



THE MARITIME
ACADEMY OF
TOLEDO

Health and Wellness
2022-2023

Freedom to Succeed

Total Fund Amount: \$97,000

Annual Goals for Cadet Health and Wellness
1). By May 2023 The Maritime Academy of Toledo will partner with A Step Beyond Behavioral Health Group to provide support groups to students.
2a). By May 2023 The Maritime Academy of Toledo will provide in-school basic health care by continuing to employ a school nurse.
2b). In order to enhance the School Nurse’s knowledge of important health care updates and trends we will budget money for professional development.
3). By December 22 nd , 2022 The Maritime Academy of Toledo will have a stocked “store” that allows students (and eventually all family members) the ability to shop for items of need including clothes, hygiene items, and other important items free of charge. This initiative will mostly be done with community partners and donations but we will get the store started by purchasing shelves and other necessary items with the wellness fund.

Initiative #1	A Step Beyond Group Sessions
Description	A Step Beyond will conduct group therapy sessions for three areas including working with young men to raise awareness of male culture, manners, and expectations, LBGTQ+ students, and students with babies.
Community Partner	A Step Beyond Behavioral Health Group
Essential Staff and Partners	Amber Packard: Mental Health Specialist Amy Hinline: Principal Jacob Lofton: Assistant Principal
Initiative Benefits	Group Therapy is an effective tool to help 1). aid in building a network of support. 2). participants relate with others in healthier ways. 3). help participants realize that they are not alone. 4). offer a safety net. 5). participants find their voice. 6). improve social skills and interpersonal interaction. 7). give a sense of belonging. Resource: 7 Long-Term Benefits of Group Therapy - Happier Human
Action Steps to get Started	Existing initiative but these steps still need to be enacted We have received the proposals from A Step Beyond so the next steps will be: 1). Provide time in the daily schedule for the therapists to conduct groups. 2). Send permission slips home for interested students. 3). Develop a calendar of group therapy sessions that do not interfere with core classes.
Budgeted Amount	7,500

Initiative #2	School Nurse (This includes medical supplies & Professional Development)
Description	a). The nurse will provide information and guidance to parents and students related to proper health care. b). The nurse will document immunizations and help parents understand resources and guidance related to required vaccinations. c). The nurse will support and dispense prescription medicine to students during the school day. d). The nurse will develop plans for students with chronic illness such as diabetes. e). The nurse will educate families on preventative methods for contagious illnesses such as COVID.
Community Partner	Lucas County Health Department
Essential Staff and Partners	Erin Brubaker: School nurse Amy Hinline: Principal Jacob Lofton: Assistant Principal
Initiative Benefits	Employing a school nurse has addressed many vital needs at The Maritime Academy of Toledo including providing care to students with diabetes, maintaining proper medical files, providing knowledge and insight with the COVID pandemic, and providing for family health needs.
Action Steps to get Started	This is an existing initiative.
Budgeted Amount	\$87,000

Initiative #3	
Description	By December 22 nd , 2022 The Maritime Academy of Toledo will have a stocked “store” that allows students (and eventually all family members) the ability to shop for items of need including clothes, hygiene items, and other important items free of charge. This initiative will mostly be done with community partners and donations but we will get the store started by purchasing shelves and other necessary items with the wellness fund.
Community Partner	Salvation Army other members of the community
Essential Staff and Partners	Amber Packard: Mental Health Specialist Amy Hinline: Principal Jacob Lofton: Assistant Principal
Initiative Benefits	This initiative can provide many benefits but mostly providing hygiene and other essential items free of charge to the families that need it.
Action Steps to get Started	This is an existing initiative.
Budgeted Amount	\$2,500

A STEP BEYOND



Men of Manners – Group Therapy Proposal by A Step Beyond

Groups that teach teens manners and etiquette can help them prepare for adulthood by teaching them how to treat others with respect, to value integrity and about the expectations of society. These classes can be especially beneficial, as teens are often a bit too impulsive and need guidance when it comes to making appropriate decisions.

Type of Group – This group will be an educational and supportive group for grades 6th - 12th. This group will be solely for those that are male or identify as male.- he/him pronouns.. This is a voluntary group.

Culture of the Group: This group will have a variety of different ages and grades from 6th grade thru 12th. This will include males and those that you the he/him as a pronoun.

Purpose of the Group: The purpose of this group is to create a safe, welcoming environment for our male students to share and learn from. This is judgment free group where this group can open up and seek acceptance and resources. The group will address issues that young men in our society have struggles with. The group will raise awareness of the male culture and manners and expectations expected of these men. The group with address topics of characters of gentleman, manners, treating women with respect, learning from a male role model, and addressing the struggles young men face in daily life. The goal Is to educate our young men and keep them off the streets, out of gangs, and direct them into new paths while using positive role model figures to teach these men life skills to better themselves.

Why is there a Need:

*More than 20 million children live in a home without the physical presence of a father

- Of students in grades 1 through 12, 39 percent (17.7 million) live in homes absent their biological fathers.
- 57.6% of black children, 31.2% of Hispanic children, and 20.7% of white children are living absent their biological fathers.
- According to 72.2 % of the U.S. population, fatherlessness is the most significant family or social problem facing America.
- For the fourth straight year, Ohio’s four-year graduation rate for black students at public high schools was among the six lowest states in the nation, according to the NCES data.
- Among sexually experienced males ages 15 to 19, 14 percent have made a partner pregnant. Six percent of sexually experienced males in this age group have fathered a child.
- Six out of every 10 deaths in 2018 were suicides – for a total of 24,432 suicides by gun (67 Americans every day)
- Firearm homicide rates are highest among teens and young adults between 15 and 34 years of age
- *Abuse in dating relationships is common among adolescents. In the United States, according to commonly cited figures, 10 to 12 percent of teens report physical abuse, and 33 percent report some kind of abuse.*

Factors: What percentage of prison inmates are male?

Statistics males are more likely to end up in jail

<i>Gender</i>	<i># of Inmates</i>	<i>% of Inmates</i>
<i>Female</i>	<i>10,569</i>	<i>6.8%</i>
<i>Male</i>	<i>144,102</i>	<i>93.2%</i>

Qualifications: This group will be created and overseen by Veronica Casper who has a Masters degree in counseling and also has her LPCC, which means Licensed Professional clinical Counselor in Ohio. Mrs. Casper has over 11 years of experience with at risk youth population. Ellen Baird will be running the group under Mrs. Casper supervision. Mrs. Baird has a Master from Eastern University. She has over 5 years of case management experience with youth and teens. **Gary Ticey** will be included in this group as the male role model/case manager. He has a masters of science and a bachelor of arts. Mr. Ticey also has experience with youth / young men, and as worked as addiction and recovery specialist.

Members of the Group: This group will be open to voluntary enrollment. New members can start anytime during the group. The group will have an open enrollment format.

Topics Covered: Manners and expectations of young men will be addressed, staying out of gangs and violence, treating women with respect, online etiquette, preventing drug use and dating violence/preventing teen pregnancy, graduating high school and workplace goals. We will also address self image and improving overall emotional well being. Manners and etiquette will be taught as it is important for teens to have communication skills that will prepare them for meeting new people, employment interviews and public speaking. Teens learn how to introduce themselves and others properly, shake hands firmly and the importance of eye contact. They also learn telephone manners and etiquette. Teens in his group will learn how to have good manners will learn that showing consideration means putting others first. Males will learn how to look their best through manners and etiquette classes as they learn the appropriate clothing to wear to different events.

Ground Rules: Members of the group will be given rules of group prior to starting therefore they will be aware of our zero tolerance for bullying or harassing other members of the group. The members will sign an agreement prior to starting the group that they have read and agree to the rules of group therapy.

Location/Time/Length: The location of the group will take place at Maritime Academy. The group will take place during the day unless leaders of the school prefer it to be after school. If during the day it will be about 60 minutes in length. If after school it will be also be 60 minutes in length. This group will run once a week during the school year. This group will be run for 3 months and can be extended or a new group started at the schools request.

Safeguards: Safeguards will be in place meaning since we are working with minors, minors will have a permission form signed from parent for them to attend the group and 18 years and up can sign their own forms. Also a confidentiality form will be signed by all members of the group Stating that information from group will not be shared with others. Benefits and risks of group counseling form will be provided to parents and adult school students when signing up. Any group member who is harassing or bullying other members will be removed from this group.

Evaluation Process: *Members of the group will complete on day one of group and then again on the last week of group and the results will be analyzed and data created to see results and improvements from start to finish within the group.*

Pricing: *This group running for three months in length and meeting weekly for one hour sessions. The price includes all resources, handouts, materials, and advertisements for the group, permission forms, risk forms and **outcome date** provided to the school at conclusion of group.*

\$3000

A STEP BEYOND



My Baby and Me- Group for High school students with children or those whom are expecting- Group Therapy Proposal by A Step Beyond

Type of Group – This group will be an educational and supportive group for grades 6th - 12th. This group will be solely for all students who currently have a child or are expecting a child. This group is open to both the mother of the child and her partner. This is a voluntary group.

Culture of the Group: This group will have a variety of different ages and grades from 6th grade thru 12th. This will include all sexual orientations and gender identities but is **ONLY** for those students whom have a child or are expecting a child as well as their partner.

Purpose of the Group: The purpose of this group is to create an environment where teen parents and those expecting have a safe outlet to have the support, advocacy and resources they need for their success in and out of school as well as for their child's wellbeing. This group will help the teen parent's to stay in school and set and attain goals for themselves.

Why is there a Need:

Teen pregnancy and childbearing are associated with increased social and economic costs through immediate and long-term effects on teen parents and their children.

- Pregnancy and birth are significant contributors to high school dropout rates among girls. Only about 50% of teen mothers receive a high school diploma by 22 years of age, whereas approximately 90% of women who do not give birth during adolescence graduate from high school.
- The children of teenage mothers are more likely to have lower school achievement and to drop out of high school, have more health problems, be incarcerated at some time during adolescence, give birth as a teenager, and face unemployment as a young adult.
- 3 in 10 teen American girls will get pregnant at least once before age 20. That's around 750,000 a year.
- Teen pregnancy is leading reason for teen drop out.
- Less than 2 percent of teen moms earn a college degree by age 30
- A quarter of teen moms have a second child within 24 months of their first baby
- 50 percent of teens have not thought thru how a baby will affect their lives
- 8 out of 10 dads do not marry the mother of their child

Qualifications: This group will be created and overseen by Veronica Casper who has a Masters degree in counseling and also has her LPCC, which means Licensed Professional clinical Counselor in Ohio. Mrs. Casper has over 11 years of experience with at risk youth population. Ellen Baird will be running the group under Mrs. Casper supervision. Mrs. Baird has a Master from Eastern University.

Members of the Group: This group will be open to voluntary enrollment. New members can start anytime during the group. The group will have an open enrollment format.

Topics Covered: Needs of new parents and those expecting will be addressed including and preparing for a new baby, staying and finishing school with a child. The group will address stress and overcoming obstacles as new parents, ways to find resources, advocacy as well as preparing for work and school with a child.

Ground Rules: Members of the group will be given rules of group prior to starting therefore they will be aware of our zero tolerance for bullying or harassing other members of the group. The members will sign an agreement prior to starting the group that they have read and agree to the rules of group therapy.

Location/Time/Length: The location of the group will take place at Maritime Academy. The group will take place during the day unless leaders of the school prefer it to be after school. If during the day it will be about 60 minutes in length. If after school it will be also be 60 minutes in length. This group will run once twice a month during the school year. This group will be run for 3 months and can be extended or a new group started at the school's request.

Safeguards: Safeguards will be in place meaning since we are working with minors, minors will have a permission form signed from parent for them to attend the group and 18 years and up can sign their own forms. Also, a confidentiality form will be signed by all members of the group Stating that information from group will not be shared with others. Benefits and risks of group counseling form will be provided to parents and adult school students when signing up.

Evaluation Process: Members of the group will complete a survey on day one of group and then again on the last week of group and the results will be analyzed and data created to see results and improvements from start to finish within the group.

Pricing: This group will run for three months in length and meeting bi-weekly for one-hour sessions. The price includes all resources, handouts, materials, and advertisements for the group, permission forms, risk forms and **outcome date** provided to the school at conclusion of group.

\$2000.00

Veronica Casper MA, LPCC

419-974-4302

A STEP BEYOND



Free to be me- LGBTQ+ – Group Therapy Proposal by A Step Beyond

LGBTQ+ This is an acronym for lesbian, gay, bisexual, transgender, and queer; the "plus" is intended as an all-encompassing representation of sexual orientations and gender identities

Type of Group – This group will be an educational and supportive group for grades 6th - 12th. This group will be solely for all genders to feel comfortable and able to open up freely without any pressure. This is a voluntary group.

Culture of the Group: This group will have a variety of different ages and grades from 6th grade thru 12th. This will include all sexual orientations and gender identities.

Purpose of the Group: The purpose of this group is to create a safe, welcoming environment for our students, regardless of sexual orientation or gender identity. This is judgment free group where this group can open up and seek acceptance and resources. We will address inequality and effects on their life. Work on reducing discrimination against LGBTQ+ students and creating a safe supportive environment for these students to open up and share their struggles. The group will advocate, educate and support the LGBTQ+ community within our schools

Why is there a Need:

- LGBTQ students have 2-3 times greater risk of completing suicide than their heterosexual peers.
- 25% of the gay/bisexual identified male college-aged population has made suicidal actions.
- Lesbian/bisexual identified college students are 3-4 times more likely to consider suicide than their heterosexual peers.
- LGBTQ individuals who are “coming out” are at increased risk for depression, substance abuse, and suicide.

Factors that Increase Suicide Risk for LGBTQ students:

- Verbal or physical harassment
- Lack of family support and acceptance
- Loss of friendship or other relationships
- Prejudice, discrimination, homophobia
- A recent loss (e.g., death or break-up)
- Fears about seeking help
- Feelings of *hopelessness* and *helplessness*
- Behaviors that are impulsive or aggressive

Qualifications: This group will be created and overseen by Veronica Casper who has a Masters degree in counseling and also has her LPCC, which means Licensed Professional clinical Counselor in Ohio. Mrs. Casper has over 11 years of experience with at risk youth population. Ellen Baird will be running the group under Mrs. Casper supervision. Mrs. Baird has a Master from Eastern University. She has over 5 years of case management experience with youth and teens.

Members of the Group: This group will be open to voluntary enrollment. New members can start anytime during the group. The group will have an open enrollment format.

Topics Covered: Coming out, Suicide prevention, Bullying, LGBTQ+ history and information, STD awareness, advocacy and resources. We will also address self-image and improving overall emotional well-being.

Ground Rules: Members of the group will be given rules of group prior to starting therefore they will be aware of our zero tolerance for bullying or harassing other members of the group. The members will sign an agreement prior to starting the group that they have read and agree to the rules of group therapy.

Location/Time/Length: The location of the group will take place at Maritime Academy. The group will take place during the day unless leaders of the school prefer it to be after school. If during the day it will be about 60 minutes in length. If after school it will be also be 60 minutes in length. This group will run once twice a month during the school year. This group will be run

for 3 months and can be extended or a new group started at the school's request.

Safeguards: Safeguards will be in place meaning since we are working with minors, minors will have a permission form signed from parent for them to attend the group and 18 years and up can sign their own forms. Also, a confidentiality form will be signed by all members of the group Stating that information from group will not be shared with others. Benefits and risks of group counseling form will be provided to parents and adult school students when signing up.

Evaluation Process: Members of the group will complete a survey on day one of group and then again on the last week of group and the results will be analyzed and data created to see results and improvements from start to finish within the group.

Pricing: This group will be running for three months in length and meeting bi- weekly for one hour sessions. The price includes all resources, handouts, materials, and advertisements for the group, permission forms, risk forms and **outcome date** provided to the school at conclusion of group. \$2000.00