The Rotary Club of Wellesley, Inc.
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2014-2015 Rotary Club of Wellesley
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Teen mentors staff the Community Q & A kiosk

"...our son brought the conversation home and it was great to talk about issues surrounding anxiety and depression. He got a lot out of the program."

~Parent of middle school student

There was an appreciation for the high school age facilitators. The 8th graders found them to be "cool" and liked this format of ice-breakers and the shared stories from the documentary."

~Kathy Curley, Director of Religious Education, St. Paul’s

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Interact Club for Wellesley Area Wellness Project

Wellesley has 6,000 children; 500 will experience depression if we do nothing differently.

Depression is often preventable. The national incidence rate is 8.3%; it should be lowered, according to the Surgeon General.

~National Prevention Strategy p.49 (MHMD - 4.1)

The Rotary Wellness Project offers every child better coping skills for emotional well-being. Join to make a difference in people’s lives — locally, nationally & internationally.

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How do we do this?

The club affiliated with Rotary for ages 12-18 is called Interact. Teens volunteer to mentor at middle schools and youth groups with congregations, Boys and Girls Clubs, YMCA, Scouts, etc. The content:

- how to promote conversations about emotional health and wellness
- activities that improve coping skills in oneself and others, including problem solving and awareness
- projects to promote wellness

Then what happens?

Teen and adult volunteers meet routinely to facilitate projects. Teens deliver projects on their own and by assisting mental health professionals.

For example, co-facilitating the Break Free From Depression curriculum for grade 8 students, workshops at the Boys & Girls club and, for parents, ‘Cerebral Saturday - Games that Help Kids Stay Healthy’ at the library computer lab.

“What the transition from middle school to high school was an overwhelming experience for me due to the increase in schoolwork and the immersion into a new environment.

After learning effective techniques for dealing with stress in these workshops, I decided to become a peer leader for this organization, for I wanted to pass on these coping mechanisms to other teens.”

~Teen mentor

What is the end result?

Individual level outcomes

Teens learn the definition of emotional health and wellness, and:

✓ what factors contribute to it
✓ what factors may get in the way of wellness
✓ how wellness can be promoted on a daily basis
✓ skills that help them balance the weight of life’s worries (e.g., problem solving)

Community level outcomes

✓ reduced stigma
✓ more successful conversations at home
✓ broadening parent involvement
✓ enhanced school culture
✓ community advocacy

Each child can improve coping skills. For every 22 youth with better skills, 1 case of depression is prevented.

“The number needed to treat to prevent one case of depressive disorder was 22.”

~Am J Psychiatry 2008; 165:1272–1280