



Wellness Handbook



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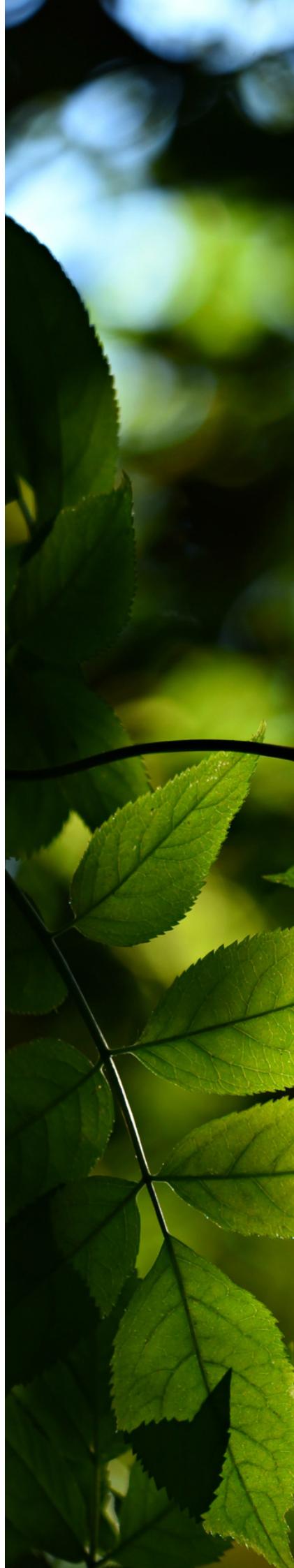
Hey there, welcome to Africa Jipende Wellness (AJW), where we make wellness programs just for you! Our programs will take you on a journey towards psychological and emotional wellness, tailored to fit your needs. We believe that everyone deserves to have a healthy relationship with themselves, which will also help them establish better relationships with others.

Our programs teach you assertive communication and create healthy boundaries, allowing you to understand and communicate with your personality better, especially in different social situations. Our goal is to help you reach your full potential as a healthy member of society.

We understand that everyone is unique, and that's why we take the time to get to know our members. We encourage you to explore your life with the fundamental principles that you will learn in this program. After completing our program, you will be confident in the new identity you have established, allowing you to modify your character into the person you desire to be.

But, the effort must come from you. If you don't put in the effort, you won't see the results you want. Remember, you have a wellness wheel that needs care, love, peace, and hope. We hope that you will be able to select one of our programs and become a part of our community. Don't hesitate to contact us as we are always here to support you. At AJW, we bring a holistic approach to mental health care without any stigma or neglect.

Warmest Regards,
Rubie Miseda MBPsS,
Founder of Africa Jipende Wellness





Introduction To Our Wellness Program

Thank you for taking the first step. We have a list of different types of programs for you and your family. Each program delivers a service that caters to your psychological distress. All our wellness programs can be applicable to all ages. For example, we can customize our programs for child development, pre-teens, young adults, seniors, corporates, and educational establishments. We hope that you can choose AJW to support you on this journey. There are a few things we would like to introduce you to before we proceed. Below is a list of protocols that you and your therapist will have to follow before completing the program.

Protocol for each wellness program

Confidentiality agreement:

As a new member, you will have to sign a confidentiality agreement. If you are below 18 years old, you will need your parents to sign on your behalf. This binding agreement will protect the narrative of your story during your session with your therapist.

Adult intake form:

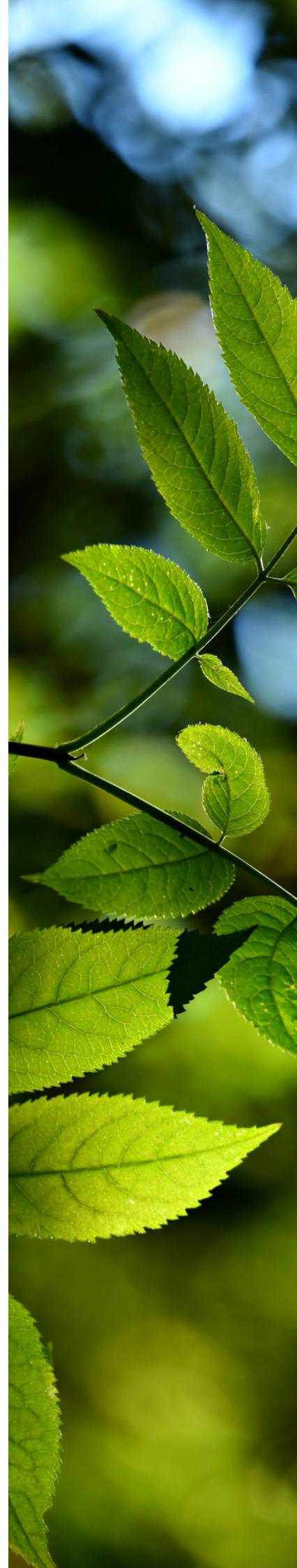
As a new member, you will need to fill in an adult in-take form, or if you're below 14 years old, your parents will fill this in for you. This form will help your therapist understand your psychological distress history, your education history, your family history, your interests, and what you would like to achieve from the wellness program. Your presenting distress will allow the AJW team to customize the wellness program according to your needs. You must understand that you should be transparent. It is in your interest to be open with your therapist. The more forthcoming/open you are with your therapist, the more they will be able to help you

Aftercare program:

After completing the program, every member goes through an After Care Program (ACP). This program will allow your therapist to understand how you are reintegrating back into society. It may run for three months or six months, depending on the program you completed. After completing the ACP, each member will get a digitalized ACP handbook, a certificate of completion, and a wristband.

Subscription model:

Furthermore, AJW offers a subscription model in which you can get discounts on our various goods and services.





2. Individual Wellness Program

Self-Awareness Program:

This holistic program is for people who have psychosocial stressors. Its focus is to implement independent personal therapy as a way of developing assistance to people who may need an outlet to express their problems. This program is not structured and is limited to 3 sessions. The program provides a safe place for people to express themselves. For example, a client can come in for a session to unload about their day or about the adversity they may be experiencing. A trained psychologist or counseling psychologist will be delivering the session

Services Platform:

- Telehealth (Online session)
- Homebase

Duration of A Session:

- 45 mins to 60 mins

Step 1: This unstructured program is for an individual experiencing everyday life stressors.

Step 2: Since this is an unstructured program for people to vent, they don't need to be assigned a membership number. However, if they manage to come for three sessions, they will be given a wristband. If they would like to progress, then they would have to join the other structured programs, such as the Self-Development Program.

What are the Contributions:

This wellness program can allow a person to express any problems they are experiencing to a professional, who can help relieve the frustration that they are experiencing. It will increase the person's confidence and provide support to them in overcoming adversity.

Self Development Program

Services Platform:

- Telehealth (online session)
- Homebase
- Office based

Duration of A Session:

- 45 mins to 60 mins

Step 1: Before starting, the new member will be assigned a membership number and will sign a confidential agreement plus an intake form with their therapist.

Step 2: Following this, the new members will gain a digital handbook uniquely designed for them.

Step 3: The new member will go through an After-Care Program (ACP) in which they will see their therapist twice a month for three months. This program is a follow-up as a way of AJW monitoring your progress outside the self-development program.

Step 4: After completing ACP, the new member will receive a certificate of participation and an AJW wristband with the company's contact details.

Keynote:

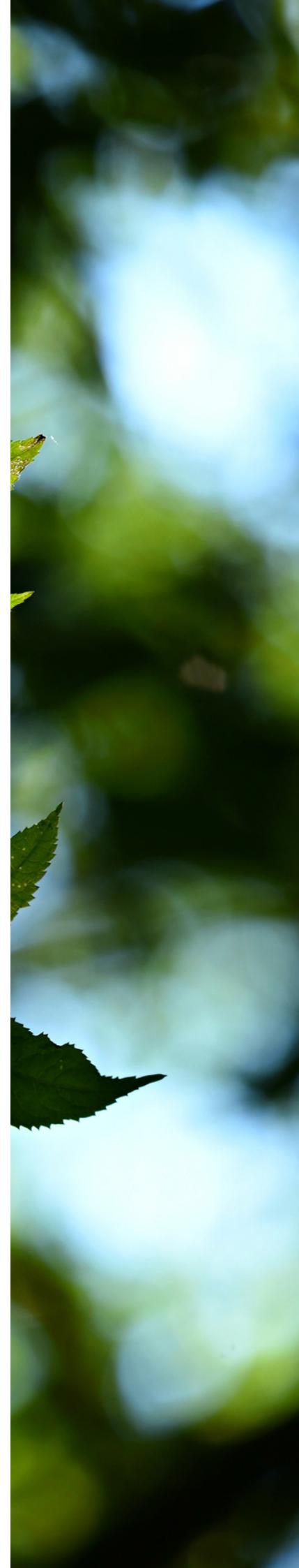
This is the most popular program amongst our members. They have mentioned not feeling stigmatized while enjoying their progress to establishing a healthy relationship with themselves.

Our Offer:

AJW is offering new members the opportunity to get subscriptions to wellness programs, digitalized handbooks, E-books, workshops, seminars, goods, and a copy of our upcoming digital wellness magazine. Our subscription can give members discounted prices for the session.

What are the Contributions:

This wellness program is designed to improve awareness of a member's problems and areas of conflict. Additionally, it will increase the member's confidence while adding support to their adversary. It will help them gain a better understanding of themselves and will allow them to learn how to handle their emotions. It will also allow them to create a coping mechanism that can facilitate lifestyle changes. There is a limit to what our program can provide you and it's not a guarantee for change. However, your change depends on you and the effort you put in.





3. Group Wellness Program

Corporate Wellness Program:

This holistic program is for an organization whose employees may be experiencing psychosocial stressors in the work environment. Its focus is to implement community group therapy and workshops as a way of developing communication skills and social skills, which allows employees to learn how to express their issues and accept criticism from others. This program lets the organizations improve their self-awareness by listening to their mental wellness and the issues that may be affecting their productivity and work culture at the workplace. For example, it will focus on problems such as anger, personality, anxiety, work-life balance, and struggles with their identity in the work environment.

Services Platform:

- Telehealth (Online Session): This is for an individual session
- Office based

Duration Of A Session:

- 120 mins

Step 1: This program is for a large group of people experiencing psychological distress at work. Before starting, a need assessment will be done to identify the main issues that are disrupting their employee's productivity. According to the data, we will customize the program uniquely for the body of your institution. For instance, our most requested series is the stress management wellness program by corporates.

Step 2: The program would run in series and will be conducted once a week for 2 hours, for a month.

Step 3: After completion, the people who attend will get a unique membership number in line with the corporate wellness program. This number can be used to access our other wellness programs, for example, the Self-Development Program, etc.

Step 4: The participants will get a digital handbook of the program, a certificate, and a wristband.

Corporate Wellness Program Cont'

Offer for Corporate:

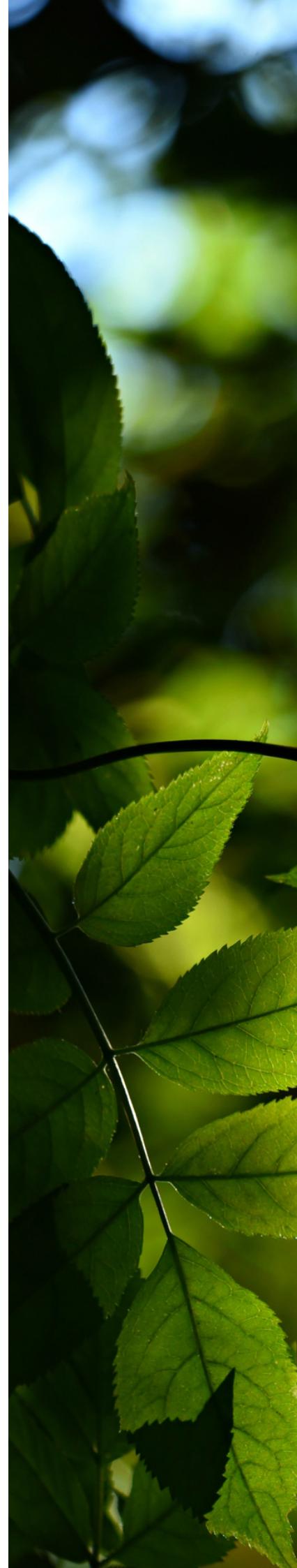
AJW is offering our corporate members a mental healthcare system and subscription that can cater to the mental health of their employees throughout the year. This system will give them a package deal to gain access to all our programs, our digital handbooks, our workshops, seminars, newsletter, digital wellness magazine, incentives, and a corporate psychologist. Our subscription can give these members discounted- ed prices for sessions.

What are the Contributions:

The wellness programs will contribute to an increase in employees' productivity. It will also assist them and help them resolve their psychological complaints. The program will allow them to build healthy relationships with themselves while establishing healthy relationships with other people. It will make them more aware of mental health while understanding how they function mentally. It will also allow them to establish boundaries, grieve, heal, and become assertive in different areas of their life. There is a limit to what our program can provide you and it's not a guarantee for change. However, your change depends on you and the effort you put in. In Kenya, mental wellness is slowly being noticed and appreciated. Allow AJW to bring a holistic approach to handling mental health cases without your employees feeling stigmatized or subjected to mental health neglect. Therefore, having an in-house corporate psychologist that implements our programs from a holistic approach, will relieve the psychological cases that your organization may be experiencing.

Expected Results:

- To create a healthy community that is self-aware of how they mentally function and how their mental health affects their productivity.
- To create a workplace environment in which people will know how to increase their productivity while understanding their differences in the workplace.



School Wellness Program

This program is for schools whose students and teachers may be experiencing psychosocial stressors in the school environment. Its focus is to implement community group therapy and workshops as a way of developing communication skills and socialization skills, which allows the students to learn how to express their issues and accept criticism from each other. This program allows the school and students to develop self-awareness by listening to their mental wellness and the issues that may be affecting their productivity and student culture at school. For example, it will focus on problems such as stress, anger, anxiety, depression, sex education, learning about consent/informed, life adjustment, college/ career readiness, building a secure child-parent relationship, coping with learning, and neurodevelopment disabilities.

Services Platform:

- Telehealth (Online Session): This is for individual sessions or group session
- Homebase: This is for individual sessions or group session
- School base

Duration Of A Session:

- 120 mins
- 5 hours: this is for a full day (outreach program)
- Step 1: Before starting, a need assessment will be done to identify the main issues that are disrupting students' productivity and mental wellness. Based on the data collected, the program will be uniquely designed for the learning institution and its students. For instance, our most requested series is Social and Emotional Wellbeing with Self-awareness.
- Step 2: The program would run as a series of sessions of weekly, 120-minute sessions, over the course of a month. Step 3: After completing, the students who will attend will get a unique membership number in line with the school wellness program. This membership number protects the student's identity and can also be used by students to attend any other relevant programs provided by AJW. Step 4: The participants will get a digital handbook of the program, a certificate, and a wristband.

School Wellness Program Cont'

Keynote:

If students would like to attend our other programs, they should get consent from their parents.

Offer for School:

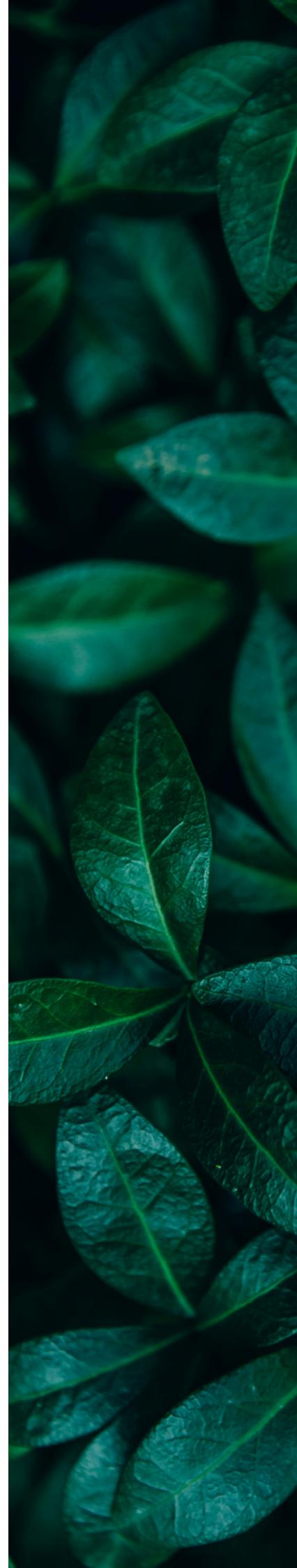
AJW is offering your School members a mental healthcare system that can cater to the mental health of their students throughout the year. This system will give them a subscription that allows students access to all our programs/services, our digital handbooks, our workshops, seminars, newsletter, digital wellness magazine, and incentives. We also offer them a certified psychologist who can do telehealth and home-based sessions.

What are the Contributions:

These wellness programs will contribute to the increase in student productivity and allow them to be more self-aware of their emotions. It will also assist them and help them resolve their psychological complaints. The program will let them build healthy relationships, both with themselves and with others. It will make them more aware of mental health while understanding how they function mentally. It will also allow them to establish boundaries, grieve, heal, and become assertive in different areas of their life. There is a limit to what our program can provide you and it's not a guarantee for change. However, your change depends on you and the effort you put in. In Kenya, mental wellness is slowly being noticed and appreciated. Allow AJW to bring a holistic approach to handling mental health cases without your students feeling stigmatized or subjected to mental health neglect. Therefore, having an in-house trained psychologist who implements the program with a holistic approach will relieve the psychological cases that your organization may be experiencing.

Expected Results:

- To have created a healthy community that is self-aware of how they mentally function and how that might affect their behavior.
- To have created a school environment in which people will know how to increase their productivity while understanding their differences in school.



4. Follow-up Program

After-Care Program:

This program is for members who have completed the wellness programs. This program will allow their therapist to see them twice a month for between 3 and 6 months. The duration depends on the wellness program that they completed. This program is a follow-up as a way for AJW to monitor the member's progress outside the wellness program.

Services Platform:

- Telehealth (Online Session)
- Home-based
- Office based
- School-based

Duration Of A session:

- 45 mins to 60 mins

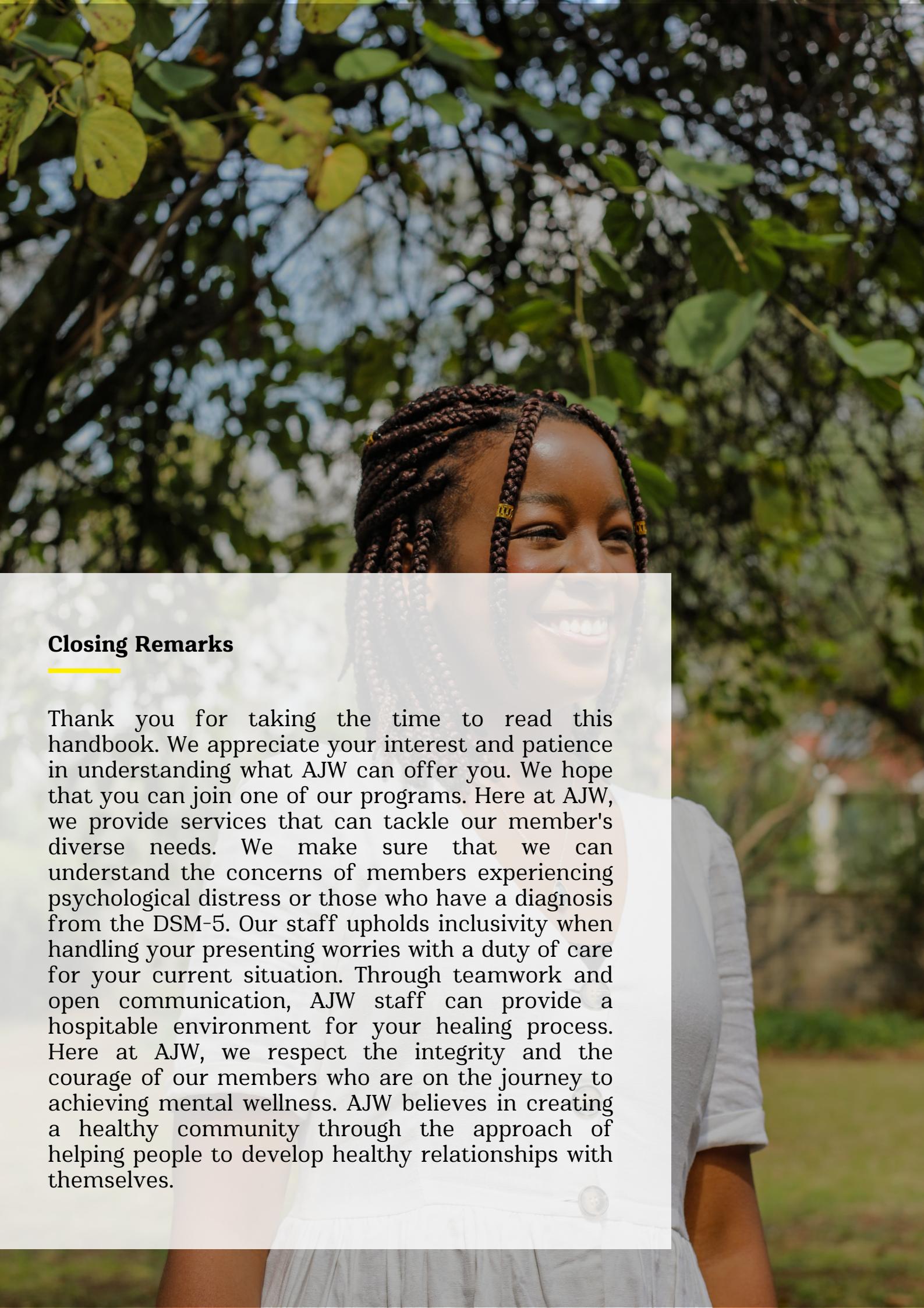
Step 1: The member gets a customized After-Care Handbook.

Step 2: The member and their therapist will agree on preferable dates for the session for the ACP.

Step 3: The participants will get a digital handbook of the program, certificate, and wristband.

What are the Contributions:

This ACP will give AJW insight on the impact the wellness programs had on member mental health once they have completed. It also will allow us to be able to understand whether the member will need more sessions or they can move on outside the programs. This specific program will allow AJW to build a healthy individual that can contribute to building a healthy community.



Closing Remarks

Thank you for taking the time to read this handbook. We appreciate your interest and patience in understanding what AJW can offer you. We hope that you can join one of our programs. Here at AJW, we provide services that can tackle our member's diverse needs. We make sure that we can understand the concerns of members experiencing psychological distress or those who have a diagnosis from the DSM-5. Our staff upholds inclusivity when handling your presenting worries with a duty of care for your current situation. Through teamwork and open communication, AJW staff can provide a hospitable environment for your healing process. Here at AJW, we respect the integrity and the courage of our members who are on the journey to achieving mental wellness. AJW believes in creating a healthy community through the approach of helping people to develop healthy relationships with themselves.



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