

KENNEDY'S CIRCLE OF WELLNESS



KENNEDYSWELLNESS.COM

Bid Proposal

Prepared For :
The City of Racine

This Proposal Includes:

- (1) a detailed description of the respondent's approach to providing one or more of the services outlined in the criteria, **PAGE 2 & 3**
- (2) how the funds will be used, **PAGE 4**
- (3) budget proposal, **PAGE 4**
- (4) prior experience and familiarity with services required, **PAGE 1**



About Our Agency

We are a certified woman (WBE) and minority owned (MBE) Mental Health and Wellness Agency. Our staff consist of licensed psychotherapists, social workers, and yoga instructors who service clients in Milwaukee, Dane, Waukesha, Racine, and Kenosha County. We are contracted providers for Comprehensive Community Services (CCS), Children's Long-Term Support (CLTS), Milwaukee Public Schools (MPS), and Social Development Commission (SDC).

We've been providing mental health and wellness services to the low income, violence prone, disadvantaged communities since 2018.



About The Owner

Dr. Sha'Juan Kennedy was raised in Milwaukee's most dangerous zip code, 53206. Living in this neighborhood gave her direct experience and understanding of poverty, crime, undiagnosed mental illnesses, substance abuse, lack of resources and other related struggles.

Many of our staff have had similar experiences as well.

Therefore, having the privilege to serve communities like this extremely meaningful.

GOAL & OBJECTIVES



Our goal is to enhance the mental health and wellbeing of children, youth, and families throughout the City of Racine who are impacted by violence with trauma sensitive/informed yoga and psychotherapy including modalities: cognitive behavioral therapy (CBT), Dialectical behavioral therapy (DBT), and solution-focused therapy (SFT) . Our staff our equip and competent to address Firearm Violence, Intimate Partner Violence, Adverse Childhood Experiences, Youth Violence and other related issues.



Objective: Provide accessible mental health and yoga services to individuals at risk of committing or being victims of violence and those who have experienced trauma due to violence.

Objective: Raise awareness about the benefits of psychotherapy and yoga in managing anger, stress, and trauma, which are often underlying causes of violence.

Objective: Use psychotherapy and yoga to help individuals develop coping skills, self-regulation, mindfulness, and physical well-being to promote healing.

Plan

Implement community specific services that improve community safety and wellbeing through preventative strategies. We intend to respond to, the impact of trauma on individuals in historically underinvested communities by, promote healing and resiliency in residents impacted by violence, and provide safe and healthy activities for youth who may be at-risk for criminal or violent behavior.

Services:

- Group yoga classes
- Individual yoga sessions
- Family yoga sessions
- Diagnostic evaluation
- Individual therapy sessions
- Family therapy sessions
- Group therapy sessions
- Included
 - Mental health diagnosis
 - Adverse Childhood Experience (ACE) Questionnaire

All services are conveniently offered in home, in studio, in the community, or virtually.

Treatment Plan:

We recommend each client to meet with a licensed psychotherapist to develop a treatment plan .

The treatment plan may include weekly sessions of psychotherapy and/or yoga.