



5 BRIDGES[®]
TO WELLNESS



IMPACT REPORT

2022

ABOUT 5 BRIDGES

OUR ORGANIZATION

5 Bridges is custom wellness planning for building a fulfilling life. This isn't a prescription, it's a self-care roadmap customized by the individual with the support of a certified Coach.

Created by Jacob Moore, Founder of NoStigmas mental health nonprofit, this evidence-informed system is the result of two decades of research, clinical opinion, lived expertise, and experimentation.

More than 15,000 individuals have been served to date— over 8,000 in Virginia. From inpatient and outpatient facilities, private and public schools, for-profit and non-profit organizations, we empower your staff and clients to build resilience and learn to thrive in life.

OUR APPROACH

- One system for all
- Individually customized
- Unify staff and clients
- Continuity of care
- Ongoing support

THE 5 BRIDGES

1. BOND – How you connect
2. FUEL – What goes in
3. MOVE – What you do
4. REST – When you recover
5. GIVE – Your positive output

OUR TEAM



Jacob Moore
CEO/Chief Coach



Monique Meertens
Business Operations



Lance Bordelon
Marketing Coordinator



Lisa Bellia
Integrative Coach



2022 IMPACT

GROWTH & ENGAGEMENT REPORT



NEW AGENCY PARTNERS

- HANOVER COUNTY
- HENRICO COUNTY
- EASTERN SHORE CSB

LEADERSHIP

- WELCOMED 33 NEW COACHES
- WELCOMED NEW MARKETING COORDINATOR & OPERATIONS COORDINATOR

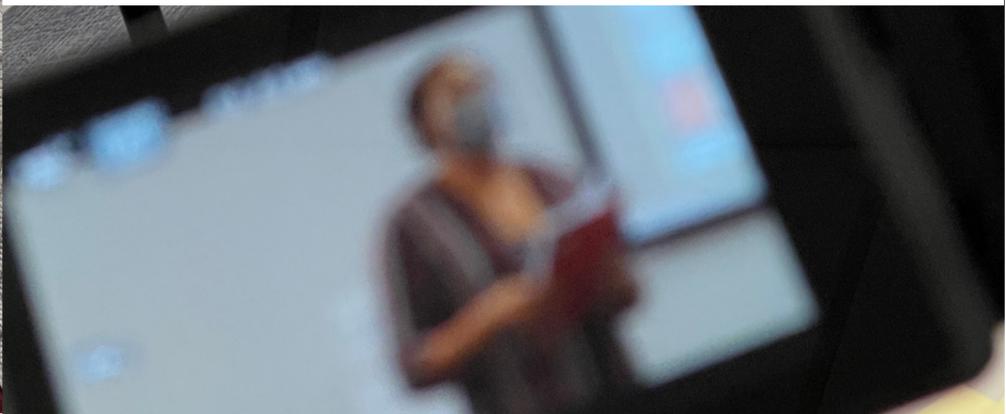
2022 COACHING IMPACT

- 3,419 INDIVIDUAL PROGRAM PARTICIPANTS
- 1,810 VIRGINIA CLIENTS SERVED
- 2,200 EVENT ATTENDEES
- 831 WORKSHOP ATTENDEES
- 528 CLARITY SESSION ATTENDEES
- 268 COACHING CLIENTS
- 209 ONLINE COURSE PARTICIPANTS



IMPACT TO-DATE

- 15,884 INDIVIDUALS SERVED
- 8,186 VIRGINIANS SERVED
- 82 COACHES TRAINED



VIRGINIA REACH

DBHDS REGION 2

Prince William County
Prevention Coalition of Greater Prince William
Prince William Health Department
Northern Virginia Community College

DBHDS REGION 3 EAST

Blue Ridge Behavioral Health
Intercept Health
Roanoke City Department of Social Services

DBHDS REGION 3 WEST

Frontier Health/Planning District One
Abingdon Regional Jail Facility
Appalachian Substance Abuse Coalition (ASAC)
City of Norton Police Department
Hands and Feet Ministries
The Opportunity Program (TOP)
University of Virginia at Wise
Wise County Sheriff Department
Mount Rogers Community Services
Southwest Virginia Mental Health Institute
Twin County Prevention Coalition
Mount Rogers Health District (Virginia Department of Health)
Carroll County Wellness Center
Smyth County Community Hospital
Twin County Community Hospital
Galax Department of Social Services
Grayson County Department of Social Services
Carroll County Department of Social Services
Cliffview Church of God
Wythe County Public Schools
Smyth County Public Schools
Wytheville Community College

DBHDS REGION 4

Chesterfield County
Chesterfield Sheriff's Office (Jail)
Chesterfield Juvenile Detention Center
C-FIT (Chesterfield Employee Wellness Initiative)
Chesterfield County Public Library
Chesterfield Suicide Awareness and Prevention Coalition
Substance Abuse Free Environment Inc (SAFE)
Family Advocacy Creating Education and Services (SAFE)
Goochland/Powhatan Community Service Board
Rural Substance Abuse Awareness Coalition of Goochland/Powhatan
BE WELL VA
Hanover County



PROGRAM OUTCOMES

5 Bridges is an evidence-informed program. We are currently working with the Virginia Tech Public Health Department, in conjunction with the program pilot site, Mount Rogers Community Services to evaluate the link between several health disparities and increased risk for developing a behavioral health disorder:

- Cardiovascular disease
- Diabetes
- Respiratory diseases
- Smoking
- Obesity
- Lack of Primary Care Physician

By targeting these shared risk factors of chronic diseases, we can improve overall wellness, which can reduce the risk of health disparities.

PARTICIPANT FEEDBACK

95.68% of program participants found the overall 5 Bridges to be "Impactful" to "Very Impactful". The individual bridges break down as such:

BOND: 91.9%
FUEL: 100%
MOVE: 91.9%
REST: 98.6%
GIVE: 96%

ANECDOTAL OUTCOMES (30 DAYS POST-PROGRAM)

- 60% of participants reported obtaining a Primary Care Physician
- 93% interacted positively with a social support system
- 100% of participants reported finding ways to upgrade their FUEL
- 57% increased their physical activity
- 9.75 average low energy days, down from 15.3
- 65% volunteered within their community

**Pre- and post-survey data collected from 30 participants of MRCSB 6-week coaching program between 1/1/20 - 7/31/20*

ABOUT THE PROGRAM



We envision an expansive culture of wellness where everyone has access to the knowledge and tools necessary to thrive in life. By empowering organizations, wellness practitioners, and clients with the 5 Bridges system, we can create a worldwide community of total wellness.

Lifelong wellness begins by meeting people where they are and growing from there. Through 5 Bridges coaching and workshops, anyone can discover opportunities to improve their wellness through strategies and tools that are simple to implement and build resilience.

We aim to be the go-to standard for holistic wellness programming. To accomplish this, we've created opportunities for engagement on three levels:

1. **Organizational leaders**
2. **Staff and volunteers**
3. **Clients and community**

5 Bridges Goals

- Meet individuals where they are and grow from there
- Create a culture of wellness within organizations and communities
- Strengthen existing networks through program integration
- Bring added value and revenue opportunities to providers
- Show measurable program outcomes

Objectives & Outcomes

- Empower individuals to take ownership of their wellness
- Help build sustainable wellness practices
- Introduce modalities that build resilience
- Utilize wellness as prevention
- Increase one's capacity to thrive in life

“EFFECTIVE RESULTS IN INTEGRATED HEALTHCARE

— Samantha Crockett
Mount Rogers CSB

5 BRIDGES TO WELLNESS

PROGRAM ELEMENTS

ONE SYSTEM FOR ALL

We all have health and wellness challenges, staff and clients alike. 5 Bridges provides the opportunity for everyone to address these concerns using modalities that anyone can understand. Using one system helps to break down unuseful hierarchies within treatment.

ENDLESSLY CUSTOMIZABLE

There's no one-size-fits-all for wellness. That's why 5 Bridges has been designed as a framework to explore and build customized strategies. Every body is different and each path to wellness should be as unique as the individual.

WORKSHOPS

This strategic mix of lived-expertise, focused discussion and activities provides the tools to begin the wellness journey in a low-pressure environment.

COACHING

This progressive multi-session deep-dive guides individuals through our evidence-informed curriculum using motivational interviewing in a group dynamic or one-on-one.

PROGRAM PROCESS

01

ROADMAP

The strategy & tools for success

02

IMPLEMENT

Supported program rollout

03

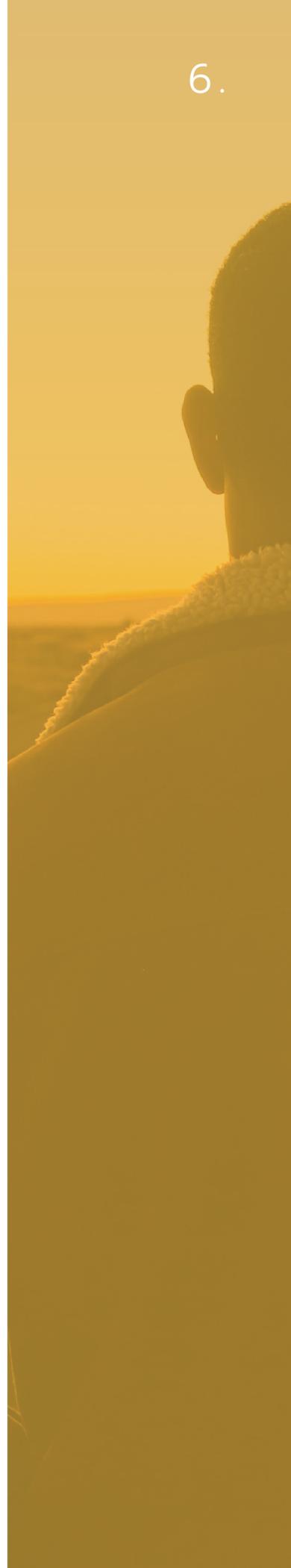
ASSESS

Measure program success and growth

04

REFINE

Ensuring an optimized program



WORKPLACE WELLNESS

Create motivating practices to mitigate workplace stressors.

RISE AIM SOAR is an evidence-informed organizational developmental training that focuses on opportunities for leadership to incorporate mental wellness, trauma awareness and stress reduction into occupational settings.

Your leadership team will be engaged through three modules in this workplace wellness training:

- Run Ideal Stress Environments (RISE)
 - How stress impacts performance
 - Improve organizational fundamentals
 - Help employees manage external impacts
- Adjust for Individual Minds (AIM)
 - Develop employee wellness awareness
 - Factor for detrimental life events
 - Accommodate to achieve
- Strengthen Organizational Results (SOAR)
 - Optimize results when a struggle or crisis hits
 - Quantifiable data showing how wellness support can financially benefit the company



With over 50 years combined leadership experience, we've developed the RISE AIM SOAR training to empower both employers and employees to recognize and mitigate wellness challenges in the workplace. Utilizing evidence-based techniques such as motivational interviewing, role-play and real-world scenario workshoping, organizational leaders will discover practical applications for their actual work environment. When used in conjunction with the 5 Bridges to Wellness system, your team is supported at every organizational level.



ABOUT THE CREATOR

In collaboration with 5 Bridges, RISE AIM SOAR was created by Mike Bushman, a 30+ year corporate veteran of Quaker Oats Company and Nalco. The author of four books on mental health and wellness, Mike works closely with NoStigmas and the American Foundation for Suicide Prevention to advocate for mental health parity at the state and national level. His work is the recent subject of a study published by the Illinois Institute of Technology. When not writing, speaking and teaching about mental health and suicide prevention, Mike engages in nature therapy while hiking America's great national parks.

**WE'D LOVE TO LEARN HOW WE CAN SUPPORT YOUR TEAM.
DON'T HESITATE TO REACH OUT TO HI@THE5BRIDGES.COM.**

THE NEED

Research by Gallup and many others have found as much as a 20% premium on productivity and profits by engaging employees rather than berating or prodding. Turnover drops are as steep as 50%. Absenteeism drops. Safety improves. Considering wellness concepts in the workforce is an important component of engaging employees.

PARTNER WITH US

We've created organizational development solutions to support your team at every level. Our educational curriculums include executive coaching, leadership training, employee wellness and community health solutions. The 5 Bridges to Wellness system can be successfully integrated into your existing programs as well. Schedule a discovery call to customize your plan.



OUR CLIENTS & PARTNERS



Who do we serve?



Anyone within your service area can use 5 Bridges: clients, staff, and community— even for billable hours.

5 Bridges is currently being utilized for youth programs, employee wellness, mental health patients, substance use rehab, post-incarceration support, law enforcement and first responders, suicide and substance use prevention, community education, paired with crisis intervention programs, and for anyone who could use support in their wellness journey!

A few of our collaborations...

- Esurance by Allstate
- Bayer Healthcare
- Mount Rogers Community Services
- Frontier Health
- Chesterfield County, VA
- Personal Counseling Services
- Southwest Virginia Mental Health Institute (DBHDS)
- Virginia Tech Public Health Dept.
- University of Virginia at Wise
- View Heights Convalescent Hospital
- Abingdon Regional Jail Facility
- City of Norton Police Department
- Wise County Sheriff Department
- Hands to Feet Ministries
- Twin Counties Prevention Coalition
- Mesa County School District
- Blue Ridge Behavioral Health
- Prince William County, VA
- Goochland Powhatan CSB

“TRANS-FOR-MA-TION-AL

— Amy Bledsoe
Frontier Health

PROGRAM FEEDBACK

Ginny Moorer, Southwest Virginia Mental Health Institute – "Unlike other wellness programs, 5 Bridges is not intimidating or overwhelming. It is a program that sets you up for success, instead of failure. It is designed to work with/for every person's preferences and needs, and to easily change over time with an individual's growth. I highly recommend this as a tool for all humans who are trying to live their best life and embrace their best self."

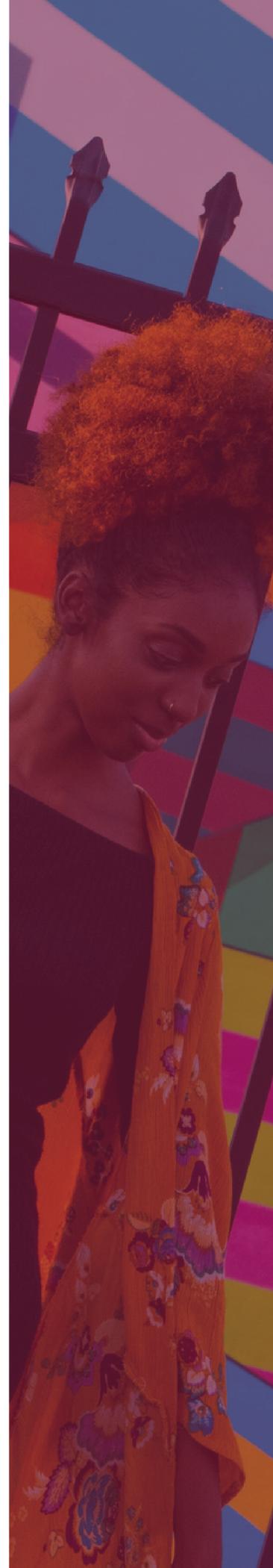
Trish Byerly, Rappahannock CSB – "Our Director, Jane Yaun, put this training out in her weekly email to our agency (RACSB). Jane is very vocal about helping ourselves, so we can help others. I appreciate that she sent out the information. I thoroughly enjoyed this training. I plan on encouraging my staff to sign up. I think it would be helpful and insightful for them."

Stephanie Ricker, Ballad Health – "Great training and definitely what I needed during this time of uncertainty. It also reassured me that setting a routine might help solve a few stressors."

Leslie Beasley, New River Valley CSB – "I thought this training not only came at a time when I really needed it, but also is great information to share to the families in our parenting groups."

Jodie Jameson, Loudon CSB – "I like the model that 5 Bridges uses, I work in psychosocial rehabilitation and our focus is Wellness and Recovery through activities, engagement and community reintegration. We see a great amount of information from SAMHSA, but this is presented in a holistic manner with "real" activities that everyone is familiar with and can use or access."

Sharon Dalton, Dept. of Veteran Services – "Thoroughly impressed with the representative and the program. The 5 Bridges has something that could be utilized by all walks of life."



PROGRAM IMPLEMENTATION ROADMAP, RESOURCES & TIMELINE



ROADMAP

Our comprehensive Agency Roadmap provides a straightforward plan for each organizational level from leadership to operations, service providers to clients. Of course, the 5 Bridges team will be with you every step of the way.

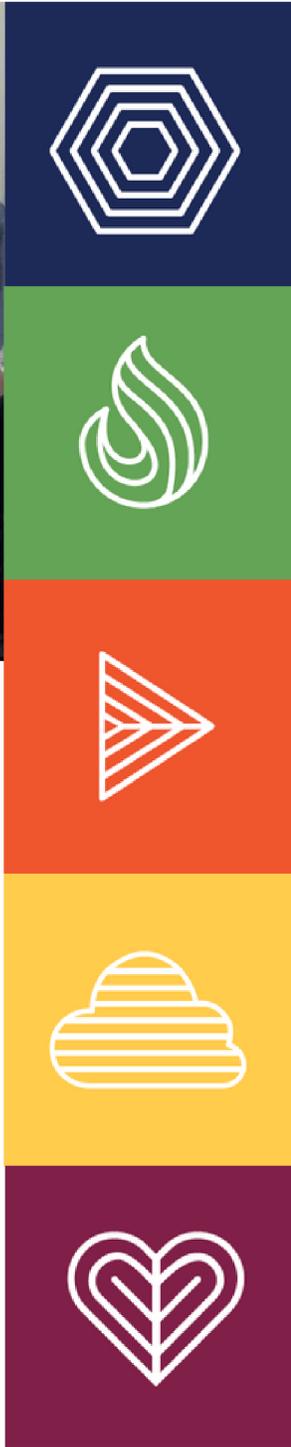
RESOURCES

- Agency & Coach Portals
- Coaching & Client Guides
- Supplemental activities
- Reporting & assessment tools
- Marketing & outreach materials
- Online community & content

IMPLEMENTATION

We facilitate program rollout with a clear timeline so that you can continue business as usual with minimal disruption to operations.

- Together, we'll build a custom roadmap for your organization
- Next, we'll assist you with organizational readiness
- Then, we'll prepare your Coaches for program rollout
- After that, you'll be ready for the team and client-facing launch
- We'll continue to refine program and operational strategies for optimized growth on an ongoing basis



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