

Placer Be WELL Program

Wellness. Empowerment. Learning. Leadership.

Be WELL is a work-based learning program, for Placer County Youth (14-17) and Transitional Aged Youth (18-25), experiencing early symptoms of a mental health disorder or who have a current diagnosis. Be WELL focuses on mental wellness and designed to empower youth to learn, earn, and connect. Using a positive youth development framework, the Be WELL Program maximizes opportunities for engagement, mitigates mental health and wellness challenges, and supports healing for vulnerable youth, their peers, and the community. Youth/TAY are regarded as community assets, change agents, and influencers who have the power to improve mental wellness. The initiative includes economic relief for youth participants, paying each youth a stipend for program completion. We educate, empower, and support youth, families and communities to better understand and care for the mental health of our youth.



Why Be WELL? We start by listening to what youth are saying and asking for. Youth will learn how their own world-view and perspectives affect their mental health and wellness. Services are tailored to each youth's unique needs.

Why Wayfinder Family Services? Wayfinder Family Services is the place to turn for people facing the greatest challenges. With an emphasis on the mental health of children, teens, and young adults, we believe that empowering, supporting, and educating our youth, families and communities to understand and care for the mental health of young people is essential to creating healthy and better communities.

What do services look like?

- 20 hours of training on the 8 dimensions of wellness, 15 hours of youth-centered community service, and up to 5 hours of one on one case management
- Youth will learn the basics of mental health and well-being to increase mental health awareness
- Youth will learn leadership development and advocacy skills
- Youth will explore perceptions and impacts of stigma around mental health and wellness
- Youth will learn to identify support systems, trusted adults, and identify local resources
- Youth will improve their communication, resiliency, and social-emotional skills
- Youth will learn to develop and discover their sense of self ("Who am I to my family, friends, community?")
- Youth will learn about different stress responses and build coping skills

For additional information, please contact: Program Supervisor, Brianna Alvord, LCSW at (530) 722-2233 or placerbewell@wayfinderfamilyorg.

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