

# PROJECT YOUTH WELLNESS

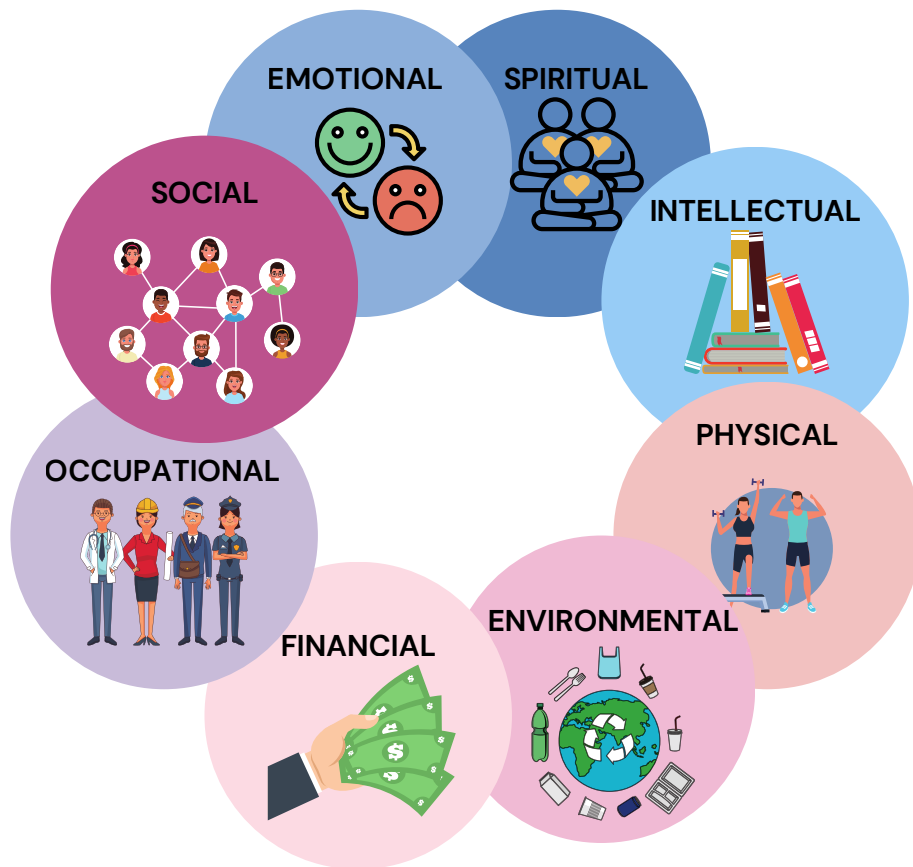
**WEEK 10: NAVIGATING SUPPORT IN  
COMMUNITY FOR HEALTH IMPROVEMENT**

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# WHAT IS "WELLNESS"?

To put it simply, wellness means "being healthy in many dimensions of our lives." These dimensions are all related and build off of each other. They are intertwined, like in the diagram below. Making healthy choices or having support in these areas can help you thrive both now and later in life. Wellness in one area can also lead to benefits in other areas too (for example, having strong social relationships could also provide emotional wellness and support, occupational opportunities through networking, physical wellness with a workout buddy, or intellectual wellness by learning from those around you).



In which of these dimensions do you feel you are doing well? In which do you feel you need support?

You can practice self-regulation skills to work toward wellness in all of these areas. In this module, we have mostly focused on **emotional and physical wellness**.

# LADDER TO SUCCESS

## PRACTICAL STEPS TO FULFILLING YOUR COMMUNITY SUPPORT PLAN GOALS!

Now that you have identified some community support plan goals (around personal priority areas), the next thing to plan is the follow-through, which takes commitment and effort on your part. Achieving goals is a process that doesn't happen overnight. It takes steps. This activity will help you think through the different action steps you will need to do and build upon to ultimately accomplish your goals.

**Step 1:** For each of your goals (associated with personal priority areas) listed below, write in the steps you will take for following through and staying on track with each of the goals you identified in those areas.

NOTE: Use the example to the right that shows the steps toward achieving the goal of "getting a health check-up" related to a personal health priority (e.g., reproductive, sexual, or any other health concerns).

### EXAMPLE

Get your  
health  
checkup

Go to  
appointment

Find  
transportation

Make the  
appointment

Find nearby  
testing  
locations

### LEGAL ISSUES

### PHYSICAL/ MENTAL HEALTH

### SCHOOL/ CAREER

### OTHER (FILL IN):


# SUPPORT RESOURCES



Working on your community support plan goals may include facing challenges related to accessing the different resources available that can help you work your way up the ladder to ultimately achieve your goals. **Like a garden, it starts by planting a seed! Think of your support system as your garden. Your garden of community supports starts with planting a seed that will grow based on your goals and personal priorities!** There is a lot of evidence showing the many benefits of having support. As part of your community support planning, it is essential that you know about resources in your community to help you follow through with your next steps.

**Step 2:** Take some time to scan the various resources in the table below and put a STAR next to ones you have used in the past or recognize. FILL IN the blank areas with resources you have used in the past that are not listed and you would recommend to others. Reflect and talk with your provider about your experiences or questions you have about accessing these resources. They can help answer any questions you have.

Area	Name	Description / Contact Information
Housing	Los Angeles Homeless Services Authority	Get information on temporary housing Phone: (213) 225-6581 Website: <a href="https://www.lahsa.org/get-help">https://www.lahsa.org/get-help</a>
	Los Angeles Mission	Housing and resources Phone: (213) 629-1227 ext. 400
	Union Rescue Mission	Housing and resources Phone: (213) 347-6300
	Los Angeles LGBT Center	Social services and housing. Visit this website to find a center nearest to you: <a href="https://lalgbtcenter.org/services/youth-services/">https://lalgbtcenter.org/services/youth-services/</a>
	Project Youth Wellness	Local resources for housing support. Website: <a href="https://wellness.publichealthcloud.com/www/wellness/health-linkages.aspx#Housing">https://wellness.publichealthcloud.com/www/wellness/health-linkages.aspx#Housing</a>
	_____	_____
Physical & Mental Health	211LA	Guide to the services and resources throughout Los Angeles. Phone: 2-1-1 Website: <a href="https://211la.org/">https://211la.org/</a>
	National Suicide Prevention Lifeline	24/7 suicide prevention hotline. Phone: 988
	Substance Abuse Service Helpline (SASH)	24/7 substance use screening and referral. Phone: (844) 804-7500 Website: <a href="https://www.recoverla.org/resources/call-to-get-help-sash/">https://www.recoverla.org/resources/call-to-get-help-sash/</a>
	Substance use Service & Bed Availability Tool (SBAT)	Helps you find substance use services for you or a loved one. Can call Substance Abuse Service Helpline: (844) 804-7500 Online service locator: <a href="https://sapccis.ph.lacounty.gov/sbat/">https://sapccis.ph.lacounty.gov/sbat/</a>
	Los Angeles County Department of Mental Health Hotline	24/7 hotline and entry point for mental health services in Los Angeles County Phone: (800) 854-7771
	Planned Parenthood, Los Angeles	Sexual health and testing and treatment of sexually transmitted diseases (STDs). Phone of Dorothy Hecht Health Center in Los Angeles: (800) 576-5544 To find a location nearest to you and make an appointment: (800) 230-7526

# SUPPORT RESOURCES CONTINUED

Area	Name	Description / Contact Information
Physical & Mental Health	Los Angeles County STD Hotline	Questions about STDs, referrals to free and low-cost testing in LA County, and free condoms by mail (LA County residents only). Phone: (800) 758-0880
	Pocket Guide LA	Friendly guide for youth resources and testing Phone: (800) 758-0880      Website: <a href="https://www.pocketguidela.org/hotlines-websites/">https://www.pocketguidela.org/hotlines-websites/</a>
	Project Wellness - HIV Prevention Services Zip Code Locator	Find HIV Prevention services near you. Scroll down to Treatment & Services: <a href="https://wellness.publichealthcloud.com/www/wellness/health-linkages.aspx">https://wellness.publichealthcloud.com/www/wellness/health-linkages.aspx</a>
	_____	_____
Legal	County of Los Angeles Probation	Juvenile probation information and services Phone: (866) 931-2222      Website: <a href="https://probation.lacounty.gov/#juvenile">https://probation.lacounty.gov/#juvenile</a>
	Los Angeles Department of Children and Family Services	Information on safety and other legal rights and services for youth. Phone numbers: <ul style="list-style-type: none"> <li>• Toll-free within California: (800) 540-4000      Outside California: (213) 639-4500</li> <li>• TDD [Hearing Impaired]: (800) 272-6699</li> </ul>
	Community service outlets	Work with a provider to locate possible sites to fulfill the required community service hours required legally. Court-Referred Community Service Agency list (updated September 2020): <a href="http://www.lacourt.org/division/traffic/pdf/CSRAList.pdf">http://www.lacourt.org/division/traffic/pdf/CSRAList.pdf</a>
	_____	_____
School / Career	The HiSET® (High School Equivalency Test) Exam and TASC® (Test Assessing Secondary Completion)	Information about testing for a certificate of high-school equivalency (formerly known as a GED). Phone: (213) 765-2573      Website: <a href="http://adulted-lausd-ca.schoolloop.com/hsetestcenter">http://adulted-lausd-ca.schoolloop.com/hsetestcenter</a>
	California College Pathways	Youth-friendly resources for planning for college. Website: <a href="https://cacollegepathways.org/">https://cacollegepathways.org/</a>
	California Student Aid Commission	Financial aid and other resources for youth, including foster youth. Website: <a href="https://www.csac.ca.gov/">https://www.csac.ca.gov/</a>
	Federal Student Aid	Federal financial aid application for college. Website: <a href="https://studentaid.gov/h/apply-for-aid/fafsa">https://studentaid.gov/h/apply-for-aid/fafsa</a>
	LA Cash for College	Offers scholarships and other information for college. Website: <a href="https://www.lacashforcollege.org/">https://www.lacashforcollege.org/</a>
	Trade / Career Schools	Explore career paths and schools that offer them near you. Website: <a href="https://careerschoolnow.org/colleges/locations">https://careerschoolnow.org/colleges/locations</a>
	_____	_____

# SUPPORT RESOURCES

**Step 3:** Identify needed resources. Was something not listed that you thought about or would benefit from knowing more information about? Write it all down in the blank table below. Afterwards, reflect or share. Add any resources your provider or others in your group have found useful that you would like to check out.

Area	Name	Description / Contact Information

**Step 4:** Review the pocket card on the next page. With your provider/counselor, fill in the blank spaces with additional resources and contact numbers to access any support or information based on your personal needs and priorities. Take time to cut out the card and keep it handy. You could take a picture with your phone or save certain support numbers on your phone.

# SUPPORT RESOURCES

*NOTE: If things become problematic and you need additional support to continue on with your plan, immediately connect with your provider/counselor!*



## WHO I CAN CALL FOR SUPPORT:

MY COUNSELOR

LOS ANGELES HOMELESS  
AUTHORITY SERVICES (LAHSA)

TEENLINE (TALK WITH ANOTHER  
TEEN - OPEN 24/7)

(800) 548-6047

(800) 852-8336

MY TRANSITION  
COORDINATOR

POCKET GUIDE LA  
(HEALTH)

CRISIS TEXT LINE  
(OPEN 24/7)

(800) 758-0880

Text LA to 741741

A CLOSE FRIEND OR  
FAMILY MEMBER

SUBSTANCE ABUSE  
SERVICE HELPLINE (SASH -  
OPEN 24/7)

SUICIDE/CRISIS  
LIFELINE (OPEN 24/7)

(844) 804-7500

988

211 LA (HUB FOR ALL  
SERVICES - OPEN 24/7)

DEPARTMENT OF MENTAL  
HEALTH (OPEN 24/7):

Dial "2-1-1"

(800) 854-7771



# UTILIZING SOCIAL SUPPORT

Relationships and social support are protective factors against health-damaging behaviors. Having friends, family, mentors, coaches, etc. who can support you as you handle different stressors is very important. Why do you think that is?

**TIP:** Use the buddy system! Find a friend, family member, or trusted adult who wants to practice with you—then, hold each other accountable. You can check in with them when you are feeling stressed and remind each other to practice positive coping. Being able to talk through things with someone or hold each other accountable to make good choices can be a great way to cope with stressors and avoid health-damaging behaviors.

**Who is someone you can trust to support you?**

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Keep this person in mind as you continue to learn about setting goals and maintaining health and wellness in different areas of your life!



Has there ever been a time that a friend or family member came to you for support? How did it make you feel to support them?

What keeps you from seeking help or support from others?

How do you think practicing the self-regulation skills you've learned might impact your relationships?

# SUBSTANCE USE RISK IN YOUR PHYSICAL COMMUNITY

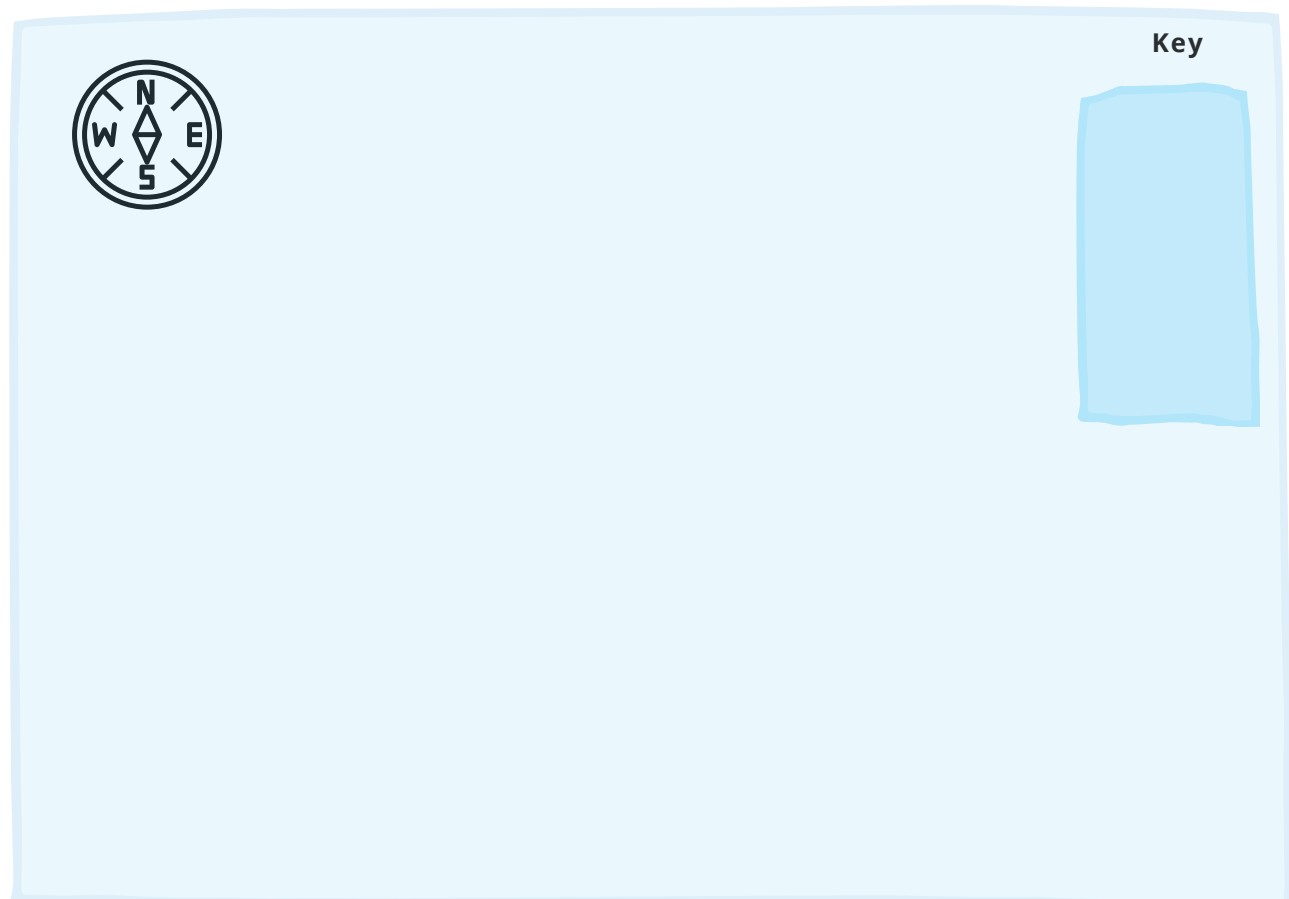
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Your physical community consists of your built surroundings, including the physical neighborhood in which you reside. Take some time to reflect. Where are substances likely to be available in your physical community?

To help you visualize, draw your surrounding community. If you can't think of your neighborhood, you can map the places you spend the most time—like where you eat, shop, walk, drive by, etc. Look up your community surroundings, if needed. Use the key to create codes to identify areas more easily. (examples: M = Market; P = Park).

Now, go back and draw an "S" where substances (alcohol, tobacco, marijuana, and other drugs) are available. Reflect individually or share about the places that are risky in terms of the availability of substances. If sharing with others, what's common and/or different from others? How can you navigate these available substances to stay on track with your goals?

NOTE: this activity is meant to be empowering to help you gain awareness about substance use risk in your physical community and for you to think critically about how your surrounding community ultimately affects your attitudes and behaviors. You will keep this for your own thoughts and reflection!



# WELLNESS GOALS

You can use self-regulation to improve your health and wellness in many areas! Whether it's making sure you get enough physical activity, recognizing that too much screen time tends to make you feel anxious, or deciding that you need to go to bed earlier to be in a good mood the next day, you're already using self-regulation and self-monitoring on a regular basis! Now that you have learned some extra self-regulation skills, let's set some wellness goals that you'd like to achieve. Here's an example—set your goals on the next page!

## EXAMPLE:

The wellness goal I want to set is related to: SLEEP

The triggers that get in the way of this behavior are: feeling anxious or angry when I go to bed, checking social media at night

Next time I experience that trigger, the skills/behaviors I will use to handle it are:  
I will use mindfulness exercises to get past that thought and clear my mind. I will read a book instead of looking at my phone before bed

I will know I have achieved my goal when: I get 8 hours of sleep, 3 times a week

Resources or support I need to achieve this goal: I need a friend to hold me accountable, I will talk to my counselor about my feelings, I need help getting warmer blankets at my house because sometimes it's too cold to fall asleep

The first step I plan to take toward this goal is: Calculating what time I need to wake up, and setting a bed time that is 8 hours before that.

Did anything stand out to you about the process of setting a goal in this example?

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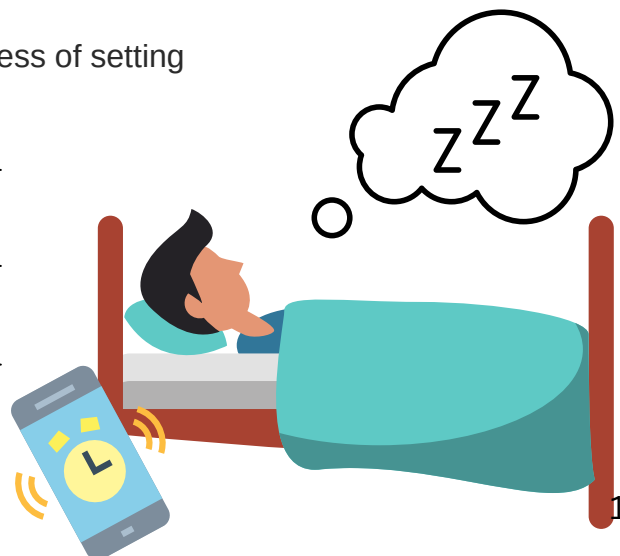
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# WELLNESS GOALS

Your turn! Use the prompts below to set 2 wellness goals you want to work on that relate to health behaviors. Use what you've learned about self-regulation to identify triggers of health-damaging behaviors you engage in, then identify a skill or behavior you want to replace it with.

## GOAL #1:

The wellness goal I want to set is related to: \_\_\_\_\_

The triggers that get in the way of this behavior are: \_\_\_\_\_

Next time I experience that trigger, the skills/behaviors I will use to handle it are:

I will know I have achieved my goal when: \_\_\_\_\_

Resources or support I need to achieve this goal: \_\_\_\_\_

The first step I plan to take toward this goal is: \_\_\_\_\_

## GOAL #2:

The wellness goal I want to set is related to: \_\_\_\_\_

The triggers that get in the way of this behavior are: \_\_\_\_\_

Next time I experience that trigger, the skills/behaviors I will use to handle it are:

I will know I have achieved my goal when: \_\_\_\_\_

Resources or support I need to achieve this goal: \_\_\_\_\_

The first step I plan to take toward this goal is: \_\_\_\_\_

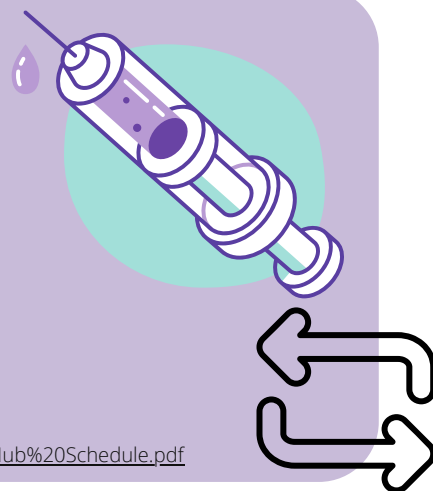
# Harm Reduction Resources

In addition to receiving treatment, you may also find the resources below helpful for planning next steps or receiving additional support.

## SYRINGE EXCHANGE PROGRAMS IN LA COUNTY

- **Asian American Drug Abuse Program (AADAP) – Los Angeles:** <https://aadapinc.org/health-intervention-program-hip/> Call 424-331-5799
- **Bienestar Human Services (Los Angeles):** <https://www.bienestar.org/community/harm-reduction/> Call 866-590-6411, ext. 154, 139, 505, 507, or 113
- **Homeless Health Care Los Angeles (HHCLA):** <https://www.hhcla.org/programs> Call 323-497-3091

Source: <http://publichealth.lacounty.gov/sapc/docs/public/overdose-prevention/EOP%20Hub%20Schedule.pdf>



## COMMUNITY RESOURCES

- **Venice Family Clinic:** <https://venicefamilyclinic.org/> Call 310-314-5480
- **Tarzana Treatment Center (TTC):** <https://www.tarzanatc.org/> Call 818-342-5897
- **L.A. Community Health Project (CHPLA):** <https://www.chpla.org/> Call 323-380-5469
- **Homeless Outreach Program (HOPICS):** <https://www.hopics.org/> Call 323-432-4399

Source: <http://publichealth.lacounty.gov/sapc/docs/public/overdose-prevention/EOP%20Hub%20Schedule.pdf>



## ACCESSING NALOXONE

- **Multi- Service Center:** Address: 1301 W 12th St Long Beach, CA 90813 Distribution hours: 10-1PM
- **Community Health Project LA:** Address: 900 N Western Ave Los Angeles, CA 90029 Distribution hours: 9am-12:30PM
- **Spectrum Clinic:** Address: near 1748 E 120th St. Los Angeles, CA 90059 Distribution Hours: 3-5PM
- **Pomona, CA:** 625 S Garey Ave Pomona, CA 91766 Distribution Hours: 11:30am-1:30PM
- **Hope of the Valley Navigation Center:** Address: 11839 Sherman Way North Hollywood CA 91605 Distribution Hours: 11:30am-1:30PM

Source: <https://www.laodprevention.org/naloxone>



**[insert project youth wellness survey  
here]**