



PROJECT YOUTH WELLNESS

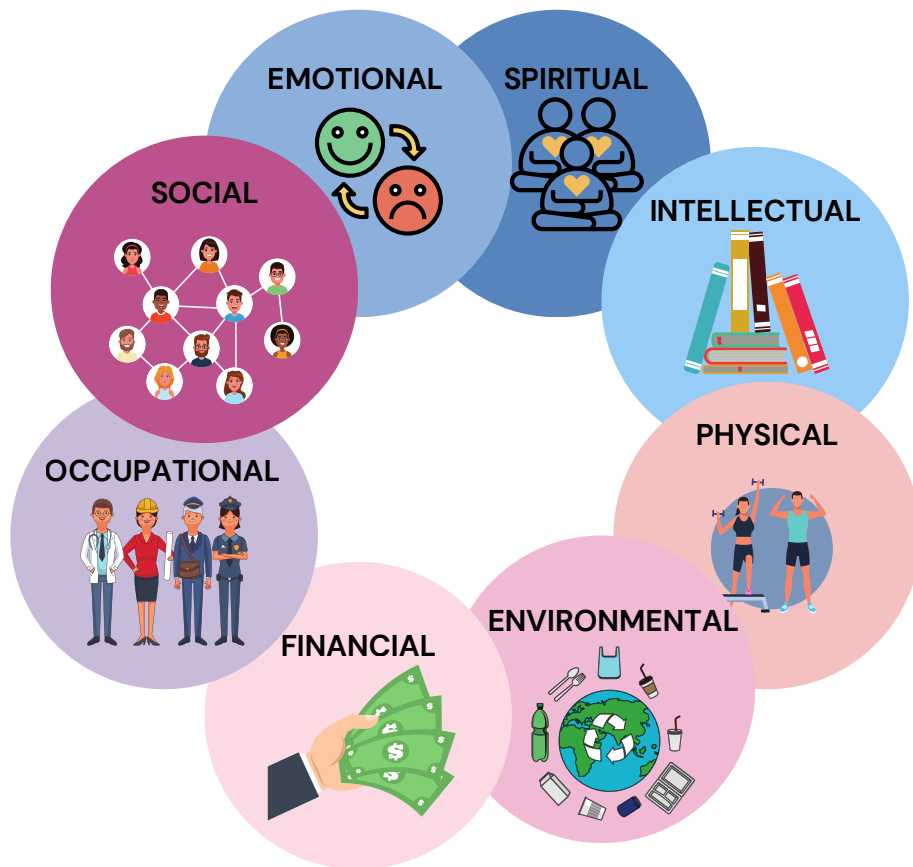
**WEEK 10: NAVIGATING SUPPORT IN
COMMUNITY FOR HEALTH IMPROVEMENT**

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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**.

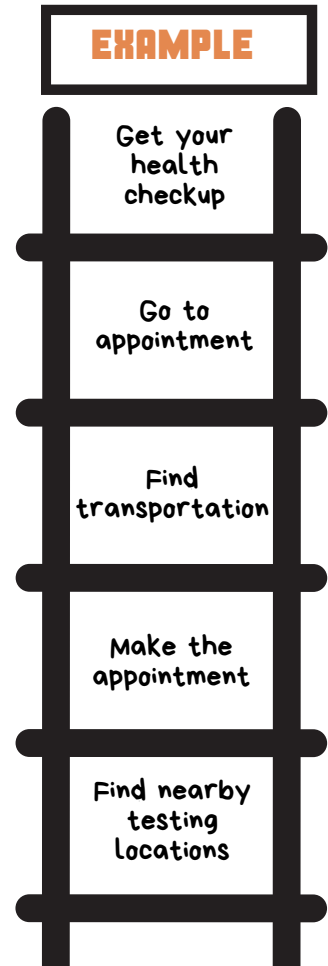
LADDER TO SUCCESS

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).



LEGAL ISSUES

PHYSICAL/ MENTAL HEALTH

SCHOOL/ CAREER

OTHER (FILL IN):

Four empty ladder diagrams for user input, corresponding to the categories: Legal Issues, Physical/Mental Health, School/Career, and Other (Fill In). Each ladder has five rungs.

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: https://www.lahsa.org/get-help
	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: https://lalgbtcenter.org/services/youth-services/
	Project Youth Wellness	Local resources for housing support. Website: https://wellness.publichealthcloud.com/www/wellness/health-linkages.aspx#Housing
	_____	_____
Physical & Mental Health	211LA	Guide to the services and resources throughout Los Angeles. Phone: 2-1-1 Website: https://211la.org/
	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: https://www.recoverla.org/resources/call-to-get-help-sash/
	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: https://sapccis.ph.lacounty.gov/sbat/
	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: https://www.pocketguidela.org/hotlines-websites/
	Project Wellness - HIV Prevention Services Zip Code Locator	Find HIV Prevention services near you. Scroll down to Treatment & Services: https://wellness.publichealthcloud.com/www/wellness/health-linkages.aspx
	_____	_____
Legal	County of Los Angeles Probation	Juvenile probation information and services Phone: (866) 931-2222 Website: https://probation.lacounty.gov/#juvenile
	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"> • Toll-free within California: (800) 540-4000 Outside California: (213) 639-4500 • TDD [Hearing Impaired]: (800) 272-6699
	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): http://www.lacourt.org/division/traffic/pdf/CSRAList.pdf
	_____	_____
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: http://adulthood-lausd-ca.schoolloop.com/hsetestcenter
	California College Pathways	Youth-friendly resources for planning for college. Website: https://cacollegepathways.org/
	California Student Aid Commission	Financial aid and other resources for youth, including foster youth. Website: https://www.csac.ca.gov/
	Federal Student Aid	Federal financial aid application for college. Website: https://studentaid.gov/h/apply-for-aid/fafsa
	LA Cash for College	Offers scholarships and other information for college. Website: https://www.lacashforcollege.org/
	Trade / Career Schools	Explore career paths and schools that offer them near you. Website: https://careerschoolnow.org/colleges/locations
	_____	_____

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) (800) 548-6047 _____	TEENLINE (TALK WITH ANOTHER TEEN - OPEN 24/7) (800) 852-8336 _____
MY TRANSITION COORDINATOR _____	POCKET GUIDE LA (HEALTH) (800) 758-0880 _____	CRISIS TEXT LINE (OPEN 24/7) Text LA to 741741 _____
A CLOSE FRIEND OR FAMILY MEMBER _____	SUBSTANCE ABUSE SERVICE HELPLINE (SASH - OPEN 24/7) (844) 804-7500 _____	SUICIDE/CRISIS LIFELINE (OPEN 24/7) 988 _____
211 LA (HUB FOR ALL SERVICES - OPEN 24/7) Dial "2-1-1" _____	DEPARTMENT OF MENTAL HEALTH (OPEN 24/7): (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?



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

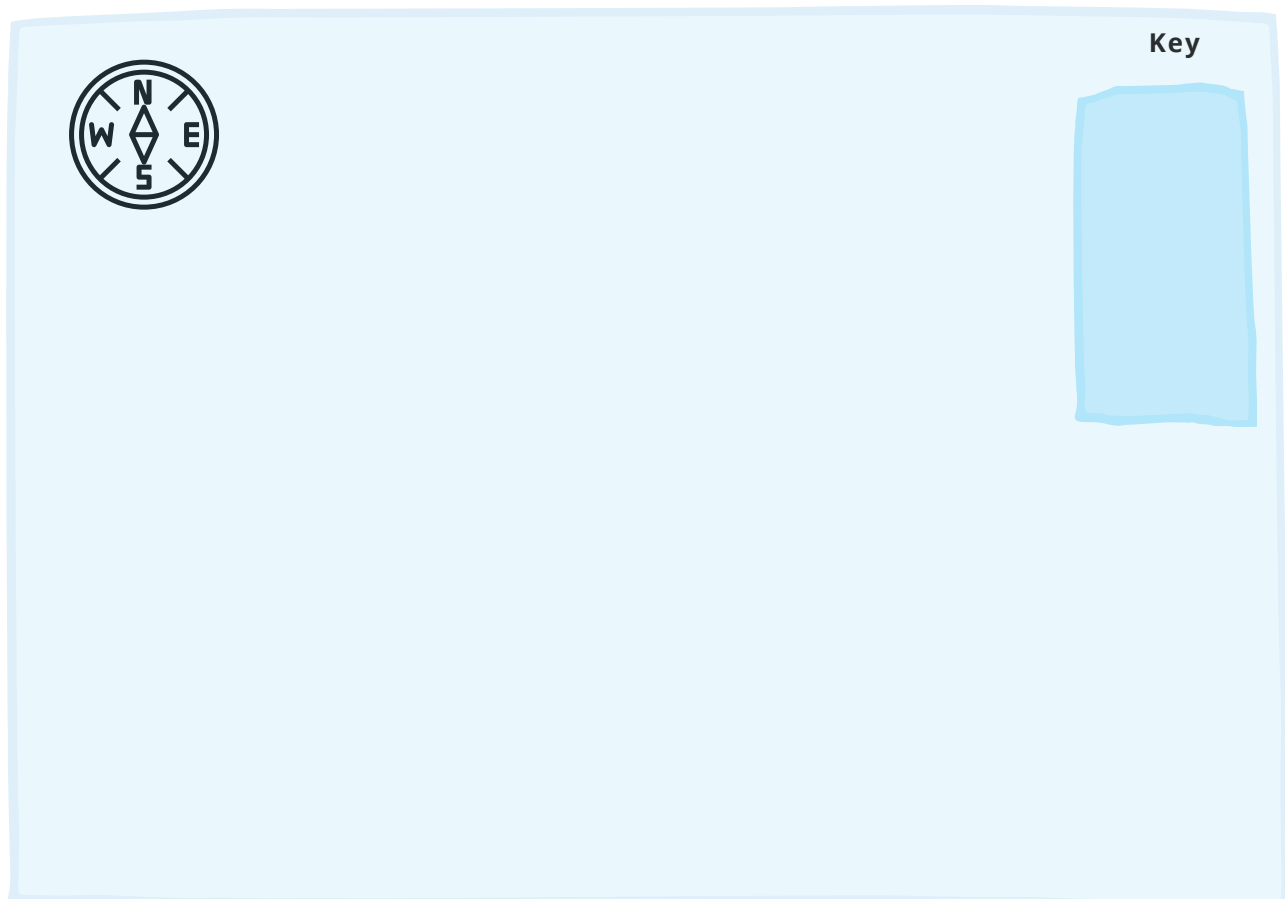
Your physical community consists of your built surroundings, including the physical neighborhood in which you reside. Take some time to reflect. Where are substances likely to be available in your physical community?

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 TOOLS

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?



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: _____

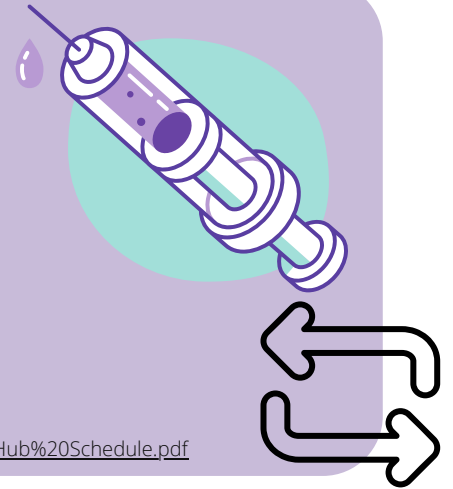
Harm Reduction Resources

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>