

# THE DAVIS CLIPPER

**'Fascinating!'**  
That's the response we get about our Archives, dating back to 1892. See for yourself!

- HOME
- NEWS
- LIFE
- SPORTS
- SUBMIT
- CLASSIFIEDS
- ABOUT
- ARCHIVES
- SUB-CIRCULATION



## Teens Use Physical Activity To Raise Money

Thu, Apr 30, 2020



by Becky GINOS  
bginos@davisclipper.com

**BOUNTIFUL**—Isolation has been tough on everyone, but the adolescent residents at Benchmark Behavioral Health turned it into a way to serve those in need at the Bountiful Community Food Pantry.

"We have 84 adolescent boys that we are treating for psychiatric issues primarily due to trauma," said CEO Craig Scholnick. "We do long-term treatment here and they're trapped in the building now. So we wanted to find an avenue to exercise and keep them physically active which also helps with mental well being."

Scholnick said one of his staff members, Mindy Larson, is a fitness buff herself and came up with an idea to combine activity with therapy. "We work on empathy development and healthy behavior alternatives," he said. "Most of our residents are from lower socioeconomic environments so they're very aware of the food pantry. They can relate to kids who are out of school who may not have food." They decided to couple exercise with empathy development, he said. "It's a cool opportunity to do something since they're living here in the community. Physical health and wellness is a big part of therapy. We decided we could pair it with psychiatric development and do something to raise money to help the community."

So they started a Walk-A-Thon on the grounds with multiple ways the boys could raise money for completing physical activities, said Scholnick. "They did push ups, walked, lunges, etc. and went from station to station. They raised \$1 for each thing."

Gradually, \$1 at a time the boys raised \$1,000, he said. "We had them relate the exercise back to what they'd experienced in their own homes to reinforce the therapeutic concepts we're working on."

Scholnick credits his staff for making the effort a success. "Their hearts are in the right place but they needed the staff to keep them motivated," he said. "The staff makes this place run. We have 150 staff members working through this COVID crisis. They are healthcare workers who provide care and services to the residents. They're coming in every day to be here for the boys. They're risking their own health and working with challenging boys – even without COVID. It's a hard job any given day."

They're part of those superheroes everyone is talking about, he said. "Mental health is not taking a break. We're anticipating that mental health problems will be a by product of dealing with the pandemic."

The boys raised the money over a two and a half week period, Scholnick said and he presented the check for \$1,000 to Lorna Koci, Executive Director of the food pantry last week.

"It's hard to keep adolescents focused on this because they're not going to see the food that is bought or see the families' faces," he said. "But it was meaningful enough that they were very focused and put their noses to the grindstone and got the job done quickly. I'm proud of them."

**WE ARE STILL OPEN**

Support local business by ordering online, pick up and curbside

THE DAVIS CLIPPER

Find us wherever you go

www.davisclipper.com

THE DAVIS CLIPPER

Davis Clipper News

[RSS Feed Widget](#)

- HOME
- LOGIN
- ABOUT US
- CONTACT US



# THE DAVIS CLIPPER

Davis Clipper • 1370 S 500 W • Bountiful • 840  
© 2018 Davis Clipp

{ powered by [bulletlink](#).cor