Department: Mental Health	Approval Date: 5/20/2020	Policy Number: 2300
Regulation Number: 1302.93	Regulation Title: Staff Health and Wellness	Policy Title: Wellness Plan

Policy:

Each MARC Head Start direct service provider will develop and implement a wellness plan that provides staff with regularly scheduled opportunities to learn about mental health, wellness, and trauma-informed care. The wellness plan should also include activities to promote self-care.

The wellness plan should be reviewed annually (October) by the direct service provider's leadership staff along with mental health content area staff.

Adherence to the above regulations and this policy is subject to random monitoring by MARC Head Start staff.