



We Equip You For Tomorrow

The Wellness Effect's™ Capabilities

We equip you for tomorrow by building healthy communities. We blend Whole Health principles with change and project management methodologies to provide a unique experience in increasing your team or community's health outcomes and organizational goals. We develop technology advancements in healthcare by maximizing emerging technology that provides you with the most up-to-date product in the field. We do all this with a green thumb in mind. Artificial intelligence is leaving a large footprint, we are dedicated to building out AI in a unique manner that is environmentally friendly.

Core Competencies:

Key support areas include project and change management support, educational support services (all levels), Whole Health services, data analysis, AI, Machine Learning, Value Based/Alternative Care Models, and IT support services to including cybersecurity and education support.

- AI/ML Solutions
- Gamification and Avatar Technology
- Whole Health Ecosystems
- Corporate Wellness & Special Occasion Boxes
- Centers of Excellence (CoE)
- Suicide Prevention & Lethal Means Safety

Differentiators/Why Hire The Wellness Effect™:

1. **Whole Health Implementation Specialist Training:** ACMP-approved Whole Health Implementation Specialist Training introduces a new methodology in change management equipping professionals to effectively integrate Whole Health practices. Effectively impacting both your employee's individual health outcomes and achieving your maximum potential toward organizational goals. We have trained over 5,000 federal employees nationwide in change management, executive coaching, and health and wellness coaching.
2. **Expertise in Innovation:** Our team includes subject matter experts in innovation in healthcare and educational within VHA and federal services, who have rolled out large-scale initiatives in healthcare, community mental health, and educational settings. Our training efforts include creation of the Whole Health Institute within VHA that includes trainings that are now nationally being rolled out.
3. **People-Centered Expertise:** We specialize in creating personalized Whole Health solutions for any population now matter where they live or work, addressing the unique challenges faced by vulnerable populations. These Whole Health ecosystems are unique but replicable in any setting, moving from healthcare only implementation to community integration.

Past Performance:

1. **Veteran Affairs Whole Health Initiatives:** Trained 20% of Vet Center employees in Whole Health, Dialectical Behavioral Therapy (DBT), and CIH modalities, improving service delivery and patient outcomes (Prime Contractor). We created train the trainer for Whole Health modalities and philosophy trainings that are now national trainings like yoga and hypnosis.
2. **Community Whole Health Models:** Trained staff in Whole Health and Change Management principles in our ACMP-approved Whole Health Implementation Specialist Training in community mental health setting in multi-state settings (Prime Contractor).
3. **Colorado's Domestic Violence Summit:** Provided Whole Health Education services to training professionals, legal teams, victims, and offenders in self-care and stress management totaling over 2,500 people over one year (Prime Contractor)
4. **Collegiate Whole Health Residency Program:** Developed and implemented 30-day Whole Health residency rotations for first- and third-year residents, replicated in three programs.
5. **Institute for Integrative Care:** Founded the first of its kind, focused on healthcare reform and integrative care, developing competencies and integrating them into health curricula. Also established as a research institute.
6. **Centers of Excellence (CoE):** Developed and sustained over a dozen CoEs for pain management, headaches, and age-friendly care optimizing care delivery for all sized facilities.
7. **CARF and TJC Recognition:** Received exemplary notations for Whole Health systems implementation in VHA facilities, benefiting both Veterans and employees. This led to national news.
8. **NBHCW Credentialing Expertise:** The only organization globally credentialed through all iterations of NBHCW approval, training thousands of federal employees, service members, caregivers, and community partners in coaching, yoga, tai chi, mindfulness, and more.



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