



Empower Youth,  
Fortify The Future

THE YOUTH RESILIENCE PROGRAM

“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

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## 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*.

We teach youth how to override automatic responding by arming them with mindfulness skills. With the right support, our youth can make healthier choices and begin to thrive.

Research consistently validates that mindfulness skills reshape a youth's mindset. The mindfulness in schools movement is anchored in this knowing: 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 alongside experiential learning that fosters individual resilience, while earning trust and buy-in for healthy peer engagement and meaningful academic participation.



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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 a trauma informed, solution focused, exploration, guided by a 10 week curriculum that deepens emotional intelligence. Our classroom delivery method utilizes two hours of class time each week to explore the topics with an entire classroom. Our intensive delivery method provides individual meetings for six weeks, followed by small group formation, where the same counselor explores the curriculum with 6-15 students.

Individual clients may self-direct to the program or be referred 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

## 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 and 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 resources that contribute to improved adult, youth and family functioning. We are certain this will lead to fortified communities in Los Angeles.

## HISTORY

growURpotential is a CALIFORNIA NONPROFIT CORPORATION, founded in 2015. We provide affordable therapy to a diverse population of Angelinos at our Century City location. Our therapy fees are based upon a sliding scale that is income driven. 90% of our services are delivered to low-income clients.

Funds raised by this organization are entirely used in support of our *Youth Resilience Program*, a community outreach activity.

Our Board Roster is available on our website. We are currently awaiting recognition by the IRS as a 501(c)(3) entity, we have a fiscal sponsorship agreement in place during this interim.

## 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

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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](http://growURpotential.org)*

