

WhaleWorks Publication No. 006

Mental Health & Community Wellness Initiative

Building Resilience Through Mentorship, Creativity & Community

Mission

WhaleWorks promotes positive mental health by creating safe, welcoming environments where youth are encouraged to build confidence, healthy relationships, leadership skills, and emotional resilience. Through mentorship, creative expression, recreation, and access to community resources, participants gain tools that support lifelong wellness.

Community Need

Many youth experience stress, anxiety, isolation, and limited access to supportive activities after school. WhaleWorks addresses these challenges by providing structured programs that strengthen protective factors through trusted mentors, meaningful activities, and community engagement.

Program Components

- Safe Haven after-school environment
- One-on-one and group mentorship
- Creative Media & Music Production as positive self-expression
- Art, storytelling and spoken word workshops
- Homework support
- Mini arcade recreation and social engagement
- Wellness education and life skills
- Community service projects
- Referrals to licensed behavioral health partners when appropriate

Wellness Framework

The initiative focuses on prevention and resilience rather than clinical treatment. Activities encourage communication, teamwork, problem-solving, self-confidence, stress management, and healthy decision-making while connecting youth with caring adults and community resources.

Three-Phase Funding Strategy

Phase I – Launch (\$20,000)

Program materials, mentor training, wellness workshops, recreation supplies, and community partnerships serving 50–75 youth annually.

Phase II – Expansion (\$75,000)

Dedicated wellness programming, family engagement events, expanded mentor network, transportation assistance, and year-round services serving up to 250 youth annually.

Phase III – Community Wellness Center (\$250,000)

Create dedicated wellness rooms, creative expression spaces, family resource center, peer leadership programs, and integrated partnerships with schools and behavioral health organizations.

Staffing, Partnerships & Outcomes

Staff: Executive Director, Youth Program Coordinator, Volunteer Mentors, Community Wellness Partners, Educators, and Volunteers.

Partners: Ocosta School District, local healthcare and behavioral health organizations, community nonprofits, families, and businesses.

Expected Outcomes: Increased youth engagement, stronger resilience, improved confidence, expanded access to supportive mentors, healthier coping skills, stronger family connections, and a more connected community.