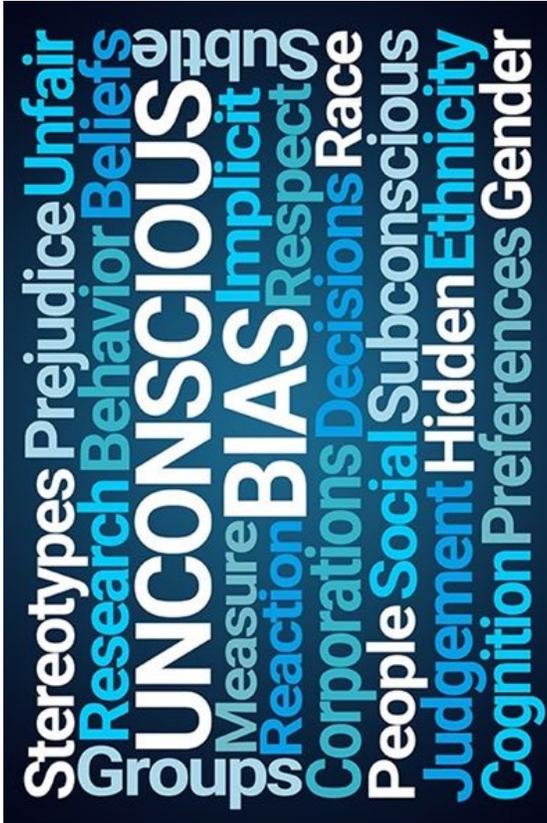
Two foods that are comforting and easy for me to prepare are:

1. _____
2. _____

What is the one "ritual" or thing I do when I get home/alone time that tells me my day is "done". (example: changing clothes, taking off watch, putting phone on silent)

Understanding Implicit Bias

Implicit bias, or unconscious bias, refers to the attitudes and stereotypes that affect our understanding of the world and other people in an unconscious/hidden manner. These may be



favorable and unfavorable assessments that are created **without** our awareness or control. Often these biases are based around other people's race, ethnicity, age, and appearance and begin to develop through socialization at a very young age; often through family, media, and social environment.

When working with youth, it is important to understand that you have implicit bias and it **WILL** and **DOES** impact your work. Addressing these within yourself and seeing how you can shift your attitudes will **enhance** both your experience and the experiences of the youth you serve.

If you are interested in taking a quiz to learn more about YOUR specific bias' you can take quizzes at <https://implicit.harvard.edu/implicit/takeatest.html>

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