

C.R.O.W.N PROGRAM

PROGRAM SUMMARY

The C.R.O.W.N. program was created in response to include trauma informed practices in our local schools and community to help young girls and boys who have experienced trauma cope in a healthy productive way. Youth will learn the basics of trauma and how it impacts their life whether they experienced it or witnessed it firsthand. Youth will be able to identify the impact of trauma on their lives by completing evidenced base screeners and instruments such as the ACE or Philadelphia Urban ACE Scale (depending on geographics). We use motivational interviewing and cognitive behavioural techniques to encourage youth to use this knowledge to build resiliency and coping skills. Youth can practice copings skills as a group for familiarization. Youth will also learn how to use their coping skills to minimize the negative impacts of social media. This will decrease the chances of youth engaging in cyberbullying and being victims of it. Research tells us that trauma responses can vary widely from becoming a bully or having negative self-thoughts. We strive to educate youth on the truth about trauma and how they can live a positive healthy lifestyle despite their experiences.

OBJECTIVES

- ☐ To increase youth knowledge about basic trauma
- ☐ To increase positive self- awareness in youth
- ☐ To increase personal knowledge of resilience and coping skills
- ☐ To identify symptoms that trigger negative self-thoughts.
- ☐ To increase self-confidence and courage
- ☐ To decrease negative thoughts and behaviours

METHODS

- ☐ Small groups between 10-20 youth
- ☐ 45 – 60 min one day a week for six consecutive weeks (8 weeks, if necessary)
- ☐ Youth from ages 10-24 in school or community setting
- ☐ Same gendered youth; male, female, gender neutral
- ☐ Pre/ Post Surveys
- ☐ One follow-up session 2- 6 months apart.

BENEFITS

- ☐ Improve in social skills.
- ☐ Increased sense of self-esteem and confidence.
- ☐ Decrease in desire to engage in bullying.
- ☐ Strengthen relationships.
- ☐ Acquire knowledge of trauma related to self.
- ☐ Increase methods of healthy coping skill engagement.
- ☐ Improve positive self-thoughts.
- ☐ Community support referrals, if necessary.

AGENDA & TIMELINE

Program implemented in 6 weeks with 45- 60 minutes each session. Agencies can add additional sessions that include topics on effective communication and healthy relationships.

Week	Topic	Implementation	Screenings
1	Trauma Basics	Check in, introductions, pre survey, build rapport, education, and open discussion	Pre-Survey
2	Trauma Identity	Check in, education, open discussion	ACEs
3	Resiliency in Me	Check in, education, open discussion, practice	PCL-5
4	Social Media	Check in, education, open discussion, practice	PHQ-9
5	Self-Love	Check in, education, open discussion, practice	GAD-7
6	Coping	Check in, practice, wrap up, and post survey	Post-Survey
7	Effective Communication Skills	Check in, education, open discussion, practice	Pre/ Post Survey
8	Healthy Relationships	Check in, education, open discussion, practice	Pre/ Post Survey

COST OF PROGRAM

- ☐ The average cost to implement a girls psychotherapeutic group is \$50 per youth per session. For example, if there are ten youth in a 6 week group the total cost will be \$3,600 or \$600 a week.
- ☐ Throughout the program youth will receive supplies and materials listed below as a starter kit to encourage positive health practices
 - Journal
 - Self-care supplies
 - T-shirt
 - Healthy Snacks
 - School supplies
 - Coping supplies
 - A crown
- ☐ Implementation of these groups are provided by black and brown men and women, social workers, peer support and prevention specialist, educators, and ministers.

CONTACT US

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