SCHOOL OUTREACH & YOUTH DEVELOPMENT



- provides school-based programs for youth and adults that promote mental and physical wellness in schools and community
- designed to meet both Missouri and Illinois academic health guidelines

NUTRITION & PHYSICAL ACTIVITY

Long Term Programs:
Funtastic Nutrition, *grades 2 - 5*
Explore Health, *grades 6 - 12*
My Amazing Body, *grades 2 - 5*
Sneakers, *grades 4 - 6*

One Time Programs:
Fast Food Facts, Fad Diets, MyPlate, Heart Health, What is an RD?, Body Image

SUBSTANCE USE & MISUSE

Long Term Programs:
Power of Choice, *grades 5 - 12*

One Time Programs:
Drug Chat, Tobacco Chat, Diseased Organs

SOCIAL-EMOTIONAL LEARNING

Long Term Programs:
All About Me, *grades 1 - 3*
Buddies, *grades 2 - 5*
ConneXtions, *grades 6 - 8*
Intersections, *grades 6 - 8*

One Time Programs:
Resiliency for Youth, Cybersafety, SMART Goals

PROFESSIONAL DEVELOPMENT

- AI and Mental Health
- Compassion Fatigue
- Everyday Mindfulness
- Exploring E-Cigarettes
- Fitness and Nutrition Mythbusters
- Fueling Immunity
- Heart Health
- Intuitive Eating
- Mindful Movement
- Neurodiversity
- Optimizing Health During Menopause
- Sleep Hygiene
- SMART Goals
- Stress Management
- Suicide Awareness
- Tips for Active Living
- Tips for Healthy Eating

Select topics can be modified as one time programs upon request

Information & Scheduling

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BJC HealthCare