

High Frontier Residential Treatment Center Wellness Plan

High Frontier residential treatment center and school is dedicated to the promotion and maintenance of wellness of students in addition to the treatment of tertiary social, emotional, and behavioral problems that have caused the students' needs for residential treatment. High Frontier believes that nutrition and fitness are critical aspects of wellness and development for adolescents, and that nutrition and fitness are therefore important aspects of treatment in our therapeutic milieu. Furthermore, High Frontier believes that all members of our program culture, students, staff, parents, and involved public (whereas not prohibited via confidentiality laws) should have insight and input into our wellness ideology and methodology. Moreover, High Frontier believes that wellness is promoted through the provision of a healthy diet, a positive emotional and moral environment, opportunities for fitness, and education and treatment regarding wellness and problem prevention.

Meals and snacks: High Frontier serves three complete meals per day and provides an additional evening snack for all students. Meal menus are developed by our Food Service/Nutrition Director in coordination and compliance with the TDA National School Lunch Program and are prepared by certified/and or appropriately trained and supervised food service personnel.

- Meals are appealing to students while meeting nutritional standards.
- Meals are prepared in a clean kitchen approved by local health inspection.
- Meals are served in a clean and pleasant atmosphere.
- Meals are balanced, and offer reasonable variety and nutritional options.
- Meals are never withheld to punish students.
- Meals include appropriate options for special diets.
- Meal preparation is sensitive to food allergies and special needs.
- Meal provision includes special snacks when necessary for students.
- Meal provision affords fresh fruit, other fruit, fresh vegetables, other vegetables, and dairy multiple times daily.
- Appealing and nutritious snacks are served each evening to all students.

Exercise and fitness: High Frontier encourages daily exercise for students and affords extensive opportunities for exercise and fitness improvement through an extensive recreational activity plan specifically designed to meet the needs of youth in the program. Activities are daily and include options for physical and mental exercise and positive leisure time.

- Students walk around campus extensively daily.
- Students wear appropriate clothes and shoes for daily walking and activities.
- Students engage in physical chores that promote fitness which include walking, bending, reaching, sweeping, cleaning, moderate lifting, etc. as appropriate to capability.
- Students' special limitations are taken into account regarding travel, chores, and activities.
- Student activities are scheduled and organized with student input and staff oversight.
- Students are expected to engage in large muscle and cardiovascular exercise at least one activity per day.
- Student activities are supervised by trained milieu staff members.
- Students are provided with safe, appropriate equipment for all activities.
- Student activities are not used as punishments or rewards to coerce behavior.
- Student activities include but are not limited to the following regular and summer activities:
 - walking, hiking, catch, touch football, softball, kickball, volleyball, basketball, soccer, frisbee, games, horseback riding, gardening, and weight training, canoeing, rappelling, horse trail rides,

bike riding, holiday celebrations, dances, board games, video games, movies, plays, extracurricular art activities, horticultural activities, equine science activities, and life skills activities

Physical hygiene and health: High Frontier promotes daily hygiene and health practices for all students. All students are provided with necessary materials and opportunities for good health and hygiene practices.

- Students are provided with all necessary personal hygiene supplies.
- Students are provided with appropriate time to administer to all personal hygiene needs.
- Students with special needs are afforded more time as/if necessary.
- Students are expected to shower at least once daily.
- Students are expected to brush teeth three times daily.
- Students are educated in the use of deodorants, acne products, feminine hygiene products, hair care, dental care, and foot care products.
- Students are monitored daily for appropriate physical hygiene as per monitoring of their physical health.
- Students' health needs are monitored daily as per monitoring of their physical health needs.
- Student deficiencies in personal hygiene and health practices are addressed via education/and or therapy.
- Student problems with sedentary behavior, obesity, inappropriate eating, substance abuse, poor hygiene, inappropriate self-care, and self-harm are addressed through education, treatment milieu, and professional therapy.

Wellness education and treatment: High Frontier promotes formal and spontaneous education and treatment regarding healthy living skills and problems deleterious to healthy living and wellness practices.

- Students are monitored throughout the day on health practices including eating, sleeping, personal hygiene, exercise, and specialized healthcare needs.
- Students are provided with individual and group instruction and treatment on healthy lifestyles, skills, and behaviors.
- Students are provided tertiary treatment on behaviors deleterious to wellness.
- Students received wellness information in school sponsored Health and P.E. classes, treatment milieu, professional therapy, and in extracurricular life skills activities.
- Wellness, health, fitness, nutrition, emotional health, and health recovery information is prolific in the program vernacular, culture, and all aspects of daily milieu.
- Students are educated through treatment on relationships between physical and mental health and the connection of mind and body regarding health and wellness.

Staff member duties and development: All High Frontier staff members will promote wellness regarding nutrition, exercise, and other healthy life skills and practices as consistent with their specific duties in the program.

- Food service personnel will prepare and serve nutritional food.
- Food service personnel will follow all rules for meal preparation and serving including health and safety practices.
- Food service personnel will meet requirements for employment for level of responsibility.
- Food service personnel will receive appropriate training and supervision.
- Food service personnel will exercise all duties under the direction and supervision of para-professional and professional program supervisors and administrators.

- Childcare workers will monitor and instruct students in healthy eating habits, exercise, personal hygiene practices, and other aspects of health care and healthy living skills.
- Childcare workers will monitor and instruct students in healthy mealtime behaviors during each meal.
- Childcare workers will model healthy eating behaviors to students.
- Childcare workers will meet all requirements for employment for their level of responsibility.
- Childcare workers will receive reasonable/appropriate training and supervision in areas of nutrition, exercise, and health.
- Childcare workers are trained in child development, first aid, and CPR.
- Childcare workers are provided with approved first aid kits/supplies.
- Childcare workers only act as lifeguards as trained and certified to do so via ARC standards.
- Childcare workers will exercise all duties under the direction and supervision of appropriate para-professional and clinical personnel, as part of a staff team.
- The staff nurse will address all health issues of students including those concerned with diet, exercise, hygiene, and general wellness.
- The staff nurse will handle and address reports by and of students of any health problems.
- The staff nurse will investigate the role of nutrition, hydration, hygiene, exercise, and rest in student health complaints/concerns.
- The staff nurse will provide wellness education to students and other staff members on a formal and spontaneous basis.
- The staff nurse will coordinate with food service personnel, parents, students, child care workers, and appropriate supervisors regarding special dietary or wellness needs and or limitations of students.
- The staff nurse will coordinate dental, orthodontic, dermatological, and physical evaluations, treatments, and follow up with students.
- The staff nurse office will provide all hygiene supplies to students including toothpaste, toothbrushes, soap, shampoo, lotion, deodorant, feminine hygiene products, footcare products, and more.
- Clinical staff include consulting psychiatrist, consulting psychologist, five licensed professional counselors/interns, one licensed, and one master level social worker.
- Clinical staff will monitor and address health issues of students concerned with nutrition, exercise, hygiene, and wellness in addition to addressing clinical problems.
- Clinical staff will monitor for wellness practices in regular child care workers, and will provide formal and spontaneous instruction in health and wellness practices to students and childcare workers.
- Clinical staff will consult with food service personnel, the staff nurse, and child care workers regarding special wellness needs and or limitations of students.
- Para-professional group leaders will carry out many of the above duties to the extent of their experience and competency under the direction, monitoring, and supervision of a clinical staff member.
- Administrative staff (professional and para professional) will provide ongoing supervision of wellness practices.
- The shift supervisor will provide immediate supervision over the food service personnel.
- The shift supervisor is correspondingly supervised by the assistant executive director and the executive director.
- Administrative staffs work in conjunction with all personnel (childcare, food service, clinical, educational), and with students, parents, constituents, and the public as appropriate to ensure appropriate wellness practices in the program.
- Administrative staffs have in place ample interventions for quality assurance for wellness practices regarding food service, fitness, and health promotion.
- Administrative staffs regularly review information from the FDA, TDA, USDA, TDFPS, and other appropriate entities to implement and or enhance wellness practices.

- Administrative staff receive annual clock hours of appropriate training, including training on health and wellness issues.
- Administrative staffs ensure that all other staff members receive appropriate training and education and commensurate with their job responsibilities regarding health and wellness issues.
- Administrative staff ensure that all personnel are screened for criminal background, TB, drug use, and positive work and personal history as to promote safety, security, and wellness in the program.
- Administrative staff at High Frontier are governed by a company president and board of directors whom provide oversight on wellness practices as part of overall service provision.
- Administrative staff monitor and or conduct quality assurance reviews of wellness practices at least annually.
- Administrative staff will oversee quality assurance in the following areas over the next 3 years:
 1. Additional training of food service employees.
 2. Enhanced appeal of meals to students.
 3. Less food waste.
 4. Enhanced variety of appropriate food products.
 5. Great student input on menus.

Parent education and involvement: High Frontier promotes extensive parent involvement in overall student progress, and in student wellness matters.

- Parents are oriented to all aspects of the program prior to student enrollment.
- Parents are provided with nutrition and fitness information prior to student enrollment.
- Parents are provided with regular updates on student wellness and health progress.
- Parents are encouraged and trained on how to promote student progress in health and wellness areas.
- Parents are discouraged from promoting negative health and wellness practices of their children.
- Parents are counseled on overindulgent parenting practices and associated outcomes.
- Parents are discouraged/and or prohibited from sending excessive junk food or other unhealthy materials to their children.
- Parents are encouraged to eat meals with their child on campus during visit and provide feedback about the appeal and nutritional value of the meals served.
- Parents provide necessary information regarding prior eating habits, special dietary and or wellness needs and concerns, and other health information for their children.

Public involvement and privatization (a special campus). High Frontier as a residential treatment center is bound by law to maintain the confidentiality of our clients. In doing so the program is private rather than publicly open. Nonetheless, High Frontier does work with members of the public (appropriate quest, vendors, parents, constituents, etc.) High Frontier routinely invites quests to eat at the program and then solicits feedback regarding the aesthetic and nutritional appeal of food services as well as the quality of holistic residential treatment.

- High frontier receives nutritional information and food service assistance from public food and food service vendors.
- High Frontier has information about practices posted publicly on the internet by The Texas Department of Family and Protective Services-Licensing Division.
- High Frontier posts information on food service and wellness practices on its publicly accessible website.