



HEALTH POSSIBLE INC.

Care Curriculum 2020



Health Possible Inc. is a North Carolina 501(c)(3) Nonprofit Corporation
Founded February 13, 2017



Dear Families,

The 2020 Care Curriculum is designed to help clients and their families understand the health care that has been made accessible, whole program completion requirements, and the policies of Health Possible Inc.. On the following pages, Health Possible Inc. administrators and network providers have assembled a common sense guide that offers practical and philosophical advice as clients plan their course of training and education in what we call, “Clinical Wellness”. Of course, any program is likely to change during a minimum of three-month to a maximum of a two-year journey, but the advice offered is sound and worth considering. HPI’s curriculum and completion requirements seek to balance personal, work and family needs through proper health practices as well as a powerfully committed and in-depth pursuit of a client’s physical needs. Advanced [medical] care beyond holistic, wellness, alternative medicine, fitness, nutrition and/or counseling and therapy is not financially aided or case managed by Health Possible Inc., though can be recommended by direct referral to clients.

Health Possible Inc. is pleased to offer and financially aid it’s total wellness track inclusive of up to three divisions of care during the 2020 calendar year: Fitness, Nutrition, and Mental Health. Health Possible Inc. is the oldest and original, first ever of its concept and work, and 501(c)(3) Nonprofit Corporation to offer **Wellness Financial Aid™, an empowering, educated and experienced Wellness Provider Network™, case management for advisory and accountability, and youth to adult aged support groups for community enrichment.**

Care descriptions are sorted by division. Read them carefully, as new providers are added or removed each year. The providers make every attempt to include all care that will be offered to the general public and those with official health insurance coverage, but understand that all care requires the clients to attend every scheduled appointment on time and put forth the utmost effort for results in order to continue receiving financially aided or cost reduced care. Any announced care for which the attendance is deemed insufficient, the specific care and/or financial aid may be withdrawn.

Health Possible Inc. is here to answer questions, so please do not hesitate to contact us.

Ms. Sara Auld
HPI Founder & Executive Director

Ms. Gabby DeRosa
HPI Clinical Manager



HEALTH POSSIBLE INC. ADMINISTRATION

Sara Auld
Founder & Executive Director

Gabby DeRosa
Clinical Manager

Sonny Jones
*Director of Corporate &
Community Engagement*

Mission

We provide financial aid and guidance for fitness, nutrition, and mental health care to improve the overall health of our community.

Core Values

Independent Health: **Ambition, Introspection, Diligence, Independence**

Health Possible Inc. believes that the empowerment of independent health is essential to the long term discovery of intrinsic motivation, a better quality and quantity of life. We champion individuals and families who advocate for themselves, take ownership of their decisions, situations and outcomes, respect and value the time of others, practice commitment, and seek positive reinforcement during challenges.

Community

Health Possible Inc. believes that clients thrive in a multi-dimensional community that offers tight one on one close partnerships as well as medium to large diverse and alike groups and family-like groups that help them gain perspective, supportive relationships, a deeper trust in others and motivation.

Opportunity

Health Possible Inc. believes that each individual and family comes from a unique story and situation, thus requiring different beginning levels of modification toward independency. This is how the providers correctly increase their overall strength, well being and health and fitness level. We benefit the whole family by offering the struggling client with physical rehabilitation to athletic performance training, then direction, education, and access to exit strategy plans (i.e. grocery shopping education, health literacy, recreational sports leagues, etc.), which can be brought into the home or include family for generational lessons and changes.

Philosophy

Health Possible Inc., a 501(C)(3) Nonprofit Corporation founded in Wilmington, North Carolina, provides employed United States citizens and the immediate families of employed U.S. citizens the Wellness Financial Aid™ necessary in order to climb out of difficult financial and physical times so that one may then benefit the other. Health Possible Inc. considers the ambition to start a change, the introspection to take ownership and be accountable for decisions and actions, and the diligence to commit and complete the change is the whole recipe

for a family independently well enough to care for themselves and each other - while moving up the ever challenging ladders in life doing so, healthfully and financially progressing. Health Possible Inc. believes that motivation, confidence, strength, and positivity are often born in good health; and that financial security raises from these factors.

Monthly Clinical Wellness Requirements

Fitness	X
Nutrition	X
Mental Health	X
=	12 Hours

Monthly Support Group Requirements

Wellness Gathering of Wilmington	1
Students Learning Wellness	0
=	1 Hour

2020 PROVIDER DESCRIPTIONS

FITNESS | The Clinical Wellness **Fitness Division** at Health Possible Inc. provides clients with the physical rehabilitation and/or skills and diverse strengths they need to be reliable family members, co-workers, and confident self sufficient individuals. Clients are empowered to challenge themselves solo during their off-schedule, during their one on one training sessions, group sessions, and inclusively challenge their own family members at home to join them on their physically active journey.



FITNESS DIVISION CORE PREVENTIVE CARE

Physical Therapy

This style of care is provided by a Doctor of Physical Therapy and designed to rehabilitate or assist in the rehabilitation process of an injury or following the healing of physically debilitating surgery that causes excessive weakness or physical limitations below normal. Training programs are the most advised, guided, structured and the client's is the most watched during Physical Therapy to progress away from further pain or injury. Physical Therapy is the lowest level of exercise containing potentially the highest amounts of detail and indefinitely the highest level of provider education.

Personal Training

This style of care is provided by a Certified Personal Trainer (CPT) and designed to help the client progress in their overall health and fitness as deemed appropriate after a physical assessment performed by the provider. Personal Training includes potential improvement in heart rate, ventilatory thresholds, blood pressure, range of motion, flexibility, balance, strength, endurance, strength endurance, power, body fat percentage, muscle mass, body mass index, weight, specific skill training, and more. All of the components used in your customized program assembled by the CPT are special to your needs, wants and any physician recommendations or referrals you may have. The Certified Personal Trainer will always have or maintain an accredited certification by the National Commission of Certifying Agencies (NCCA).

Personal Training: Special Populations

This style of care is provided by a certified specialist in one or more concentrations who may or may not primarily be a Certified Personal Trainer (CPT). Types of Health and Fitness Specialists include but are not limited to: Youth Exercise Specialist (YES), Health Coach, Medical Exercise Specialist (MES), Weight Loss Specialist, Senior Fitness Specialist, Military or Law Enforcement, and Women's Fitness Specialist. Each provider with one or more specialist certifications is educated and experienced in a narrow demographic to customize the most beneficial program for special needs such as disease, youth, geriatric, during pregnancy, post partum, etc.. The Specialist will always have or maintain an accredited certification by the National Commission of Certifying Agencies (NCCA).

Personal Training: Strength & Conditioning or Sport Specific Coaching

Strength & Conditioning or Sport Specific Coaching is provided by a Certified Strength and Conditioning Specialist (CSCS) or an athletic coach and designed to help the client progress in their overall health and fitness by focusing on an area they are most passionate about or have pursuits to engaging with long term, recreationally long term, athletically, and/or as a career. Physical improvement includes all of the Personal Training improvements equivalently or in even greater amounts when pursuing an athletic career.

Small Group Training

This style of care is provided by a Certified Personal Trainer (CPT) or a Group Fitness Instructor (GFI) and designed to target a more narrow demographic of needs in one setting while still allowing a personal enough experience for minor customization and diversity. Small Group Training is most efficient for families, close friends acting as a support group, for those who require additional extrinsic motivation or accountability and those on track to accomplish similar goals.

Small Group Training is especially beneficial for sport specific training, competition training, family training, or the occasional time management or accommodation needs.

Youth Sport Leagues

This style of activity is provided by a coach who may or may not be certified by an accredited organization or affiliation and is designed to introduce or deeply engage youth below the age of 18 in recreational or travel leagues in order to assist their development as a young aspiring athlete or healthy person. The qualifying child must have already fully attended his/her own official school's tryouts before receiving Health Possible Inc. assistance for additional non-school related activities. The coach of the non-school related team that the child is aspiring to be on is expected to be educated and/or experienced in the sport and may be denied access if deemed otherwise by Health Possible Inc. administration, although the child will be redirected to join a more organized, educated or experienced league/coach and given the Health Possible Inc. opportunity to commit elsewhere. Coaches, especially uncertified or unlicensed, must have some form of measurement and/or player and parent testimonials for proven player results in order to receive Health Possible Inc. approval of aid or referral. The youth sports league aided may consist of an HPI local league or organizations within the youth's family's preferred County for travel and attendance purposes.

- *Qualifying Sports Include:* Badminton, Boxing, Tennis, Surfing, Hockey, Figure Skating, Yoga, Fencing, Fitness, Gymnastics, Karate, Volleyball, Weightlifting, Basketball, Baseball, Rugby, Wrestling, Track & Field, Cycling, Running, Football, Flag Football, Soccer, Swimming, Lacrosse, Field Hockey

Group Exercise

This style of care is provided by a Certified Personal Trainer (CPT) or a Group Fitness Instructor (GFI) and designed to target a more broad demographic in one setting while working toward a similar goal with minimal individual customization to the workout; this type of fitness is specifically for those more advanced in movement correctness in order to avoid injury while getting minimal personalized customization. While customization is still available by an educated and/or experienced provider, group exercise is not recommended for those suffering from injuries or moderate to severe accommodations or needs. Group Exercise is an independence advanced training course that allows for flexibility, freedom and judgement of personal daily effort levels, movement correctness and feelings of progress/security, as the provider coaches 5-30+ people at one time and spends less one on one time coaching the individuals involved.

FITNESS PROVIDERS

New Hanover County

Anytime Fitness

Change the Game Performance Therapy

CrossFit Wilmington

FitMo Fitness + Training

GoGirl Fitness Studio

Jah Workouts LLC

Matt Skelly Training

New Hanover County Parks & Recreation

PEAK Athletics

Port City Sports Performance

Terra Jackson, CPT at RISE Studio

Wilmington Weightlifting Club

Without Limits

YMCA

NUTRITION | The Clinical Wellness Nutrition Division at Health Possible Inc. provides clients with an in depth understanding of their own dietary habits and history; determines the individuals' physiological nutrition requirements; and educates clients on specific meal plans to follow in order to change the current physical state; and supports clients in adopting to more positive, realistic, and sustainable habits for their lifestyle. While offering both traditional and non-traditional forms of wellness education for optimal dietary independence in the home, the nutrition providers at Health Possible Inc. share a common goal to help clients develop and understand their best relationship possible with the foods most realistically accessible to them.



NUTRITION DIVISION CORE PREVENTIVE CARE

Cooking Class

This style of care is provided by a wellness certified or licensed coach (nutritionist), most common but not limited to a Registered Dietitian or Health Coach, with an exceptional ability and experience to create recipes and real edible dishes for family/home style serving settings. The cooking class may be designed to target demographics with limited to no cooking education or experience or be a publicly available class/lesson/event. Cooking lessons aided by Health Possible Inc. are most common geared toward our clientele who suffer high financial losses from eating outside of the home too often and/or lack family meal sharing experience, but is primarily for those who find the most benefit from a hands-on or visual learning experience. While conversationally sophisticated appointments with Registered Dietitians are predominantly verbal, text and image based, Health Possible Inc. uses the non-traditional wellness model to provide this approach as a more effective method for special populations. Cooking classes that prioritize nutritional education can be highly effective for visual and do-it-yourself learners.

Grocery Store Tour

This style of care is provided by a wellness certified or licensed coach (nutritionist), most commonly but not limited to a Registered Dietitian or Health Coach, with an exceptional ability to read, comprehend or understand, and translate food labels of any kind to dietary guidance. This provider can also make sense of environmental factors affecting food and has an understanding about the environments of which certain foods are coming from (local and non-local). He or she can guide someone through a grocery store to help fully understanding the quality of products in which he/she is purchasing, the benefits and cons of these choices by quality, quantity, types, and costs.

Registered Dietitian

This style of care is provided by a licensed and credentialed medical professional who can evaluate, diagnosis, and perform Medical Nutrition Therapy (MNT) with clients. MNT is an evidence-based approach to treating chronic conditions through the use of individually-tailored nutrition planning. During MNT interventions, Registered Dietitians counsel clients on behavioral and lifestyle changes required to positively affect long-term eating habits and overall health. Each visit with a Registered Dietitian includes an assessment and education component. During the assessment, the Registered Dietitian will evaluate the client's physical state and assess overall nutritional needs. During the educational portion, the dietitian will take the information they've gathered in the assessment and define patient-centered goals and personalized nutrition recommendations. Together with the client, Registered Dietitians plan and implement nutrition interventions that meet the client's needs and establishes a plan for positive changes.

NUTRITION PROVIDERS

New Hanover County

Mary Trybuskiewicz, Private Registered Dietitian

Summerfield Custom Wellness

MENTAL HEALTH| The Clinical Wellness Mental Health Division at Health Possible Inc. provides clients with the ability to focus on a lifestyle area they or their medical provider feels they struggle with most, typically affecting or potentially affecting their physical health. While not all Mental Health issues derive from a physical issue or vice versa, many broad lifestyle issues may cause a mental health issue or a physical one, or both! The HPI Mental Health Division takes direct and indirect effects into account, such as an eating disorder (directly physical) or financial stress (potential indirect issue). This approach allows the organization to provide care in various lifestyle areas that assist a whole person as one individual in order to strengthen the mental health/state of the person, and directly or indirectly the physical well being of them as well.



Mental Health Division Core Preventive Care

Counseling/Therapy

Counseling and therapy are, interchangeably, a style of care is provided by a Licensed Clinical Social Worker, Counselor or Psychologist. It is designed to meet the client where they are to provide services related to their overall wellbeing, especially when it comes to mental and emotional health and/or a specific area of life the client is struggling with, potentially affecting physical health. Therapy is a method to better see and understand various reasons for struggle, circumstances and/or pain in order to find clarity, producing a much more enriching lifestyle.

Mental Health care provided may include but is not limited to: Marriage and family counseling, Guidance and career counseling, Rehabilitation counseling, Mental Health counseling, Substance Abuse counseling, Educational counseling, Debt counseling, Child Development counseling, Eating Disorder therapy, Grief counseling, Art therapy, and Musical therapy. Therapy allows for a nonjudgmental, confidential, and safe space to collaborate with a professional on personal goals related to overall wellness. Wellness in therapy may include but is not limited to stress management, self-esteem, anxiety, depression, and/or relationships.

While not every listed type of counseling is at the immediate disposal of Health Possible Inc. financial aid and care at all times, all types exist and may be recruited and discovered on behalf of an applicant or client in order to ensure optimal progress. Health Possible Inc. believes that wellness in mental health caters to the persons custom needs, and that many non-physical-health aspects of life, overcome utilizing mental health strategies, can affect physical health.

MENTAL HEALTH PROVIDERS

New Hanover County

Blackwell Mental Performance
Melissa Faye Therapy
Neurofeedback & Biofeedback

Tobi Ragon, Licensed Counselor
Laura Siljander, Type Two Coaching