

# Adolescent Wellness & Nutrition



# Program Objective



The objective is to provide written and verbal information, and demonstrated techniques, that give students essential tools to deal with the stresses that they encounter daily; stresses that detract from and/or inhibit their mastering of basic learning skills.

The programs are designed to encourage behavioral change in a meaningful manner, reinforced by success patterns and peer interaction.





# Program Overview



The Goal is to develop each student's ability to identify their own accountability, personal inventory, core beliefs, critical thinking and values. The lesson plans are created to illustrate how alcohol, tobacco, drugs and self-destructive behavior negatively impacts them, as well as friends, family and the community. They can learn to identify and evaluate high risk situations and apply problem solving skills to protect themselves and others from gateway behaviors that may result in self-destructive outcomes.



# Program Components

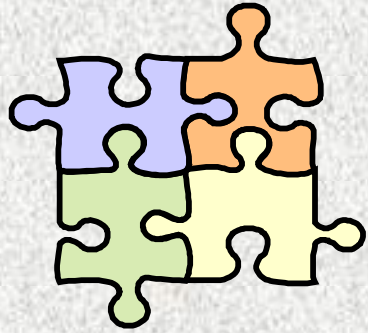


The course material includes training in life skills, journaling, coaching, physical fitness, nutritional guidance, self esteem and purposeful living.

- **Interactive Worksheets** Identify levels of knowledge
- **Individual Tracking Forms** Record Experiences
- **Interactive Journals** Promote awareness / self evaluation
- **Tai Chi** Promote focus, self control and relaxation







# Program Topics

## Dimensions of Stress

### Physical Dimension

Sleep Habits  
Strength  
Health Conditions

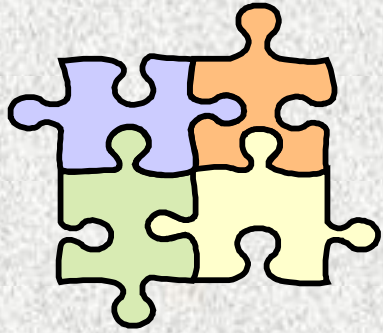
### Bio-Chemical Dimension

Portion Size  
Water Intake  
Meals / Planning  
Fruits & Vegetables  
Fast Food  
Food Addictions  
Smoking  
Alcohol  
Processed Foods

### Psychological Dimension

Organization  
Finances  
Self-Control  
Healthy Relationships  
Relaxation Techniques  
Living with Purpose  
Eliminating Anxiety  
Self-Esteem  
Healthy Family





# Program Topics Fundamentals

## Substances

Stimulants  
Depressants  
Opioids  
Cannabinoids  
Hallucinogens  
Inhalants

## Core Concepts

Listening & Sharing  
Things About Me  
Personal Inventory  
Faulty Beliefs  
Responsible Thinking  
Signs & Symptoms

## Social Skills

Abuse or Addiction  
Coping Skills  
Living With Others  
My Values



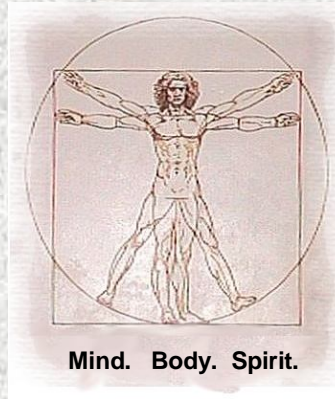


# Summary

Khalil Family Wellness & Intervention is licensed by the State of Michigan Department of Community Health, Bureau of Health Systems. We are the only non-drug addiction facility so licensed by the State of Michigan.

We specialize in programs designed to deal with addictions, compulsive disorders and lifestyle improvement. Our goal is to provide information, engagement and resources to assist students challenged by attitude or circumstances.

Our programs are rooted in life skills and stress management in the three dimensions of stress: Physical, Bio-Chemical and Psychological.



## Contact Information



[www.khalilcenters.com](http://www.khalilcenters.com)

- **Laura Khalil.** Certified Addictionologist
- Executive Director and Co-Founder  
Khalil Family Wellness & Intervention
- Board Certified, American College of Addictions  
and Compulsive Disorders
- Certified in Auriculotherapy
- Served in the drug free health & wellness industry  
for over 20 years.
- Administrator and Co-Founder, Khalil Family Chiropractic

