

Wellness at Work :
Dynamic Applications of the HealthMatters
Program in
New Mexico Project SEARCH Programs

March 9, 2022

Presenters

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Partners for Employment



We are a statewide collaborative to improve competitive and integrated employment for individuals with intellectual and developmental disabilities.

Our partners include:

- University of New Mexico's Center for Development and Disability (CDD)
- Department of Health's Developmental Disabilities Supports Division (DDSD)
- NM Public Education Department/Division of Vocational Rehabilitation (DVR)

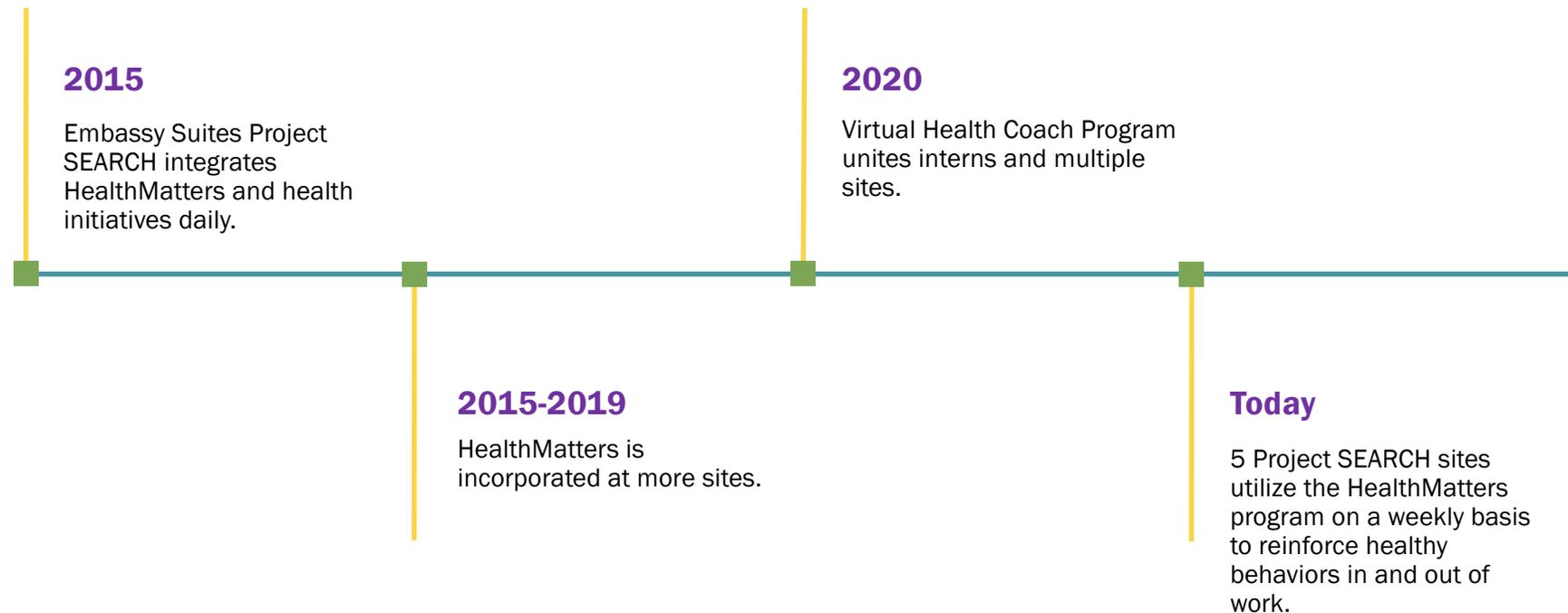
Our mission is to build capacity by providing training, technical assistance and opportunities for networking and collaboration.



Project | SEARCH[®]



Project SEARCH and HealthMatters



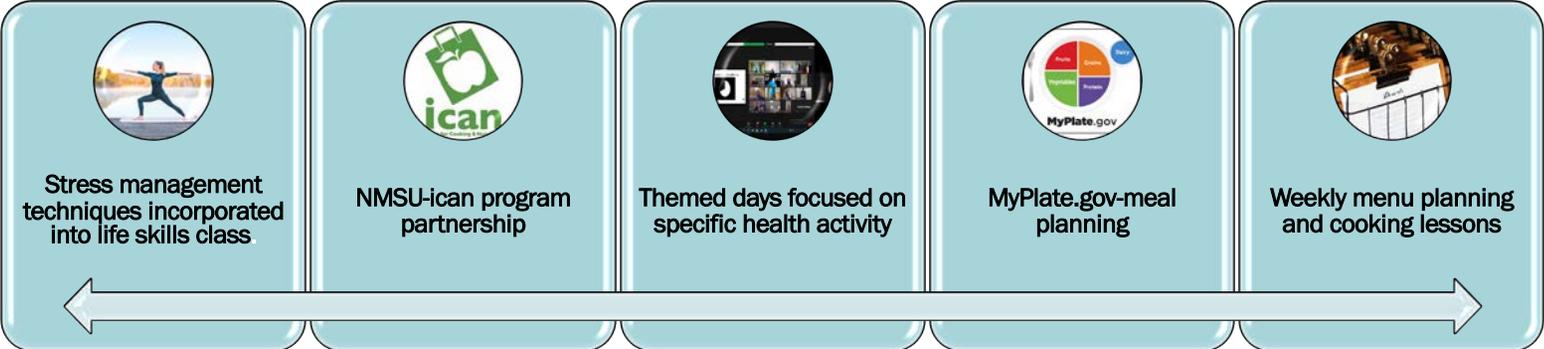
Working Opens Doors for Positive Change in Health Behaviors



“Work is half of health”

-Swedish Proverbs

Project SEARCH sites adapt and integrate the HealthMatters program to fit the needs of their interns and utilize local resources.





HealthMatters@ Presbyterian Rust Medical Center Project SEARCH

"We've adapted the Health Matters curriculum to..."

*include weekly use of the resources and lesson plans and how it relates to the interns' daily job tasks and diets as work as well as how they can implement what they have learned into their home lives and in the community...

*We have seen an **increase in their confidence** and physical abilities relating to their functional work tasks.

* Parents have also reported they have seen an **increase in activity at home** and them being more confident.

*The interns have been more aware of their food choices at work and at home...

–Ben Vigil, Project SEARCH Instructor and Virtual Health Coach



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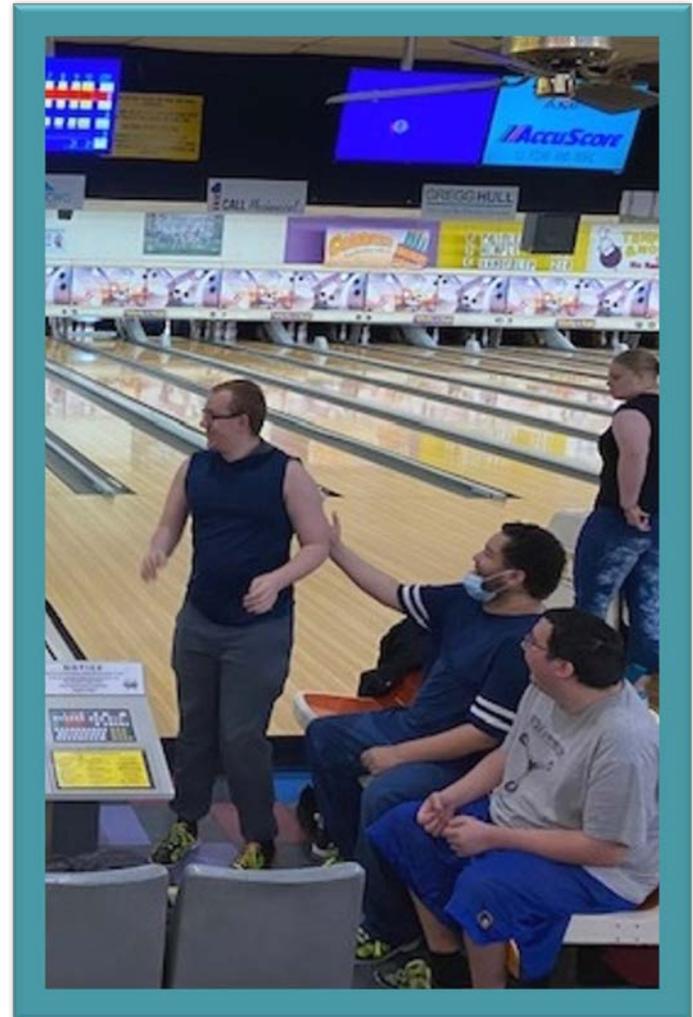
I am trying to eat more salads and drinking water than I have eaten burgers and cheesecake this year"
- Marcellus Hartley



Why does health matter to you?

“My health matters because it helps me to succeed in life. By improving my endurance, I will have energy all the time. I will need good health to do my job. Staying healthy helps me at my job because I have good energy and also helps me work without stress. By having good health I will be in a good mood and have a better attitude.”

- Charlie Morris





Why does health matter to you?

“My health matters to me because it will help me feel good about myself and be more active and be able to help the people around me and the patients.

Being healthy is going to help me be more positive and get my job done. Staying healthy will help me in my job by **helping me stay awake and be more confident in my job** and that will make me a better worker. It will also make me **stronger and less stressed**. I will also be more focused at my job.”

-Andrew Coryell

Why does health matter to you?

My health matters because I can be more positive and kind to people when I am healthy. I can get more sleep, be more active and I can get stronger. I get to be outside more and take more walks. I can stay healthier at my job by remembering to eat a healthy breakfast and lunch while I am here. I can stretch more; when I wake up and before and after work. If I exercise more often and take longer walks I can get more of my steps in during the day."

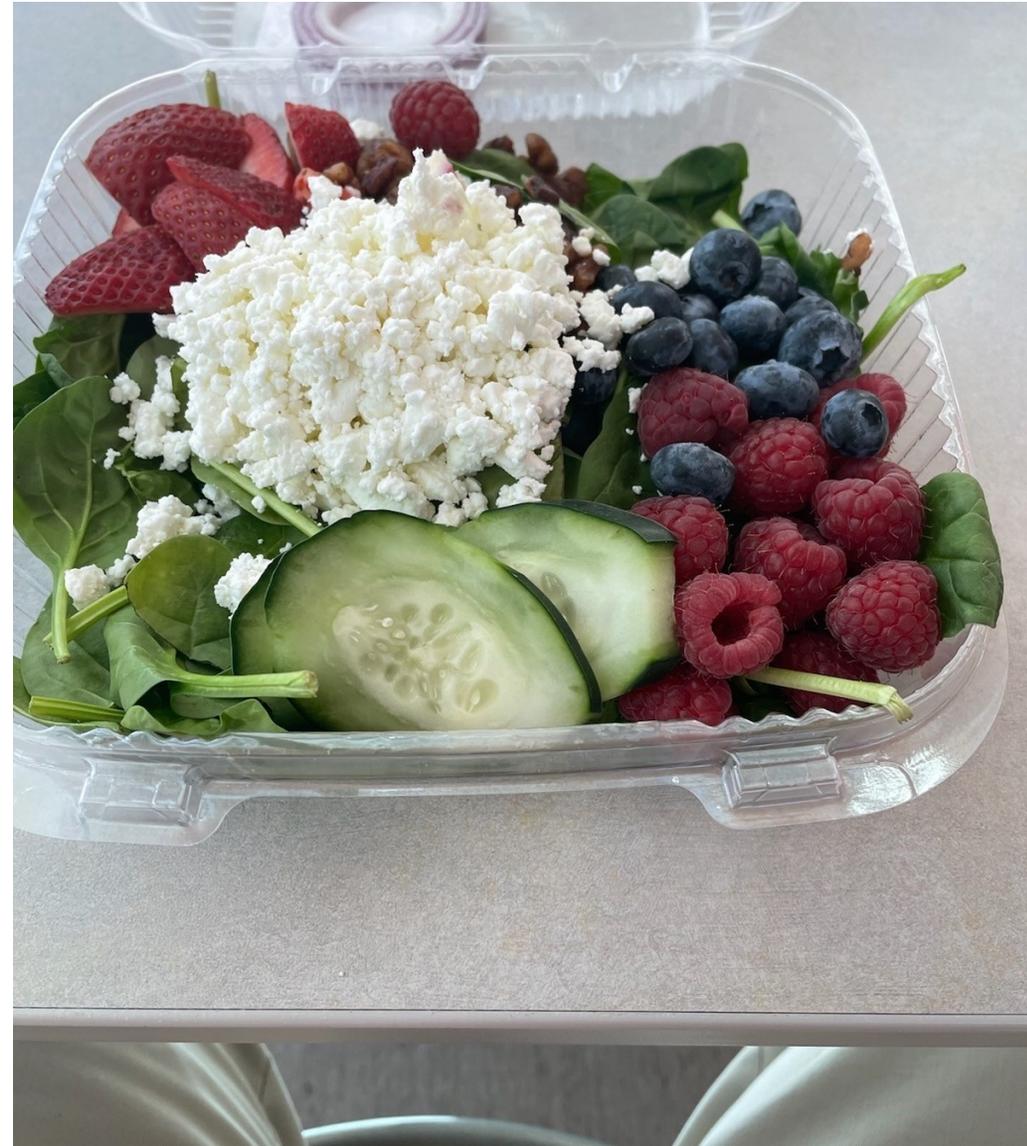
- Anya Hinkle



Why does health matter to you?

"My health matters to me because I want to get stronger. I feel **more active when I am cleaning, using the vacuum, dusting, picking up the trash, and being able to push patient beds to the PACU and from their room.** Staying healthy helps me at my job by eating a healthy lunch and getting lots of exercise in my job in EVS or Patient Transport. It also helps me **stay positive at work and in the community.**"

- Marcellus Hartley



Why does health matter to you?

“My health matters because it helps me become more flexible, keeps me feeling positive and feeling good, and helps me **improve my attitude**. Being healthy helps me in my job at the hospital because it shows me how to become responsible and more compassionate to people. Staying healthy helps me at my job by **giving me more energy and gives me a sense of awareness**. It also improves my memory and keeps me alert and awake so I can focus on my tasks.”

- Lauryn Everage



Sense of
Awareness

Positive
Attitude

Endurance

More Energy

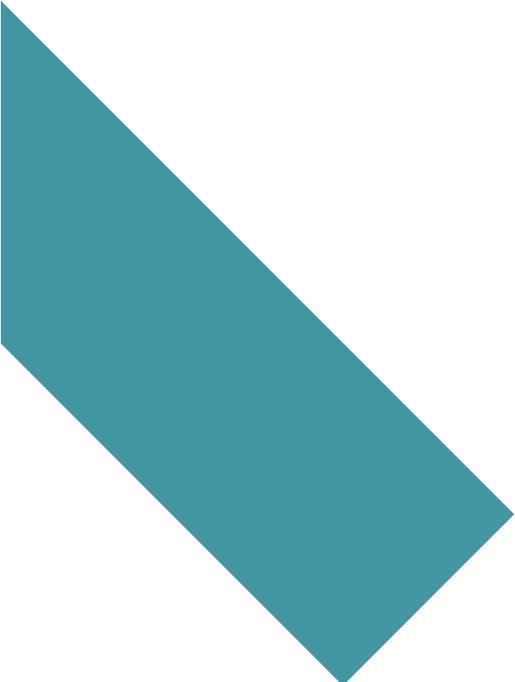
More Sleep

Confident in Myself

Active at Work

Stay Alert

Focus



HealthMatters @ Gallup Hilton Garden Inn Project SEARCH

Sequoyah Zunie

Intern-Front Desk, Springhill Suites



Demetria Haswood

Intern-Continental Breakfast and Laundry, Springhill Suites



Antavio Begay

Houseman at Hilton Garden Inn



Krystal Shirley

Intern-Laundry and Housekeeping, Springhill Suites



Devi Charley

Intern-Banquet and Restaurant Service, Hilton Garden Inn





Thank you!