

Positive Youth Development Framework	Mind Matters
<p>Skill Building. Develop soft and life skills through skill building activities within individual, family, peer and community settings.</p>	<p><i>Mind Matters</i> teaches individuals proven ways to deal with stressful, perhaps adverse life experiences using innovative methods based on current research and neuroscience. The lessons build skills that help them cope with life’s stressors so they can begin to take charge of themselves and their responses to difficult situations. Participants learn to address their physical, relational and mental health needs.</p> <p>Lesson 1: Self-Soothing</p> <ul style="list-style-type: none"> • 1.2 Four Self-Soothing Skills <p>Lesson 2: Discover Emotions</p> <ul style="list-style-type: none"> • 2.1 Body Scan • 2.2 Practice Identifying Emotions <p>Lesson 4: Building Empathy</p> <p>Lesson 5: I Get By with a Little Help from My Friends /Wheel of Awareness</p> <ul style="list-style-type: none"> • 5.1 Mapping Your Support System • 5.2 Wheel of Awareness <p>Lesson 7: Trauma Containment and Rhythm</p> <p>Lesson 8: Tapping / Efficient Sleep</p> <p>Lesson 9: Let’s Get Moving</p> <p>Lesson 10: Life of Intention</p> <ul style="list-style-type: none"> • 10.2 SMARTER Goals <p>Lesson 11: Code of Honor / Asking for Help</p> <p>Lesson 12 The Ongoing Journey</p> <ul style="list-style-type: none"> • 12. 1 Four New Skills • 12.4 Safe Place, Picture, and Anchor Object
<p>Youth engagement and contribution. Allow youth engagement to take different shapes. This can include youth expression, youth involvement in community service and creating opportunities for youth decision-making at various levels of government. This can also include programs that provide structure for youth contribution or that support youth leadership.</p>	<p>The activities in <i>Mind Matters</i> are varied. They include role-plays, art, music, exercise, and skill practice activities that are designed to give people practical skills to use in real-life situations.</p> <p>People have the opportunity to write their Code of Honor and personal agreements for how they can practice, live, and share what they have learned with their peers and support system.</p>

<p>Healthy relationships and bonding. Identify and link youth to positive adult role models, mentors, coaches, teachers, health care providers and community leaders. Ideally, youth have at least one caring and consistent adult in their lives. Healthy peer relationships are also particularly important to youth.</p>	<p>Participants of Mind Matters are frequently encouraged to practice relying on another person—someone they can trust. Activities foster healthy relationship skills like active listening, identifying different supporters in participants’ lives, and asking others for help.</p> <p>Lesson 5: I Get By with a Little Help from My Friends /Wheel of Awareness</p> <ul style="list-style-type: none"> • 5.1 Mapping Your Support System <p>Lesson 10: Life of Intention</p> <ul style="list-style-type: none"> • 10.3 Tell Someone <p>Lesson 11: Code of Honor / Asking for Help</p> <ul style="list-style-type: none"> • 11.2 Asking for Help
<p>Belonging and membership. Foster activities where youth feel included regardless of gender, ethnicity, sexual orientation, disabilities, or other factors. Identify activities that provide positive sense of belonging (schools, sports, community service, faith-based youth group, etc.)</p>	<p>Mind Matters is designed to be facilitated in groups both large and small, workshops, or one-on-one in a variety of settings. It is being used in middle, high, and alternative schools, in residential treatment facilities, and in correctional settings to name a few locations. It is written for anyone ages 12 through adulthood who have experienced trauma or stress. Most people can benefit from the self-soothing skills, practices to support growth, and creating a plan to move forward.</p>
<p>Positive Norms, expectations, and perceptions. Have clear and consistent norms and expectations about health, relationships, and forms of engagement that provide youth an increasing amount of responsibility and independence and allow youth to grow and take on new roles.</p>	<p>People experiencing ongoing stress or prior trauma often have difficulty regulating their emotional responses when facing challenges in school and work, life and relationships.</p> <p>As participants learn the skills and strategies in Mind Matters, they can begin to take charge of themselves and their responses to what life throws at them. Participants learn to identify, address, and normalize their physical, relational, and mental health needs.</p> <p>Participants are encouraged to use their practice journal and self-soothing skills to grow their brains and set their own goals and plans for the future.</p>
<p>Safe Space. Create safe spaces that are tailored to the needs of youth – including physical infrastructure as well as emotional safety. Space can be defined in a variety of ways, including virtual. Many communities lack any space for youth to convene. Thus, communities must be committed to</p>	<p>Each lesson in Mind Matters includes specific safety tips as well as goals and participant objectives that help guide the facilitator in providing a safe space for participants. This program recognizes that participants may be very willing to share, and at other times, not so much. Facilitators are prompted to</p>

<p>providing youth with safe spaces to practice, engage, and learn creatively and collaboratively. An emotionally safe space is critical to learning.</p>	<p>support their group’s participation very carefully as one person sharing may trigger another’s memories.</p> <p>In the first five lessons participants learn self-soothing skills before the concept of trauma is introduced. In Mind Matters there is no discussion of specific personal traumatic events. Mind Matters is not therapy.</p> <p>Self-soothing exercises are included throughout Mind Matters that can be practiced anytime during or outside of the class.</p>
<p>Access to age appropriate and youth friendly services; integration among services. Make information available to youth and families, connection and integrating health and social services so there is a continuum of care and support at a community level.</p>	<p>In addition to helping participants identify their own system of support during the classes, Mind Matters also encourages the facilitator to develop a list of local referral sources available for participants.</p>