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Mental Health and Wellness Programming for Adults with Down Syndrome

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Mission and Vision

- Mission Statement: To change the way the world views Down syndrome and to send a global message of acceptance for all.
- Vision Statement: To see a world where individuals with Down syndrome are accepted and embraced in their families, schools, and communities.



Goals of the Capstone Project

- To create and implement mental health and wellness curriculum for adults 18+ with Down syndrome
- Communicate with parents and caregivers their participants strengths, weaknesses, and progress during the 13 week program
- Administer The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) as a pre and post-test
- Working directly with participants to encourage success and skill retention

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

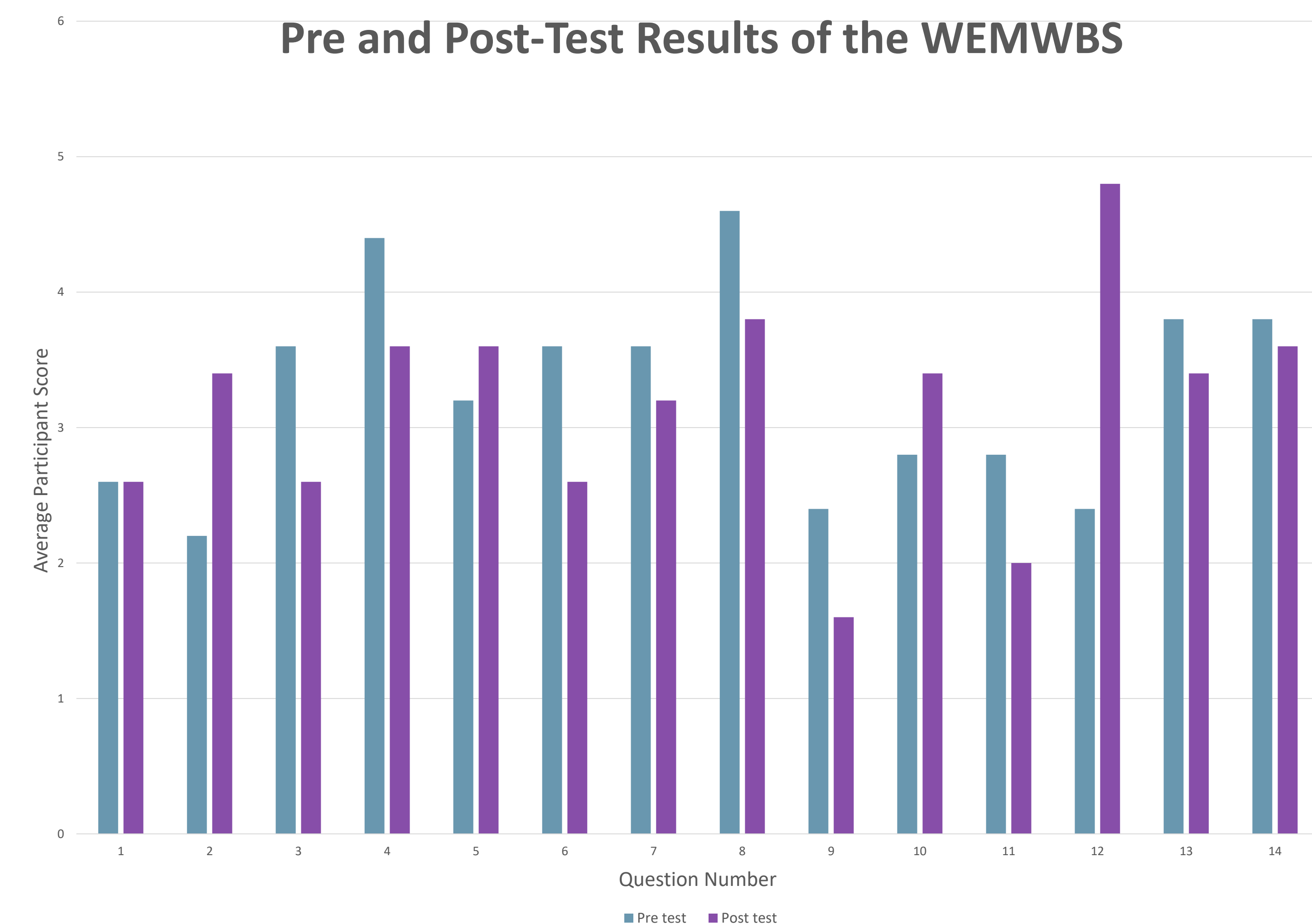
Below are some statements about feelings and thoughts.
Please tick the box that best describes your experience of each over the last 2 weeks

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

Outcomes

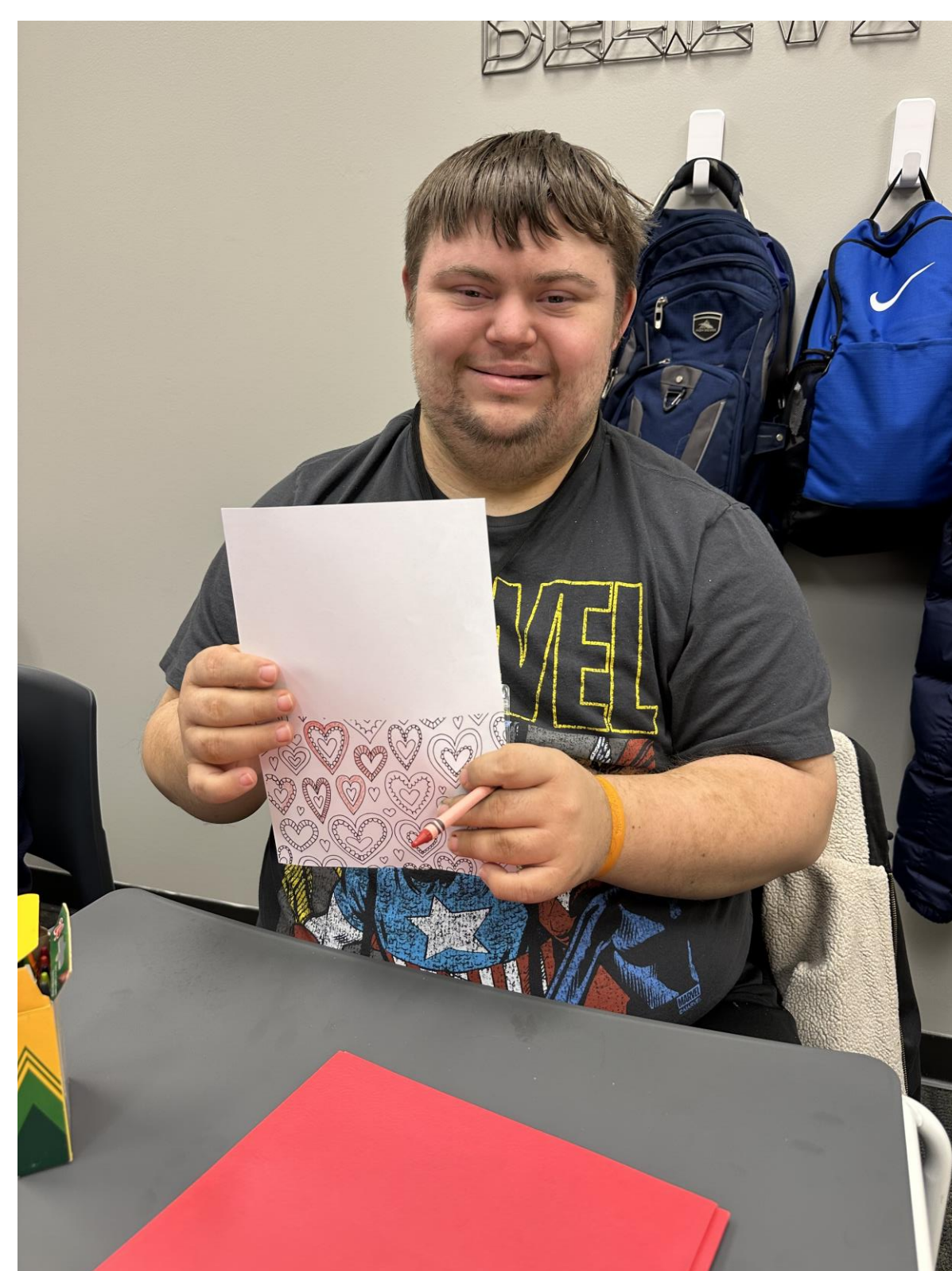
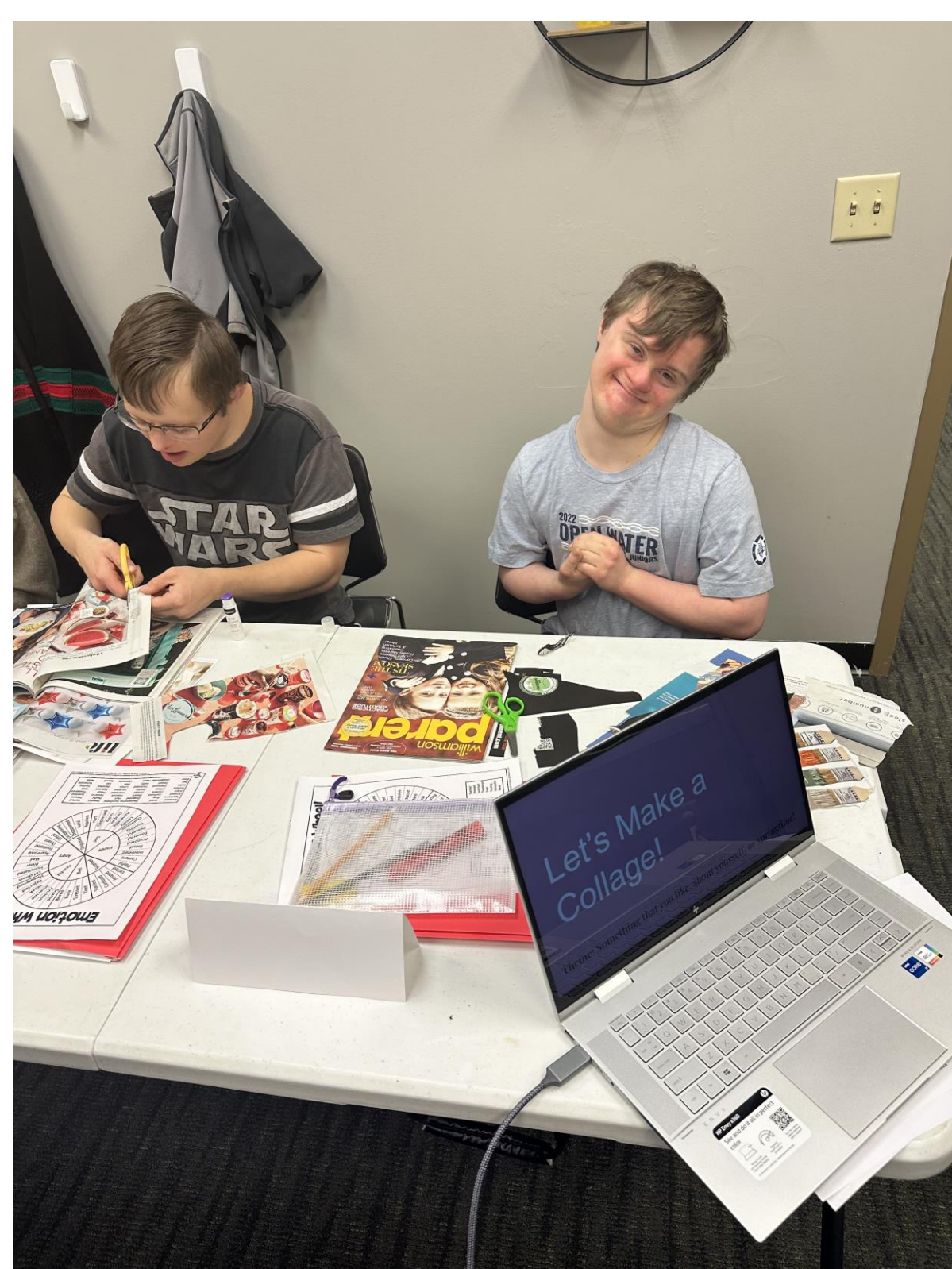
- Created and implemented mental health and wellness programming for adult participants with Down syndrome
- Adapted curriculum from GiGi's Playhouse from a national and local level to meet the individual needs of participants
- Used various delivery methods for teaching curriculum to accommodate to different learning styles
- Maintained weekly communication with parents and caregivers
- Pre and post-test results were not reliable despite the test being valid

Pre and Post-Test Results of the WEMWBS



Agency Needs

- GiGi's Playhouse of Nashville had expressed a need for programming for their adult participants aged 18+.
- Programming needed to meet the varying skill levels of participants and be engaging and educational.



Acknowledgements

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- I would like to thank Dr. Dupree for her encouragement and wisdom during this capstone experience and for her constant encouragement
- I would like to thank our participants for their willingness to participate in programming and their excitement to learn
- I would like to thank parents and caregivers for allowing their participants to try new things, explore their emotions, and further grow into increasingly independent adults