

FOUR OAKS

HEALTHY LIFESTYLES PROGRAM

The Four Oaks Healthy Lifestyles Program was created in 2019 in order to provide a restorative approach to students who are suspended for violating school policy.

By participating in this program, the student's length of suspension is greatly reduced so that the student can return to school. The support consists of building skills and finding additional resources and support for families. Our education liaisons are employed by Four Oaks and focused on bridging the gap between students, their families, and the school. They use research-based skill streaming to address the concerns of the school and family.

The Four Oaks Healthy Lifestyles Program has served over 150 students since its inception and has allowed students to continue with their education in a traditional model. We currently offer two paths for schools with students facing suspension or expulsion:



Path 1: Interpersonal Relationships

Student Criteria:

A violation of school board policy around fighting, bullying, or other inappropriate relationship actions that can cause harm and result in behavior referrals.

Path 2: Substance Use

Student Criteria:

A violation of school board policy around substance use that has resulted in a school suspension.

Four Oaks is happy to partner with districts across the state to support students and adapt to meet specific needs.



If you have interest in this service for your school, please **contact Megan Isenberg at misenberge@fouroaks.org, or call 319-366-1408, ext. 1305.**

"When most people would give up, you continue for a lot longer past that point, so I have been very, very impressed with that....There's so much more going on under the surface that's caused our students to go down that hole....Just issuing a consequence and moving on--that's not going to fix the problem....And that's what Healthy Lifestyles is about to me. You devote your time and energy to figuring out what the root cause is of the problem and then getting the kids the support necessary to work through that and find success on the other side."

-Josh Griffith, Associate Principal, Valley High School, West Des Moines CSD

Check out what West Des Moines has to say about Healthy Lifestyles!



SCAN ME

Or go to bit.ly/WDMHLvideo or click [Here!](#)

"A few years ago, the West Des Moines Community School Board and Administration moved from a punitive approach to a more restorative approach when students are under the influence of controlled substances. This change has proven to be a very positive change. Students are able to stay in school and work with the Four Oaks counselor through the Healthy Lifestyles program. This program helps students identify thinking errors, identifies a support person at school, and connects the school and family. The program has been very successful based on student, family and school personnel feedback."

-Dr. Lisa Remy, Superintendent, West Des Moines CSD