Helping Children and Caregivers with High ACEs at the Boys and Girls Club
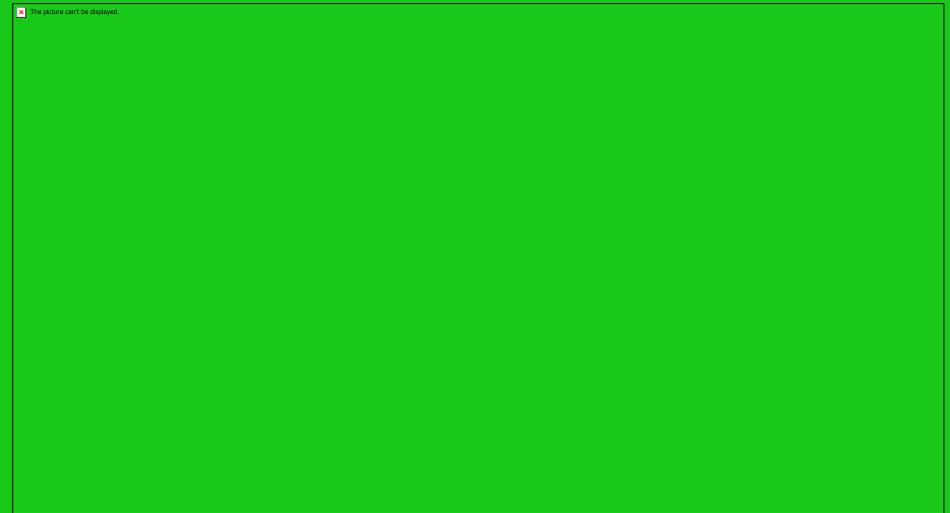
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ABOUT OUR SERVICES

- Young Females

- Ages (10-18 years old)

- Attend Boys and Girls Club

- Has High ACEs Score

- Single parent homes

- **Location: Boys & Girls Club***

  ***various demographics, languages, and neighborhoods**

Uniqueness

- ***Female Population Focus***

- ***Specialized and Individualized with Low Mentor/Client Ratio***

- ***Mentorship Program – Big/Little Sister***
  - ➢ build strong support system to address high ACEs
  - ➢ select mentors with similar experiences of younger girls to make it clear that they are not alone.

- ***Family Support Option***
  - ➢ Share CBT Techniques, self-regulation skills, mindful practices that can be used at home to build stronger caregiver bond through security, stability and relationships.

What We Address?

Assistance and support to young female girls with High Adverse Childhood Experiences score through the use of Cognitive Behavior Therapy, Mindfulness techniques, and coping skills.

Why Boys and Girls Club?

- Boys and Girls club children are at risk with higher aces than the normal population because it is an after-school program that helps children whose parents cannot afford other after-school programs.

(CDC 2019)

- **Develop strategies and techniques to enhance their ability to recognize their personal ACEs and incorporate skills and strategies in their lives that will make them successful in their homes and communities.**

- **Over the course of two academic years, clients should be able to identify the negative impact of ACES by 50% in their personal lives and be able to select skills and strategies to out least 75% of the challenges that they may face.**

Our Main Activities

- **Different Types of Cognitive Behavior Groups within the club setting**
- **Mindfulness techniques**
- **Self-regulation and Coping Skills**
- **Provide Outside Resources, if needed**
- **Offer Education and Training Tools for family members**

Evaluation

- A pre-assessment will be given to determine if they have high ACE scores before the program starts.

- During the mid-term, complete the assessment again and see how they are doing

- After the program ends, they will be able to complete the post-assessment.

- Interviews and cognitive behavior group observations will also be a part of the assessment.

Sustainability of the Program

The program will be sustained through:

- **Partnerships with Community Organizations**

- **Resources to provide additional training to volunteers to monitor young people**

- **Consistent and clear communication efforts between staff and families**

- **Community awareness of the program**

A healthy, enriching environment helps a child to thrive, which fosters a positive outlook on life, and leads to a productive adulthood.

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