



INPUTS

Physical

Trained, Dedicated Staff
Youth Peer Mentors

Philosophical

Trauma-Informed Perspective

SEVEN VALUES:

- ❖ Love and Respect
- ❖ Interpersonal Skills Emphasis
- ❖ Respect for Learning Orientation
- ❖ Self-Confidence
- ❖ Self-Persistence
- ❖ Self-Esteem
- ❖ Self-Reliance

5A Expertise

Trained, Certified Staff

RESEARCH BASIS

- ❖ Stanford University
- ❖ National Wellness Institute
- ❖ Center for Engaged Democracy
- ❖ Earth Charter

Resources

Foundation Support
Earned Revenues
Individual Donations
Faith-Based Contributions
Sponsorships and In-Kind
Board Participation
Event Revenues

OUTPUTS

Activities

Workshops
Seminars
Social Impact Labs
Classes
Trainings
Train-the-Trainer
Service Learning Projects
Distance Learning

MODALITIES

Trauma Informed Approach
Values-Based
Strength-Based
Compassion
Youth Leadership

METHODS

Human Centered Design
Systems Thinking Strategies
Iterative Ideation
Community Building

TOPICS

Political Education
Civic Education
Holistic Wellness
Transformational Leadership
Restorative Justice
Economic Self-Sufficiency

SHORT TERM OUTCOMES

Wellness

Youth Participants Exhibit Maturity in **Seven Wellness Areas:**

- ❖ **Spiritual** - Appreciation for the depth and expanse of life
- ❖ **Social** - Understanding interdependence
- ❖ **Environmental** - Awareness of surroundings and our impact upon them
- ❖ **Intellectual** - Value for learning
- ❖ **Emotional** - Awareness and acceptance of one's feelings
- ❖ **Physical** - Understanding diet, nutrition, and exercise
- ❖ **Occupational** - Finding value and enrichment through work

Leadership Development

Students Progress in four areas of Civic Engagement as identified by the **Merrimack College Center for Civic Engagement:**

- ❖ Civic Knowledge
- ❖ Civic Skills
- ❖ Civic Practice
- ❖ Civic Disposition

Participants Develop Leadership Interests Corresponding to **Five Impact Zones:**

- ❖ Institutional
- ❖ Political
- ❖ Internal
- ❖ Environmental
- ❖ Social

OUTCOMES

Youth Leadership

Participants Develop and Lead Initiatives in **Five Impact Zones:**

- ❖ **Institutional** - Challenging, changing, and engaging with social and civic institutions
- ❖ **Political** - Developing a political voice and initiating political discourse in pursuit of policy goals
- ❖ **Internal** - Self actualizing as mature leaders who live out their values
- ❖ **Environmental** - Addressing disparities in the conditions of the physical environment
- ❖ **Social** - Engaging youth, adults, and elders to create societal change

IMPACT

Youth Drive Societal Change

Participants Working in Five Impact Zones help **drive change in their communities, their city, and society:**

- ❖ **Institutions** - More responsive and reflective of people's needs and aspirations
- ❖ **Political** - Greater equity and accountability
- ❖ **Internal** - Healthier, more compassionate individuals
- ❖ **Environmental** - Improved conditions and greater awareness
- ❖ **Social** - Healthier connections promote greater empathy