

## HERE'S WHAT'S HAPPENING

Two great new resources available on the JeffHELP website, the [Interactive Wellness Site](#) and [Message Board](#). Check them out below!

### JeffHELP Wellness Site

This interactive site allows you to create your own personal wellness plan based on eight dimensions of wellness. Simply go to [www.jeffhelp.org/wellness](http://www.jeffhelp.org/wellness) and follow the directions on the screen. Once you choose your own personal wellness goals, you will receive local resources to help you achieve the goals you set. Scroll down to the Resource of the Month to learn more, and check out the site. Create your own wellness plan today!



The **JeffHELP Message Board** was created to help Jefferson individuals connect around areas of wellness. You can find an exercise partner, meet with a group of people to go bowling, chat about your favorite recipes or ways to meditate, find out great places to create art...If it's wellness focused, then this is the place to connect about it. **Only those with a Jefferson email address are able to use the message board.** Go to [www.jeffhelp.org/messageboard](http://www.jeffhelp.org/messageboard) and create your account, and start connecting with others on the message board. Scroll down to the Resource of the Month to learn more.

# Upcoming Events

## #IWILLLISTEN

Tuesday, June 3rd

10:00am- 4:00pm Mental Health Fair

4:00pm- 6:00pm Concert presented by [Box of Stars](#)

The city of Philadelphia is coming together to raise awareness and fight the stigma of mental illness at the first ever #IWillListen Day. On June 3rd, we will take over Love Park for one day and one night, to host a city-wide conversation about mental health and wellness. Join us by promising to listen to your fellow Philadelphians with an open mind and open heart. Check out <http://naminyc.iwilllisten.org/event/philly/> to learn more.

**Want to attend wearing a 100 Reasons to Live JeffHELP t-shirt? Contact [JeffHELP](#) to get yours for \$5.00 for this event!!!**

## Monthly Poll Question



Of the eight wellness categories on our [interactive wellness site](#), which one is of highest priority to you right now?

[Click here to vote!](#)

## Last Month's Poll Results

64% of those surveyed receive 6-8 hours of sleep per night, while 36% receive only 4-6 hours.



## Resource of the Month

### New JeffHELP Wellness Resources

By Rose Milani, Jefferson Department of Psychiatry

For the past two years, JeffHELP has been researching and developing two great new features now available on the JeffHELP website; the Interactive Wellness Site, and the JeffHELP Message Board.

#### [Interactive Wellness Site](#)

Based on the Substance Abuse and Mental Health Services Association's (SAMHSA) eight dimensions of wellness, this site is the brainchild of Dr. Virginia Biddle, PhD, RN, CPNP, PMHNP-BC. Biddle noticed that many students were coming to see her who were new to the city of Philadelphia and were looking for resources to help adjust to their new surroundings. She noted that employees may be feeling similarly, and thought it would be great if there

were one place to find resources in helping with this adjustment. With the help of the JeffHELP team, the idea grew, and the concept of creating a place where anyone can find resources related to wellness emerged. “The goal was to make life easier and address all areas of wellness”, says Biddle.

The interactive wellness site allows you to choose from the 8 categories or dimensions, which include; emotional, financial, social, intellectual, occupational, physical, environmental, and spiritual. Once you choose a dimension, you can pick from a list of wellness goals you’d like to set, or you can write in your own. Once you finish choosing all of your goals in the dimensions you choose, your wellness plan can be created, and resources related to those goals you selected will appear on the next screen. You can rest assured that your wellness plan is completely confidential, as none of it is stored on the site. Also, if you wish, you can go to the bottom of the page and search all of the available resources, which include Jefferson and non-Jefferson resources. Anyone can access the wellness site. Go to [www.jeffhelp.org/wellness](http://www.jeffhelp.org/wellness) to create your plan or browse the resources. Biddle notes, “We hope to keep people connected to Jefferson and let them know that they have resources.”

### [JeffHELP Message Board](#)

Another way to help with connectedness here at Jefferson is through the creation of the message board. It can help you accomplish your wellness goals, or help you stay connected with areas that interest you. Only those with a Jefferson email address can log on and participate in the message board. Simply go to [www.jeffhelp.org/messageboard](http://www.jeffhelp.org/messageboard) to sign up and create your account. There is an important disclaimer which you will need to agree to before using the board to help insure that the use is wellness focused.

Some ways to use the message board are:

- Create an online wellness group, such as study groups, healthy living groups, etc., that allow others on the message board to become aware or stay connected with items/events related to that group
- Post about ways you care for your personal wellness, or ask questions of those in the community
- Go to the JeffHELP wellness group page and let us know your thoughts about the interactive wellness site and ways you have been using it.
- Link with other members

We hope that these resources serve the Jefferson community and foster healthy connections. Check them out and let us know how they are helping you reach your personal wellness goals.

For more information @ [JeffHELP contact](#)

Rose Milani

Project Coordinator

[jeffhelpinfo@jefferson.edu](mailto:jeffhelpinfo@jefferson.edu)



JeffHELP is funded under award 1U79SM060468 by the Substance Abuse and Mental Health Services Administration (SAMHSA). The views expressed herein do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government