

RCMHC Wellness Items to Order – Updated after Budget meeting on 6/6/22

(Including prices and numbers to order)

- 1- Stress Brain Balls, (Kary has details and quotes) increase current order amount from 150 items to 500 items 500 items = **\$750**
- 2- Push Pop Fidget Game (green with RCMHC logo on it; Kary has details and quotes) 250 items = **\$565**
- 3- Hacky Sack Balls (green with RCMHS logo on it?; Kary has details and quotes) 250 items = **\$262.50**
- 4- Headphones https://www.amazon.com/Apple-EarPods-Lightning-Connector-White/dp/B01M0GB8CC/ref=pd_day0fbt_img_sccl_2/130-7522725-4985635?pd_rd_w=UICSC&content-id=amzn1.sym.9a7bb4f0-99f2-4dae-8247-9faa276d7c6a&pf_rd_p=9a7bb4f0-99f2-4dae-8247-9faa276d7c6a&pf_rd_r=RYJCQX1P7QMKM2R3VPW6&pd_rd_wg=Q10IP&pd_rd_r=6d6932c7-9c3d-4a3b-90c3-a317afe11b5a&pd_rd_i=B01M0GB8CC&psc=1 12 items at \$18.36 = **\$220.32**
- 5- Headphones https://www.amazon.com/gp/product/B00Q6P4CMA/ref=ox_sc_act_title_1?smid=ATVPDKIKX0DER&th=1
(black color) 25 items at \$7.49 = **\$187.25**
- 6- Wicker Baskets for Promotional/Outreach https://www.amazon.com/Trademark-Innovations-Foldable-Hyacinth-Storage/dp/B01AV6UJK8/ref=sr_1_3?crid=2Z3B4OS2Q3BYY&keywords=wicker+storage+basket&qid=1654530830&srefix=wicker%2Caps%2C121&sr=8-3
4 in each set 3 (sets of 4) at 71.70 = **\$215.10**
- 7- Treating Traumatic Stress in Children and Adolescents (2nd edition) https://www.amazon.com/Treating-Traumatic-Stress-Children-Adolescents/dp/1462537049/ref=pd_bxgy_img_sccl_1/130-7522725-4985635?pd_rd_w=FVHKY&content-id=amzn1.sym.a6bed837-ef89-4bc6-a842-3962a5387175&pf_rd_p=a6bed837-ef89-4bc6-a842-3962a5387175&pf_rd_r=Z7S726SE904R054KS146&pd_rd_wg=wT3p5&pd_rd_r=a3ee5e12-b794-49ad-b01b-9490936bb918&pd_rd_i=1462537049&psc=1 6 books at \$51.40 = **\$308.40**
- 8- CBT Toolbox for Children and Adolescents <https://www.amazon.com/CBT-Toolbox-Children-Adolescents-Worksheets/dp/1683730755/> 12 books at \$20.49 = **\$245.88**

THESE ITEMS discussed and agreed upon in Budget Workgroup TOTAL \$2,754.45

- 9- White Noise Machine for sleep and relaxing aid https://www.amazon.com/Big-Red-Rooster-White-Machine/dp/B01H6WXUX8/ref=sr_1_20?crid=1WZ9HXXUL9JY&keywords=white+noise+machine&qid=1654537000&smid=A11OWZFCGTC6EW&prefix=white+noise+%2Caps%2C127&sr=8-20

12 items at \$16.99 = \$203.88

- 10- No Worries Guided Journal https://www.amazon.com/No-Worries-Practice-Positive-Thinking/dp/1952676002/ref=sr_1_2_sspa?crid=3LZ1WC1KXZDLS&keywords=guided+journal&qid=1653489677&s=books&prefix=guided%2Cstripbooks%2C182&sr=1-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExNVNLMltxTONEN003JmVuY3J5cHRIZElkPUeWVjZ3aWRnZXROYW1lPXNwX2F0ZiZlY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWVrPXRydWU=

12 journals at \$9.95 = \$119.40

- 11- Do It For Yourself Guided Journal https://www.amazon.com/Do-Yourself-Guided-Journal-Motivational/dp/1419743465/ref=sr_1_5?crid=3LZ1WC1KXZDLS&keywords=guided+journal&qid=1653489739&s=books&prefix=guided%2Cstripbooks%2C182&sr=1-5

12 journals at \$11.53 = \$138.36

- 12- True You Guided Journal https://www.amazon.com/True-You-Self-Discovery-Exercises-Reflection/dp/164611633X/ref=sr_1_6?crid=19RUXQ79A9OEL&keywords=true+self+guided+journal&qid=1653489863&s=books&prefix=true+self+guided+journal%2Cstripbooks%2C112&sr=1-6

12 journals at \$10.49 = \$125.88

- 13- Start Where You Are Guided Journal https://www.amazon.com/Start-Where-You-Are-Self-Exploration/dp/1635614716/ref=sr_1_1?crid=1Q5EC45DYT5X5&keywords=start+where+you+are+journal&qid=1653489940&s=books&prefix=Start+where+you+%2Cstripbooks%2C123&sr=1-1

12 journals at \$11.20 = \$134.40

- 14- Start Where You Are Guided Journal (SPANISH version) https://www.amazon.com/TODO-empieza-agu%C3%AD-Start-Where/dp/8401018633/ref=sr_1_1?crid=ZRGJ3Z6B08CU&keywords=start+where+you+are+guided+journal&qid=1654535430&prefix=start+where+you+are+guided+journal%2Caps%2C110&sr=8-1

12 journals at \$12.76 = \$153.12

- 15- Mental Health Journal for Men https://www.amazon.com/Mental-Health-Journal-Men-Practices/dp/1647396255/ref=sr_1_11?crid=1B7ZWXC7L02Q5&keywords=guided+journal+for+men&qid=1653489984&s=books&prefix=guided+journal%2Cstripbooks%2C171&sr=1-11

12 journals at \$11.99 = \$143.88

16- Mindfulness Coloring Book for Adults https://www.amazon.com/Mindfulness-Coloring-Book-Adults-Meditation/dp/B09F558C2L/ref=sr_1_5?crid=20UR8DI43TRIL&keywords=adult+coloring+book&qid=1653490238&s=books&sprefix=adult+colo%2Cstripbooks%2C176&sr=1-5

20 books at \$5.99 = \$119.80

17- Anxiety Relief Coloring Book for Adults https://www.amazon.com/Anxiety-Relief-Adult-Coloring-Book/dp/B09RB4W61D/ref=pd_bxgy_img_sccl_1/130-7522725-4985635?pd_rd_w=D7VkJZ&content-id=amzn1.sym.a6bed837-ef89-4bc6-a842-3962a5387175&pf_rd_p=a6bed837-ef89-4bc6-a842-3962a5387175&pf_rd_r=AENFXG2C79DW59AJGWRK&pd_rd_wg=7PmJv&pd_rd_r=805aa9e0-ff6a-46d6-aae1-54730fa1c1b0&pd_rd_i=B09RB4W61D&psc=1

20 books at \$5.99 = \$119.80

18- TATOO Coloring Book for Adults https://www.amazon.com/TATOO-COLORING-BOOK-ADULTS-Relaxation/dp/B09WKZN1DX/ref=sr_1_4?crid=2J5EA2IYB9V6G&keywords=tatoo+coloring+book+for+adults&qid=1654535980&s=books&sprefix=tatoo+%2Cstripbooks%2C132&sr=1-4

20 books at \$6.98 = \$139.60

19- Coloring Book Marker sets https://www.amazon.com/PANDAFLY-Journaling-Coloring-Sketching-Calendar/dp/B0922CZTPY/ref=pb_rfob_btf_desktop_sccl_3_3/130-7522725-4985635?pd_rd_w=3Hp6g&content-id=amzn1.sym.352a669b-c257-47ce-abc1-05c606609da4&pf_rd_p=352a669b-c257-47ce-abc1-05c606609da4&pf_rd_r=8875AHS4NBF9XKJZBMP9&pd_rd_wg=C5eSs&pd_rd_r=900e874c-e525-4480-9348-444d2045be78&pd_rd_i=B0922CZTPY&psc=1

60 sets at \$6.89 = \$413.40

These items were suggested by Sarah Hannonen, and agreed to order during Budget Workgroup meeting ; **Items # 9 to #19 TOTAL \$1,811.52**

COMPLETE TOTAL \$4,565.97

I left a cushion for tax and shipping. If we are over budget after adding everything up including taxes and shipping, then I would cut into the Noise Machines (Item #9)

If we have any extra money, then I would order more of the Treating Traumatic Stress in Children and Adolescents Books (Item #7)