

Family Education & Support Youth Program Overview

<u>Topic #1</u> Orientation	<u>Topic #2</u> Stress Management	<u>Topic #3</u> Changing Self Talk	<u>Topic #4</u> Owning & Understanding Symptoms & Behaviors	<u>Topic #5</u> Developing Friendships	<u>Topic #6</u> Problem Solving
<p>Goal: Participants learn the purpose of the group.</p> <p>Activity: Group members consider their personal goals for the group.</p> <p>Goal: Members will establish ground rules for group participation to maintain a supported group environment.</p> <p>Activity: Discuss ground rules for the group and record the rules on the Ground Rules Chart incorporating empathy in group participation.</p> <p>Goal Establish Personal goals</p> <p>Activity Complete Goal worksheet</p> <p>Activity: Healthy Snack Time!</p> <p>Goal: Ice breaker, Movement Activity: What do you feel more like? Eagle or dog?</p> <p>Goal Self expression Activity "Inside Outside" group drawing activity.</p>	<p>Goal: Identify how stress affects us.</p> <p>Activity: Identify stressful situations in terms of FIGHT and FLIGHT.</p> <p>Goal: Practice Healthy ways to cope with stress Activity: List strategies to cope with stress on chart paper. Role play scenarios with healthy coping skill.</p> <p>Activity: Healthy Snack Time!</p> <p>Goal: Self awareness through Self expression Activity: Art Activity – using sculpture. Part 1</p> <p>Create sculpture reflecting self-expression.</p>	<p>Goal: Learn concept of self talk - how it affect moods and behaviors.</p> <p>Activity: Discussion and handouts. Traffic Light Exercise</p> <p>Goal: Practice Positive Self-Talk Activity: Role play using alternative positive self talk in typically sticky situations.</p> <p>Activity: Healthy Snack Time!</p> <p>Goal: Self awareness Self expression Activity: Art activity Part 2</p> <p>Paint sculpture with choice of color to reflect self-expression.</p>	<p>Goal: Looking at how others perceive our behavior.</p> <p>Activity: Discussion, handouts, and sharing scenarios. When do you seem to get into trouble? When do you hear <i>"You are doing that on purpose."</i> What are you doing when you hear that?</p> <p>Review behaviors that may be related to sensory issues, MH symptoms, or medication usage.</p> <p>Problem solve how to become more aware of these behaviors and possible reasons behind them. (Problem solving to change behavior to occur in later sessions)</p> <p>Activity: Healthy Snack Time!</p> <p>Goal: Enhancing Self Esteem and Leadership Activity: Each member briefly takes turns leading group with dance moves to popular music starting with brief intervals (e.g. 5 seconds) to longer intervals (e.g. 20 seconds).</p>	<p>Goal: Learn positive social skills. How I can be a good friend?</p> <p>Activities Personal Space Rainbow</p> <p>Eye contact awareness</p> <p>Listening skills and Showing Interest in Others – <i>Are you Really Listening???????</i>© Dyads Practice listening skills.</p> <p>Goal: Practicing positive social skills Activity: Role play using new skills with peers in different scenarios appropriate to age group.</p> <p>Activity: Healthy Snack Time!</p> <p>Goal: Giving, receiving, and expressing thanks. Activity: Members make bead bracelets / necklaces and give to each other.</p>	<p>Goal: Learning Problem Solving Skills Activity: Members are provided handouts with basics of how to problem solve.</p> <p>The facilitator walks members through basic problem solving strategies with a common problem to youth the age of this age.</p> <p>Goal: Practice Problem Solving with Puppets! Activity: Members are divided into two groups.</p> <p>Practice and present skits</p> <p>Pizza Party !! EVALUATION DISCUSSION Your opinion counts!!!</p> <p>Goal: Enhancing Self Awareness and Friendship Skills Activity: Each member picks the animal photo provided by facilitator that most represents him or herself Members then draw or paint a picture that depicts how they see themselves as that animal. Members go around and explain their drawing. Members give each other feedback.</p>



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Activity: Review Circle (What I liked most about today's group wasbecause.....I.....)

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Activity: Circle Review (What I liked most about today's group wasbecause.....I.....)

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