



# Coordinated Youth Initiative

*Healthy Kids Make Better Students. Better Students Make Healthy Communities.*

The **CHILL program** is just one part of the Coordinated Youth Initiative developed and supported by the Winter Park Health Foundation (WPHF).

All of the programs are tethered to our local schools and all are designed to improve the health of our children in the belief that *Healthy Kids Make Better Students and Better Students Make Healthy Communities.*

The programs interact with and complement each other.

For example, if a CHILL Counselor discovers a student's emotional problems are linked to a physical health problem, she can work with a school nurse to come up with a comprehensive treatment plan.

Our Coordinated Youth Initiative is modeled after the Coordinated School Health Program promoted by the Centers for Disease Control (CDC). The idea behind both models is that the health of our youth is a community-wide concern requiring the involvement of parents, families, teachers, counselors, school administrators, health care professionals and other related agencies.

In addition to the CHILL counseling program, the Coordinated Youth Initiative includes:

## The Student Health Centers

Two Student Health Centers, located at Glenridge Middle and Winter Park High schools, feature Nurse Practitioners who provide school and sports physicals, health maintenance care for children, diagnosis and treatment of common childhood illnesses and routine developmental screenings at no charge.

Financially supported by WPHF, the services are for those students enrolled in the Winter Park Consortium schools who lack adequate health

care coverage. Appointments are required. For an appointment at Glenridge Middle School, call 407-623-1415, ext. 256. For an appointment at Winter Park High, call 407-622-3200, ext. 2201.

## School Nursing Initiative

Licensed nurses are a luxury most school systems no longer provide. The Winter Park Health Foundation provides funds to hire them for schools in the Winter Park Consortium. The nurses provide health screening, prevention and health maintenance services as well as treating illnesses. Their goal is to return a child to class as quickly as possible, ready to learn and make the most of the school day.

## Healthy School Teams

Healthy School Teams (HSTs) have been established at each of the schools in the Winter Park Consortium. Teams are supported financially by and with leadership from the Winter Park Health Foundation. Each team is charged with coming up with programs that will inject a dose of good health into its school. The programs are as varied as the schools; creativity is encouraged. HSTs, first established within the Winter Park Consortium, are now mandated for all other Orange County Public Schools as a result of a new School Wellness Policy recently adopted by the Orange County School Board.

For more information on how to join or support your HST, contact your local school.

***If you'd like more information about any CYI program, as well as news you can use to keep your kids healthy and help them become better students, visit [www.healthykidstoday.org](http://www.healthykidstoday.org), a website created by the Winter Park Health Foundation. The site is updated weekly with news, tips and recipes.***

*Call your student's school to contact the CHILL Counselor:*

### Elementary Schools

Aloma.....	407-672-3100
Audubon Park.....	407-897-6400
Brookshire.....	407-623-1400
Cheney.....	407-672-3120
Dommerich.....	407-623-1407
Hungerford.....	407-623-1430
Killarney.....	407-623-1438
Lake Sybelia.....	407-623-1445
Lakemont.....	407-623-1453

### Middle Schools

Glenridge.....	407-623-1415
Maitland.....	407-623-1462

### High School Campuses

Winter Park 9th Grade Center..	407-623-1476
Winter Park.....	407-622-3200

# CHILL

## Community Help & Intervention in Life's Lessons



WINTER PARK HEALTH FOUNDATION  
[www.wphf.org](http://www.wphf.org)

*The Coordinated Youth Initiative, including the CHILL Program, is made possible by the Winter Park Health Foundation in partnership with Orange County Public Schools and its Winter Park Consortium of Schools.*



# Healthy Kids Make Better Students. Better Students Make Healthy Communities.



**To students, life's problems sometimes seem too big to handle. That is why the Winter Park Health Foundation established the CHILL Program in partnership with Orange County Public Schools and its Winter Park Consortium of Schools.**

CHILL—Community Help & Intervention in Life's Lessons—is a free counseling program for students of all ages in the public schools serving Winter Park and neighboring communities who need help with issues such as divorce, grief and loss, low self-esteem, anger management and depression. CHILL Counselors help families, as well as students,



to promote healing throughout the family system. There is no cost to students or families.

The Winter Park Health Foundation supports a CHILL Counselor at each school in the Winter Park Consortium of Schools. (This includes Winter Park High and all of its elementary and middle feeder schools.) Individual, group and family counseling services are available.

Students can be referred to the CHILL Program by teachers, school administrators, SAFE Coordinators, parents, school psychologists, behavior specialists and nurses. Students also can refer themselves to the program. Individual and group counseling takes place during the

school day, preferably during "elective" classes so students don't miss any core classes, and students are assured of their right to confidentiality.

The CHILL program is not mandated or forced upon any student. CHILL Counselors understand and believe true personal growth and change cannot take place unless the participant is ready and willing to make the commitment. In addition, parental consent is required to enroll a student in the program, and CHILL counseling records don't become part of a student's school records.

CHILL Counselors are also active in the classrooms; providing prevention education to suit the needs of the teacher or other school personnel. Each CHILL Counselor has a master's degree in social work, counseling, psychology or a related field. For more information, contact Joanna Eckhardt, LCSW, CHILL Coordinator, in care of Healthcare Providers and Associates, 407-644-0453, ext. 222.

## In Elementary School...

Elementary School CHILL Counselors are very sensitive to the needs of young children. At this age, children may be dealing with issues such as divorce, loss of a family member, anxiety, anger problems, a substance-abusing parent, low self-esteem and behavioral challenges. CHILL Counselors enlist the support of parents in the counseling process, and many parents and families do get involved. The involvement of parents is key in all age groups.

Counselors often use art and play therapy techniques with elementary school students. Their offices are equipped with welcoming toys and games to encourage the use of play in the counseling process. Students will find doll houses, sand trays, stuffed animals, puppets, crayons, paints and dolls to help them feel comfortable and to aid in accomplishing the therapeutic goals of the child, family and CHILL Counselor.

## In Middle School...

Middle School CHILL Counselors address many of the same issues encountered in the elementary schools. Other prominent middle school issues include depression, body image, anger management and friend/peer relationship concerns. There also is emphasis on working with students who may be considering—or actively experimenting with—drug and/or alcohol use and students who have had thoughts of suicide or self-harm. Middle and high school CHILL Counselors are trained and equipped to work with these students and their families, and usually encounter great success when the student willingly makes the commitment to join the CHILL program.

## In High School...

High School CHILL Counselors, much like those in middle school, help students and their families tackle a wide variety of issues including stress management, test anxiety, anger management, teen pregnancy, drug and alcohol use, eating disorders and low self-esteem. Each Counselor is proficient in the use of various counseling techniques. Art therapy, interactive journaling and family counseling often are used by CHILL Counselors for this age group. After the student has made progress, emphasis is often placed on helping the student prepare for his or her future. Students are shown the importance of setting and maintaining realistic, tangible goals.

