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## Wellness & Psychoeducational Empowerment: An Innovative Approach to Mental Health & Education

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# KIPP Through College (KTC) Wellness To and Through

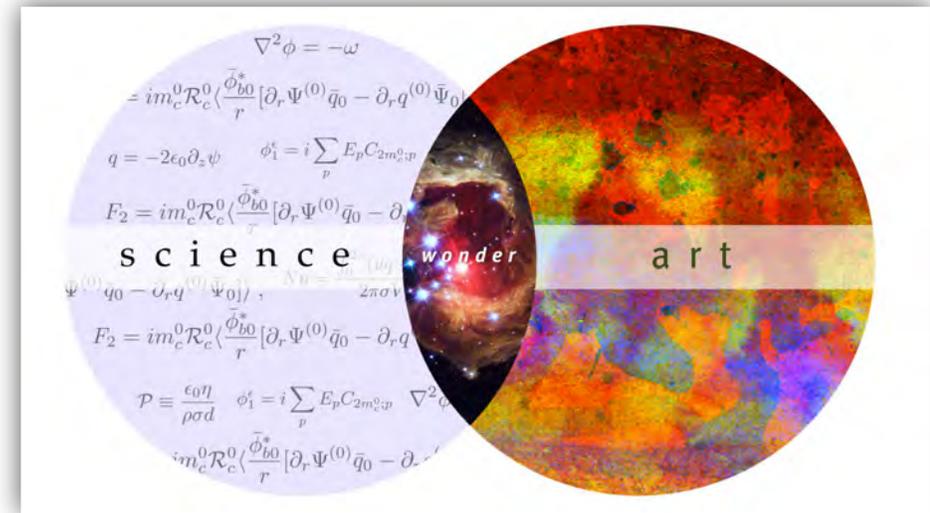
Myisha R. Rodrigues, LMHC

Co-Founder/Assistant Director of KIPP Through College

PhD Student, Lesley University

## Why are we focusing on this work...?

- “I know why I’m thinking what I am and can identify when I’m not thinking in a healthy way that would help me make better decisions.” ~KIPP:MA Alumni
- “I WANT TO START OFF BY SAYING, THANK YOU. THANK YOU FOR ALL THAT YOU HAVE DONE FOR ME IN THE PAST. WEATHER IT WAS A TALK OR EVEN A REALITY CHECK! I WANT TO SAY THANK YOU FOR MAKING ME SOMEWHAT OF THE MAN I AM TODAY! YOU HAVE GIVEN ME THE TOOLS TO REALLY ACCOMPLISH HONESTLY ANYTHING. I LOOK UP TO YOU AND AM VERY GLAD TO HAVE YOU IN MY LIFE AND ON MY TEAM! YOU ROCK!” ~KIPP:MA ALUMNI
- “During our counseling meetings, I really appreciate your ability to allow me to get to the conclusion myself. You really gave me a set of tools that I can use on my own. I'm a much more thoughtful person and I'm gaining much more emotional intelligence throughout the process. I really appreciate our time together.” ~KIPP:MA Alumni



# Regional

Review of the developments made for KIPP Through College  
@KIPP:MA.

KTC @  
KIPP:MA

## College Persistence

- Summer Melt
- College Matriculation
- College Persistence Needs: Choosing a major, navigating sense of belonging, 1<sup>st</sup> generation challenges, financial aid, independent life skills development, etc.

## Personalized Pathways

- Passport to Careers
- Personalized Pathways Menu of Options—resume writing, interview skills, general professionalism education, etc.
- YouScience—aptitude and interest assessment, etc.

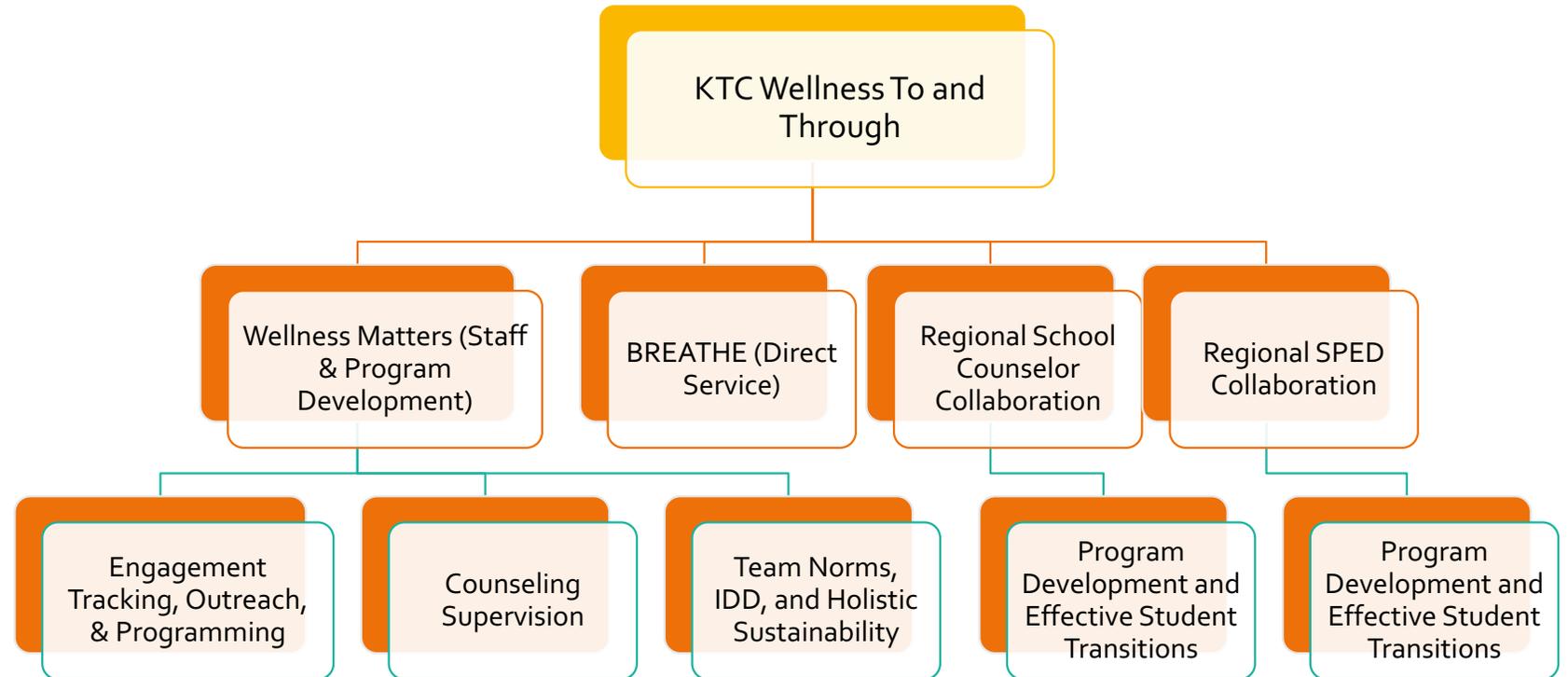
## KTC Wellness To and Through

- A comprehensive program that supports students mental health and case management needs as well as holistic staff sustainability and professional development

## Based on 2 principles...

- That we will focus on operational and dynamics functioning
- That we will not only value and prioritize wellness but we will also commit to an inclusive approach to program development and implementation

# Wellness Framework



# BREATHE:

Bringing Relaxing  
Energy and Thoughtful  
Health Habits  
Everyday



## Long-term Strategic Goal

- KTC will facilitate KIPPsters' growth towards a holistic sense of self through their development of social-emotional awareness and skills leading to maintained wellness.

## Long-term Strategic Outcome

- **6 years post high school graduation, KIPPsters will...**
  - Be able to reflect on and assess their thoughts, feelings, behaviors and interpersonal relationships so they may...
  - Access and utilize positive internal coping skills and external resources and therefore...
  - Proactively navigate social/emotional challenges to successfully sustain well being.

## Team Annual Goal

- 95 % of all alumni within our priority populations will be tiered by Aug 30th so that we can track movement and growth of Tier 1 and Tier 2 alumni from 9/1 through 6/30 in order to report on and support student wellness.

# Wellness Matters:

Engagement Tracking,  
Outreach, and Program  
Development

## Goals:

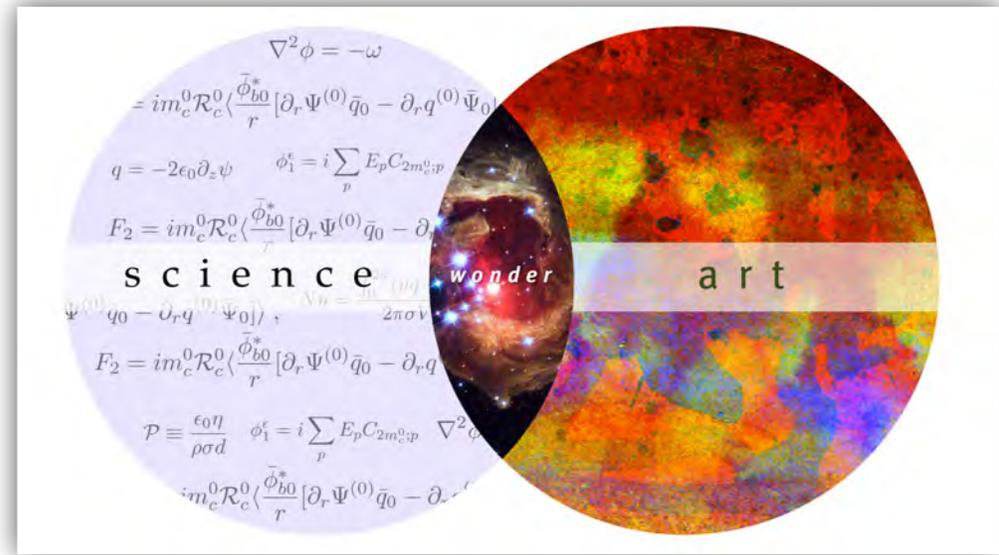
- To create a targeted, SMART, and culturally conscious approach to working with students while creating greater sustainability and bandwidth for staff.
- To provide an overview of data to tell our story of student wellness (i.e., the narrative why behind the what).
- To connect directly to the team goal and inform best fit practice through tracked movement and growth for Tiers 1 & 2 and our engagement data.

# Wellness Matters:

## Group & Individual Practitioner Supervision

### Goals:

- To increase our skillset as practitioners (within the specific content of our strands) using CPS and Think Feel Do
- To problem solve student support challenges and student successes (with greater specificity and tailored exploration)
- To support practitioner sustainability and self care
- To support team and individual practitioner internal dynamics development



# National

Review of the developments made for the national, socio-emotionally focused Community of Practice.

## Programmatic Purpose

- To create a community of practice for KIPP Through College Community members that will:
  - Increase the efficacy of student/staff relationships,
  - Improve advisors' skill sets and knowledge in support of students' socio-emotional challenges, and
  - Increase our general practice as youth development professionals as we improve match, persistence, and career outcomes

# Stages of Development

- Collaborate KIPP Foundation team and align on practice and approach
- Role and program development
- Interview small sample of regions
- Webinar/ workshop topic development and execution

# Professional Development Topics

- Foundational Counseling Skills: Maslow's Hierarchy of Needs, Goal Setting & Normalizing Counseling
- Staff Sustainability and Stress Management
- Multicultural Counseling and Our Students
- Think, Feel, Do: Using Psychoeducation to Support Healthy student Behavior
- Think, Feel, Do: Helping Students Through Depression
- Attachment, Healthy Relationships, and Student Engagement
- Working with Students Resistant to Change
- Intro to Collaborative Problem Solving
- Sense of Belonging, Depression, and Collaborative Problem Solving
- Intro to Trauma and Its Impact on Our Relationships with students



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