

Spero Family Services Residential Treatment Wellness Policy



SPERO
FAMILY
SERVICES
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Wellness Policy Leadership

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Wellness Policy Committee Members

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Wellness Committee and Public Participation

Spero will maintain a Wellness Policy Committee consisting of appropriate stakeholders, which may include youth, families, staff, healthcare and food service professionals, administrators, and community partners. The Committee will assist with development, implementation, review, and revision of the Local Wellness Policy; monitor wellness goals and activities; review stakeholder feedback; and identify areas for improvement. Youth participation will be consistent with age, treatment, safety, and confidentiality requirements.

Assessment and Policy Review

Spero will assess compliance with and progress toward the Local Wellness Policy at least once every three years, beginning in 2026, and every three years thereafter. The assessment will consider applicable USDA, federal, state, and local requirements; progress toward wellness goals; and stakeholder feedback.

The Wellness Policy will be reviewed and revised as needed based on assessment results, regulatory changes, organizational practices, and the needs of youth.

Spero will maintain the current policy, most recent assessment, and documentation of public availability, policy revisions, and stakeholder participation. The current policy will be made available to the public annually.

Nutrition

Spero will provide nutritious meals that support healthy growth and development. Meals served through the National School Lunch Program (NSLP) and School Breakfast Program (SBP) will meet or exceed applicable USDA nutrition standards.

Spero does not offer competitive foods or beverages for sale outside of the reimbursable school meal program and does not permit fundraising activities in youth homes.

Spero will promote healthy food and beverage choices, including fruits, vegetables, whole grains, and water, while considering youth medical, dietary, cultural, developmental, and treatment needs. Food will not be used as a reward or punishment. Food and beverage practices will be trauma-informed and consistent with applicable allergies, dietary restrictions, medical needs, and treatment plans.

Spero will provide age-appropriate nutrition education and promote a positive relationship with food through individual, group, healthcare, and other appropriate activities. Nutrition education will use appropriate resources and will avoid stigmatizing messages about food, eating, or body size.

Spero prohibits food and beverage marketing and advertising on campus, including promotional signs, posters, vending equipment, coolers, menu boards, and similar materials or equipment.

Physical Activity

Spero will provide daily opportunities for age-appropriate physical activity, as appropriate and practicable, including exercise, recreation, outdoor activities, walking, active games, sports, and fitness activities.

Physical activity will be adapted to youth abilities, developmental levels, treatment needs, and safety requirements. Physical activity will not be used as punishment or withheld as a behavioral consequence. Restrictions will be based on legitimate medical, clinical, treatment, or safety needs.

Other Wellness Activities

Spero will promote wellness through activities that support physical health, nutrition, mental and emotional well-being, social connection, healthy routines, and coping skills. Activities may include mindfulness, relaxation, outdoor recreation, health education, sleep and healthy-routine education, social-emotional activities, creative activities, and healthy food exploration.

Trauma-Informed Wellness

All wellness activities will be age-appropriate, trauma-informed, and consistent with individual treatment plans and safety requirements. Spero will promote safety, choice, appropriate independence, positive coping skills, healthy relationships with food and physical activity, respect for individual and cultural differences, dignity, and confidentiality.

Wellness activities will complement and not replace individualized medical, nutritional, educational, or behavioral health services.