

# Promoting Healthy Living and Leadership among Ohio Project SEARCH Students: A UC UCEDD and CCHMC Project SEARCH Partnership

University of Cincinnati University Center for Excellence in Developmental Disabilities (UC UCEDD)  
The Division of Developmental and Behavioral Pediatrics, Cincinnati Children's Hospital Medical Center

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## PROJECT GOAL

To create a partnership in which incorporates leadership opportunities and health promotion activities with the evidence-based HealthMessages curriculum for people with disabilities.



- A unique, business led, one year school-to-work program for people with intellectual/developmental disabilities that takes place entirely at the workplace.
- Total workplace immersion facilitates a seamless combination of classroom instruction, career exploration, and hands-on training through worksite rotations.



## LEADERSHIP DEVELOPMENT MODEL

- Project SEARCH students alternate as the Peer Coach with the support of the Mentor (UCEDD Staff)
- Each Peer Coach prepares with the Mentor, then reviews the lesson with the class, posing questions to the group and provokes reflection on current health activities
- With the assistance of the Mentor, each student creates a goal for the week related to the health or physical activity topic discussed
- Each student identifies 2 people they will share the message bands with and tell about the health lesson and their goal

## TEACHER AS COACH

### Goal Maintenance:

- During the week the teacher has the students revisit their goals and discuss their progress in meeting them

### Healthy Snacks:

- The teacher brings in a healthy "new" snack for the students to try and rate their satisfaction
- The snacks are then recreated by some of the students on the last day of class to celebrate

### Physical Activity:

- The teacher tracked a 1 mile course throughout the hospital and as a group they walked the mile together
- Some students incorporate walking the mile into their weekly goals depending on the lesson's topic
- Students time themselves during the mile walk and document each week to see if they can lower their time

## PROJECT EXPANSION PLANS

In 2016 the UC UCEDD will add two new Project SEARCH sites to the partnership:

- Fifth Third Bank location
- Xavier University location

Total number of students participating in the Project SEARCH/UC UCEDD HealthMessages Program: 33



The UC UCEDD would like to thank all of the Project Search students who have participated in this program.



- A 12 week evidence-based health promotion program which uses peer to peer facilitation and a kit with health-related tools to learn about physical activity and water. Participants learn specifically about healthy choices, lifestyle changes, and setting goals