

MAY 2024

WellPower™
NextChapter

Your monthly look into our news & events

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Highlighted Class

Life Skills

**Time Management, Budgeting
Money, Taxes and Savings**

Wednesdays at 1:30 p.m.

Contact Us

NextChapter
Monday - Friday, 8:00 a.m. - 4:30 p.m.
456 Bannock St., Denver, CO 80204
(303) 504-1700

May Outings & Events

Englewood Thrift Outlet

May 1

5 spots available

This is an outing for sewing students. Gather supplies for upcycling class.

Facilitators: Alyssa & Jen

Dandelion Day!

May 13

5 spots available

We will collect dandelions as a group in the mountains in the morning. In the afternoon we will create our dandelion honey. **Sign up with Alyssa.**

Facilitator: Alyssa

Outings Continued:

Botanic Gardens

May 15

10:30 a.m. – 12:00 p.m.

5 Spots available, unless you can meet there. See Alyssa Join for mindfulness among the flowers.

Facilitator: Alyssa

Boulder Recycle Factory Tour

May 20

10:00 a.m. – 4:00 p.m.

10 spots available

See how cans, bottles, jars and paper are separated and sorted to be shipped across the country and made into something new!

Facilitators: Alyssa, Steph & Scott

May Outings & Events

Plant Seeding Workshop

May 24

2:00 – 4:00 p.m.

5 spots available

Learn to start plants from seeds.

Facilitators: Candice & Steven

Mount Moriah Stables

Fellowship

May 28

9:30 a.m. – 3:30 p.m.

3 spots available.

Join us for a unique experience as a stables' volunteer. Learn how to work with Therapy Horses. Learn how to provide hands-on care for these amazing animals.

Lunch is provided. **Must see**

Ray for placement.

Facilitator: Ray

Outings Continued:

Botanic Gardens

May 29

10:30 a.m. – 12:00 p.m.

5 Spots available -unless you can meet there- See Alyssa

Join for mindfulness among the flowers.

Facilitator: Alyssa

Art in the Park

May 31

10:00 a.m. – 3:00 p.m.

5 spots available

Join us for outdoor art-making at City Park! Bring a blanket / folding chair, a sunhat, and a personal art project to work on. Lunch and drawing/ coloring supplies will be provided.

Facilitators: Alyssa & Maria

Announcements

May 31 is the **LAST DAY** to submit your art and art application materials to participate in the Art Booth at Denver Pride Festival. Please contact maria.perry@wellpower.org with questions.

Art Booth Orientation

Want to sell or showcase your artwork in the NextChapter Art Booth at the Denver Pride Festival?

Individual orientations are available by appointment.

Questions: Please contact maria.perry@wellpower.org

Facilitator: Maria

Weight Lifting

Mondays, 9:30 – 10:30 a.m. In-person, Wellness Center

Facilitator: Alyssa

Games Galore

Tuesdays, 3:00 – 4:00 p.m., In-person, Sally's Cafe

Come enjoy quality time with peers while playing board games, video games or mobile games.

Facilitator: JJ

Social Hour

Wednesdays, 5:00 – 6:00 p.m., Online

Social hour is back! We will play family feud online and laugh together. Winners receive free lunch tickets.

Facilitator: Alyssa



Questions? Contact us:

Ro Arias
(303) 504-1751
ro.arias@wellpower.org

Gary Fair
(303) 504-1773
gary.fair@wellpower.org

Offerings & FAQ

How do I connect a person to receive individual peer support services at NextChapter?

Submit a referral on Teams under Clinical Resources > NextChapter Peer Support orientation. Detailed instructions are pinned to the channel feed. Reach out to Ro Arias or Gary Fair with questions.

How do I connect a person to employment opportunities as a peer?

We recommend a referral to NextChapter's Employment team for personalized vocational support. We also recommend pursuing training in Intentional Peer Support (IPS) and certification as a Colorado Peer and Family Specialist. See below for information about our IPS class.

What class and group offerings are available?

- Intentional Peer Support (40 hours) Email Vanessa Valdez or Ro Arias to add a staff member or person we serve to our waitlist. All WellPower peer staff are expected to be trained in IPS.
- Peer 101 and Peer 102: Hour-long introductory courses to peer training offered monthly. Highly recommended as precursors to IPS. Email Vanessa Valdez or Jen Westrick to get connected.
- Photovoice: 10 week peer-led course to help people we serve connect to their communities & learn how to work toward SMART goals using photography** and storytelling. Email Ro Arias or Beth Travis to refer.
*This is **not** a technical photography course.
- Pride Among Peers: Weekly peer support group for 18+ members of the LGBTQIA+ community. Send referrals to Ro Arias or Selene Toffoli.
- And more! Check out the NextChapter class schedule for additional peer-led groups and classes.

MAY 2024



Registered ServSafe Proctor & Certified ServSafe Instructor

ServSafe® Food Handler Program

- Join NextChapter to get certified by a certified instructor & registered proctor with ServSafe and the National Restaurant Association.
- We provide instruction for both the 3-year certification (food handler) and 5-year license (food protection manager).
- We offer classes Monday through Friday, 9:00 - 10:00 a.m.
- We offer the ServSafe program, ServSafe training, ServSafe classes and ServSafe testing.
- Contact Vocational Project Coordinator/Instructor & Proctor and Manager Candice Vigil at **(303) 504-1765** or email candice.vigil@wellpower.org



Culinary Training Program



Culinary Training offers an opportunity to gain valuable, paid, on-the-job training while preparing and providing nutritious meals within Sally's Café, an operating restaurant at NextChapter. The training offers participants the chance to see how a functioning food service entity runs and explore different job areas they might be interested in pursuing in the community.

Culinary FAQ

Q: Who do I contact for the culinary referral?

A: Candice Vigil at (303) 504-1765 or candice.vigil@wellpower.org.

Q: How do they get registered?

A: Contact Candice Vigil - they will be added to the waitlist. The follow-up is between referring staff, candidate and Candice Vigil.

Q: How quickly will someone start the program once referred?

A: The waitlist is six months to one year.

Q: How do the referrals know where they are on the waitlist?

A: Referring staff or candidates can call Candice Vigil to see where they are on the list. A call is placed 30 days before the candidate comes into the program.

Q: Can anyone join the program?

A: Individual needs to be receiving services through WellPower.

Q: Do they need to be enrolled with NextChapter Education?

A: Yes.

Q: Why is the wait so long to join?

A: Due to the kitchen not being fully open for breakfast, lunch and dinner, we are limited to the amount of students we can bring in at this time.

Q: How do they apply?

A: All applications are online.



Supported Employment

NextChapter will collaborate with you to help you attain your employment goals. Our employment program follows the Individual Placement Support (IPS) model which focuses on your strengths, skills, abilities, interests, and how to overcome barriers to help you achieve your employment goals. Our program collaborates with the Division of Vocational Rehabilitation (DVR) to assist participants with additional services and support to attain your employment goals.

If interested in Supported Employment services, contact:

Maritza.Ovalles@wellpower.org

Sara.Bray@wellpower.org



If interested in:

- Finding and maintaining a full/part-time competitive job in the community
- Creating a resume
- Writing efficient cover letters
- Learning how to search and apply for jobs online
- Preparing for job interviews
- Learning strategies to maintain job stability

The Intake Process Involves:

- One or two telephone or video appointments to complete an application and a vocational assessment.
- Providing an electronic copy of your current (not expired) State Photo Id, your employment history, and if you receive Social Security (SS) benefits, providing an electronic copy of your recent SS benefits award letter.
- Meeting with your Employment Specialist (ES) at least twice a month to work on attaining your employment goals.
- Having a Social Security card and if not a United States citizen, providing a copy of your current (not expired) Authorization card to work in the United States.
- After a job is found, continue meeting with ES to attain job stability and be able to maintain a job for at least three to six months or longer.

Learning & Wellness Overview

NextChapter provides a psychiatric rehabilitation and supported education program that offers adults the opportunity to participate in a variety of classes and activities or receive individual support to pursue one's desired recovery goals. The program is designed to strengthen and broaden a person's knowledge of the physical, intellectual, emotional and social practices that will enhance their wellbeing.

Community Supported Education helps individuals who are interested in pursuing education or training in the community, by providing support and helping navigate the process from beginning to end; identifying strengths and barriers, providing long term support while in school or a training program, celebrating successes and supporting individuals in achieving their academic goals.

Adult Education classes are provided to help build skills for community education or career pursuits. We offer a variety of classes in computers, reading, math, Spanish, and writing, as well as tutoring in several subjects. We also assist with both in house and community-based volunteering opportunities to further explore and prepare for careers.

Music and Performing Art gives people the opportunity to participate in a variety of music experiences and groups to enhance skills, quality of life, and practice for in house and community-based performances. We provide people of all skill levels and abilities with an environment that promotes their own musical or performing expression.

Studio Art provides people with materials and instruction, as well as a spacious and welcoming art studio to create many different forms of visual art. We assist artists in using art as a creative expression as part of a person's journey in recovery. Working as a bridge to the community, we help our artists show and sell their work at different venues around Denver.

Wellness offerings provide individuals with opportunities to engage in a variety of classes, groups and experiences to enhance one's own physical, spiritual, social and community wellbeing. We offer an in house fitness center and group studio, as well as, several weekly outings to community-based gyms and classes. We offer frequent outings to cultural events, opportunities to connect with nature and explore the community. Other classes and activities you might expect to find assist people with nutrition, budgeting, life skills, leadership, or support for a variety of topics.



Details/FAQ for Joining Online Classes

- Participants must be part of NextChapter to attend and fill out Consent for TeleHealth Services
- If you're interested in joining NextChapter to attend classes, please reach out to your WellPower care team to schedule a virtual orientation.
- Contact the instructor for more class info by calling 303-504-1700 and asking to leave a voicemail or by clicking their name above and email. Your message should be returned promptly.

TO JOIN ONLINE CLASSES BY PHONE:

- Dial 1-720-625-8684 and then when prompted enter the class conference ID number (provided to far right in row)

TO JOIN ONLINE CLASSES ON PC:

- Click Class Name on Schedule you wish to Attend
- Click "join on the web instead" or "join in this browser instead" or "use teams on Microsoft Edge" or other variant as options vary depending on Browser
- Allow access to mic and camera if applicable
 - Type Desired Name for meeting and click "join now"

TO JOIN ONLINE CLASSES ON MOBILE:

- Install Teams App (via App Store for iPhone or via Google Play Store for Android)
- Click Class Name Above or Join Microsoft Teams Meeting if invite came from an email
- Allow access to mic and camera
- Scroll Down Click "Join Meeting", or "Join as Guest"

