
Chap. Eddie Greyfox Burgess,
CADC, MHRTC-CSP, PP-C

176/5A MVLC Session 5A

August 6th, 2024

**Understanding and Facilitating
Volunteer Wellness**

Fort Western 1430 to 1530

Wellness Mobile Foundation 2018



Outreach



Outreach with Partners



Outreach Vehicles To provide referrals



Casemgmt



VETERANS RESOURCE FAIR

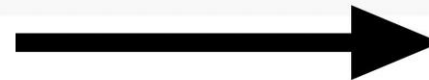
Are you a veteran looking for community resources available to you locally?

Post 135 Sabattus American Legion is honored to be able to share resources for local veterans about enrollment in VA health care, mental health resources, health care sources, educational benefits and more.

SATURDAY, 20 JANUARY 2024
At 09:00 AM - 03.00 PM
Harry J. Conway, Post#135,
40 Island Road Sabattus, Maine

Find out what benefits are out there for you and your family - we can't wait to see you there!

**FOR MORE INFORMATION, SCAN
HERE OR CALL (207) 576-2920**



Panels on Wellness



RINGING IN THE NEW YEAR WITH A NEW ATTITUDE EMBRACING POSITIVITY IN FIRST RESPONDER FAMILIES

Join us along with Shari Lindquist, LMFT for an inspiring talk as we explore the transformative power of positivity in the lives of first responder families. Discover practical strategies for maintaining a healthy and supportive environment, as we navigate the highs and lows together, celebrating the strength that comes from fostering a new attitude in the face of life's demands.



Social Wellness

- Developing a sense of Connection , belonging and a well-developed support system.

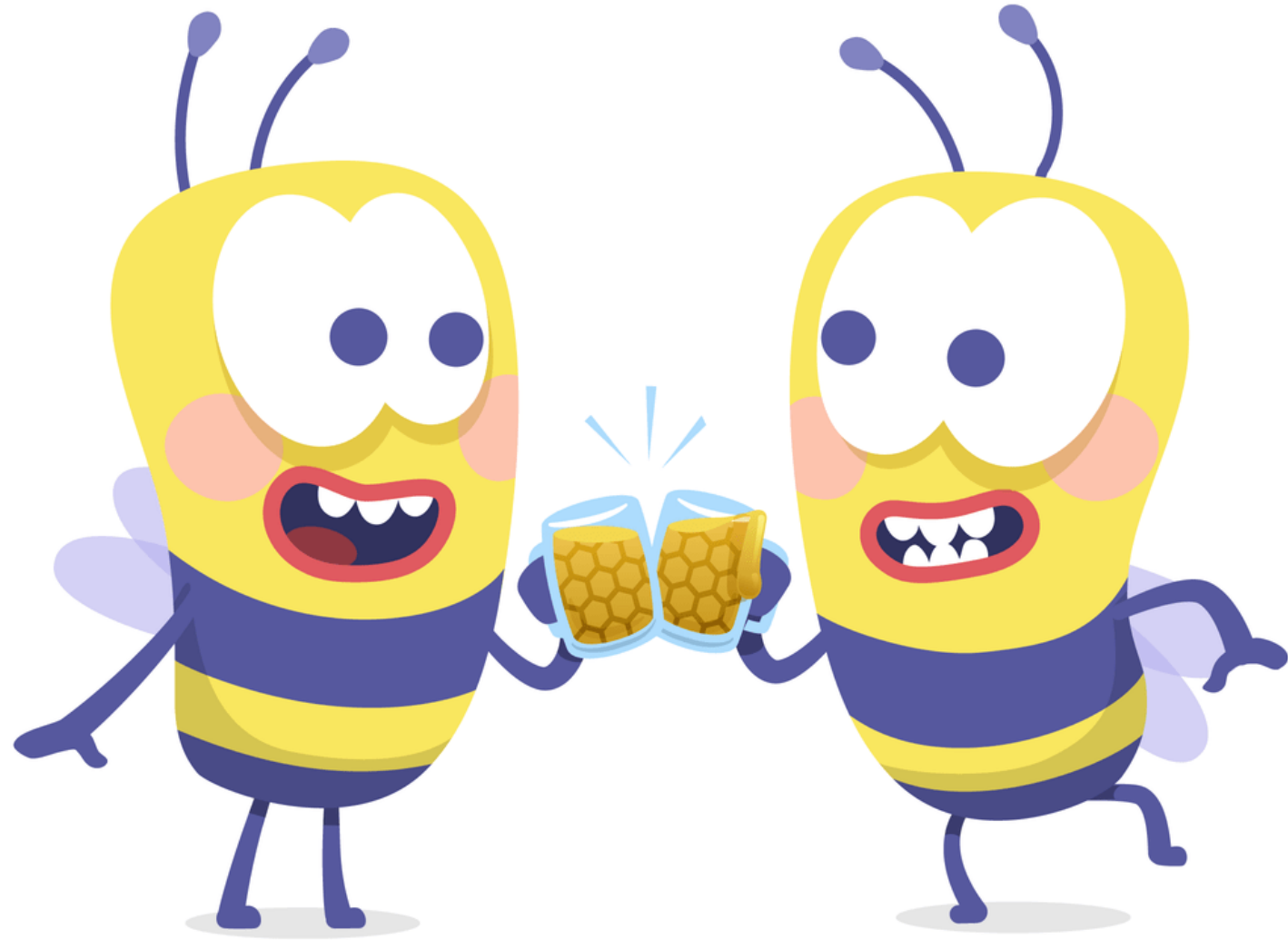




Spiritual Wellness
Expanding our sense of meaning and
purpose in life

Emotional Wellness

- Coping Effectively with life and creating satisfying relationships.



Intellectual Wellness

- Recognizing creative abilities and finding ways to expand knowledge and skills.



Physical

Recognizing the need for physical activity, diet, sleep, and nutrition





Personal satisfaction and enrichment derived from one's work

Occupational Wellness





Good Health by occupying pleasant and stimulating environments that support well being.

Environmental Wellness

Thanks for participating and gaining wellness !



- Wellness Mobile Foundation
- I am reachable through Facebook/wellness mobile
- Edward.burgess@maine.edu
- 207-520-1683 24/7 cell phone

Primary Prevention

We deter the onset of substance Abuse by have a community based process of chatting, in common language. Or looking at literature about a specific topic and other materials that would have common language. Then folks can make informed choices about themselves or their environment.



Secondary Prevention

Our demographic groups are youth, veterans and families in Franklin, Oxford, and Andro. And Sagahoc County. All folks are talked with and provided materials via information dissemination. Either on a resource table set up near the car or preloaded bags at events. On occasion there is such great conversation that materials are provide for folks in their social cohort.

That the friends have identified a problem, at some point need to self-recognize so as to get a referral. Clearly that would demonstrate a higher risk in their communities. Any one at any time can request a screening and education discussion about a particular topic. Any one in crisis will have a warm handoff to services with a folder that will follow them with the reason for services so they don't have to keep repeating there intent.

Wellness mobile



The four pillars of the wellness mobile are:

1. Suicide prevention and Awareness
2. AntiBullying and proper communication to prevent conflict
3. Co-Occurring awareness of Behavioral Health Needs
4. Employment





Tertiary Prevention:

Many folks we come in contact know someone there concerned about or doesn't meet medical criteria. By offering materials they can educate themselves and follow-up with folks in their social circles. By having these conversations we are changing social norms as interpreted by folks.

- Not everyone is using
- The risk of long-term use of prescription medications
- Parental modeling and Monitoring