

# Communities Restoring Wellness

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# CRW: A Response to Program Gaps

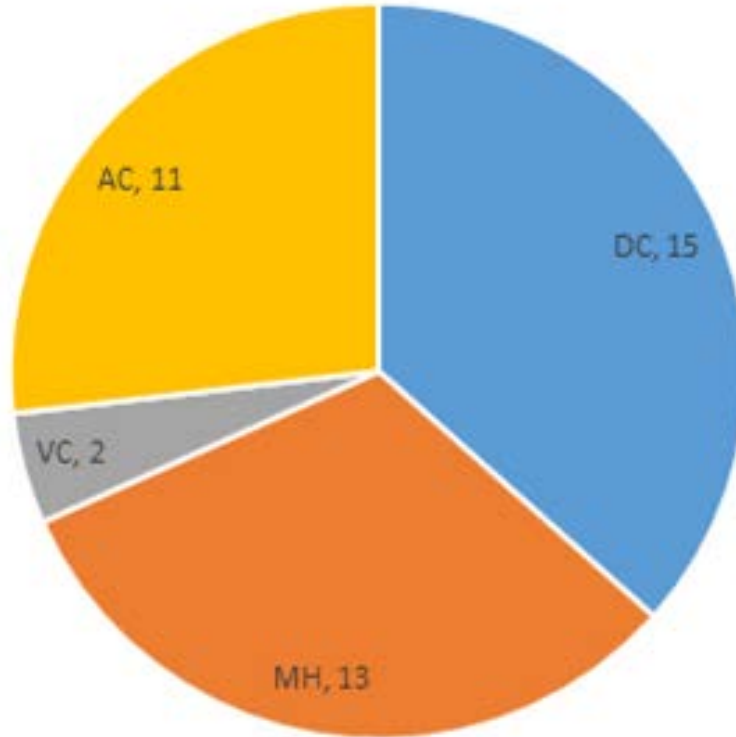
- Paradigm shift in field
  - Restorative Justice
- “This is what people do on the weekend?!”

# Communities Restoring Wellness

## Program implementation

- Team training to foster buy-in
- Mentor recruitment
- Individual meetings with graduates
- Quarterly mentor meetings

# Effingham PSC Current Participants



# Communication is KEY!

## -Tieing community members, graduates and the problem solving court team together

Subject: Mentor meeting

Hey all!

I wanted to give you an update on our most recent **mentor meeting** a couple of weeks ago. Thanks again to all that came out and we hope you can all make it to our next **meeting**.

All of our **mentors** shared their experiences this far, and things seem to be going pretty well for everyone. We had a great discussion about suicide awareness as well. If you're interested in that presentation, please let me know and I can forward it to you. Our **mentors** came up with some great ideas to work on in the coming weeks! One of those ideas was to put together a handout of free activities in the community (by month). If you hear of anything please pass it on to me. We may also plan a networking event sometime in late Spring or early Summer that would be open to all of our graduates and **mentors**. This was something that I've heard from several of our **mentors** and graduates that was of interest, so we'll try it out and see how it goes!

I also wanted to let you all know that I met with Adult Redeploy Illinois, which is the grant that funds this **mentoring** program and our Problem-Solving Court. They were extremely impressed at the work that you all do with these individuals and also that we have so many people willing to help out! This is a huge challenge in other communities, so give yourselves a big pat on the back! We couldn't do this without you!

Our next **meeting** is scheduled for May 18th at 6p at Joe Sippers again. We will stick to the same format and will have a brief training topic to discuss as well. We hope to see you there! As always, feel free to email or call anytime!

*Meghan Rewers, LCSW*

The Wellness Loft

# Outcomes and Success

- SMART Goal sheets, showing movement within program
  - making new connections and reintegrating
  - engaging in healthy activities such as employment, volunteering, healthy lifestyle choices, etc.
  - working towards goals

# Questions?