



Empower Youth, Fortify The Future

YOUTH RESILIENCE PROGRAM
16 Weeks Can Change a Life

“Give a man a fish and you will feed him for a meal. Teach a man to fish and you have fed him for life.”

Proverb

RESILIENCE IS A LEARNABLE SET OF SKILLS

This YOUTH RESILIENCE PROGRAM is rooted in the theory and practice of trauma-informed care. When humans experience defeat, shame, or loss, when we don't feel understood anywhere, it is our fundamental nature to respond with aggression or withdrawal. This automatic response cycle is commonly referred to as a *Fight or Flight Response*. But we can learn how to override automatic responding, we can learn how to respond to threatening situations with chosen remedies. With the right support, we can make healthier choices and we can thrive.

Research consistently validates that it only takes one meaningful relationship to reshape a youth's mindset. The way to shift a vulnerable mindset is to introduce new perspectives, elevate hope, and prove that protective support is available.

Our program delivers a therapeutically valid relationship with a clinically trained advocate who will foster individual resilience, while earning trust and buy in for healthy peer engagement and meaningful cohort participation.



This YOUTH RESILIENCE PROGRAM is specifically designed to empower at risk youth. The program is intended to elevate self-regard and perception of individual potential. The program provides hands-on learning alongside experiential development that enhances self-directed behavior management. Students build confidence while cultivating leadership skills, diversity competence, and elevating socialization skills.

PROGRAM DESCRIPTION

The Youth Resilience Program is solution focused and intended to be six individual therapy sessions followed by participation in ten group meetings. The individual meetings happen during class time. The group meetings are held afterschool. All services will be conducted in a confidential space provided by the school or community partner. All records will be maintained electronically, in compliance with HIPA regulation managed by *growURpotential*.

Clients are referred to the YOUTH RESILIENCE PROGRAM by a teacher, principal or member of a community resource center. Eligibility is based upon needs that meet at least three items on our criteria list:

- Low academic performance
- Low scholastic confidence
- Conflict with Adults
- Conflict with Peers
- Aggressive Interactions
- Negative Behaviors
- Classroom Disruptions
- Low Class Participation
- Problem Attendance

Individual therapy addresses primary concerns specific to each client, while building affinity for program participation. Group sessions will revolve around a ten week curriculum designed to fortify resilience skills, provide experiential learning for conflict resolution, frustration tolerance and academic excellence.

In rare instances we will provide individual therapy to a participant for the full sixteen week program, alongside group participation, based upon clinical guidelines.

PROGRAM CURRICULUM OUTLINE

Each Topic Covered in One 90 Minute Meeting

Cohort Formation

- ◆ Goals of Our Group
- ◆ Getting Acquainted

Relationships

- ◆ Why Bother
- ◆ Needs: How to Meet Them

Healthy Debate

- ◆ Exchanging Ideas
- ◆ Choosing Our Words
- ◆ Resolving Conflict

Decision Making

- ◆ Making Choices
- ◆ Building a logic map

Community Resources

- ◆ Employment
- ◆ Support & Engagement
- ◆ Ways to Give back:
Community Service

Academic Success

- ◆ Building Motivation
- ◆ Time Management

Leadership

- ◆ Earned Respect
- ◆ Motivating Others

Diversity

- ◆ Race, Culture & Family Values
- ◆ Gender & Homophobia
- ◆ Building Tolerance

Self-care

- ◆ Self-compassion
- ◆ Stress Reduction
- ◆ Wellness Chart

Healthy Living

- ◆ Body Awareness
- ◆ Nutrition
- ◆ Exercise

ABOUT growURpotential

MISSION

With compassion, collaboration, and respect we provide affordable mental health care including programs that strengthen adults, youth, families and communities.

VALUES

We believe mental health care is a right, not a privilege. By providing affordable mental health services and effective community programs we increase access and utilization of supportive services that contribute to improved adult, youth and family functioning. We are certain this will lead to fortified communities in Los Angeles.

HISTORY

growURpotential, a NONPROFIT CORPORATION, founded in 2015 by Mechelle (Meisha) Battiste and co-founded with Dena Schwimmer, provides therapy to a diverse population of Angelinos who self-direct to care at our Century City location. 94% of our services have been delivered to low-income clients.

Our Board Roster is available on our website. By this programs launch we will have accomplished recognition by the IRS as a 501(c)3 entity.

RESILIENCE SKILL SET

SOCIAL SUPPORT	Develop and nurture a social support network that resolves feelings of isolation and aloneness
OPTIMISM	Maintain positive expectancies for the future
FLEXIBILITY	Accept stress (trauma) and failure as ingredients for growth
COPING SKILLS	Minimize continued appraisal of threat, maintain positive self-regard, actively seek help and utilize available resources
CONFIDENT PERSONAL COMPASS	Self-assured, adaptive, positive, purpose driven core beliefs that validate decision making and problem solving schemas, alongside the ability to contribute to healthy debate
PHYSICAL HEALTH	Manage physical well being with intention

RESILIENCE is commonly defined as adaptive coping skills, activated on purpose, to recover from adversity. Coping skills are learned, practiced and then mastered. Without someone to teach them, how will they know? We seek partnerships schools and community agencies who are motivated to empower youth by helping them learn to utilize the correct strategies for success.

Give Our Youth
A Fighting Chance,
Show Them That Hope
Is More Than A Dream



To Bring The
YOUTH RESILIENCE PROGRAM
To Your School or Center Visit
growURpotential.org