



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

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

MODALITIES

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

METHODS

Human Centered Design
Systems Thinking Strategies
Iterative Ideation

TOPICS

Political Education
Civic Education
Holistic Wellness
Transformational Leadership

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 Proctice
- ❖ Civic Inclinations

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