**Family Education & Support**  
**Youth Program Overview**

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<td><strong>Developing Friendships</strong></td>
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</table>
| **Goal:** Participants learn the purpose of the group. | **Goal:** Identify how stress affects us.  
**Activity:** Identify stressful situations in terms of FIGHT and FLIGHT. | **Goal:** Learn concept of self talk - how it affect moods and behaviors.  
**Activity:** Discussion and handouts.  
**Traffic Light Exercise** | **Goal:** Looking at how others perceive our behavior.  
**Activity:** Discussion, handouts, and sharing scenarios.  
**When do you seem to get into trouble? When do you hear “You are doing that on purpose.” What are you doing when you hear that?** | **Goal:** Learn positive social skills. How I can be a good friend?  
**Activities**  
Personal Space Rainbow  
Eye contact awareness  
Listening skills and Showing Interest in Others – Are you Really Listening????? ☺  
Dyads Practice listening skills. | **Goal:** Learning Problem Solving Skills  
**Activity:** Members are provided handouts with basics of how to problem solve.  
The facilitator walks members through basic problem solving strategies with a common problem to youth the age of this age. |
| **Activity:** Group members consider their personal goals for the group. | **Activity:** Practice Healthy ways to cope with stress  
**Activity:** List strategies to cope with stress on chart paper. Role play scenarios with healthy coping skill. | **Goal:** Practice Positive Self-Talk  
**Activity:** Role play using alternative positive self talk in typically sticky situations. | **Review behaviors that may be related to sensory issues, MH symptoms, or medication usage.**  
**Problem solve how to become more aware of these behaviors and possible reasons behind them. (Problem solving to change behavior to occur in later sessions)** | **Goal:** Practicing positive social skills  
**Activity:** Role play using new skills with peers in different scenarios appropriate to age group. | **Goal:** Practice Problem Solving with Puppets!  
**Activity:** Members are divided into two groups.  
Practice and present skits  
Pizza Party!!  
**EVALUATION DISCUSSION**  
Your opinion counts!!! |
| **Goal:** Members will establish ground rules for group participation to maintain a supported group environment. | **Activity:** Healthy Snack Time! | **Activity:** Healthy Snack Time! | **Activity:** Healthy Snack Time! | **Activity:** Healthy Snack Time! | **Goal:** Giving, receiving, and expressing thanks.  
**Activity:** Members make bead bracelets / necklaces and give to each other. |
| **Activity:** Discuss ground rules for the group and record the rules on the Ground Rules Chart incorporating empathy in group participation. | **Goal:** Establish Personal goals  
**Activity:** Complete Goal worksheet  
**Activity:** Healthy Snack Time! | **Goal:** Ice breaker, Movement  
**Activity:** What do you feel more like? Eagle or dog?  
**Goal:** Self expression  
**Activity** “Inside Outside” group drawing activity. | **Goal:** Enhancing Self Esteem and Leadership  
**Activity:** Each member briefly takes turns leading group with dance moves to popular music starting with brief intervals (e.g. 5 seconds) to longer intervals (e.g. 20 seconds). | **Goal:** Enhancing Self Awareness and Friendship Skills  
**Activity:** Each member picks the animal photo provided by facilitator that most represents him or herself. Members then draw or paint a picture that depicts how they see themselves as that animal. Members go around and explain their drawing. Members give each other feedback. | **Goal:** Enhancing Self Awareness and Friendship Skills  
**Activity:** Each member picks the animal photo provided by facilitator that most represents him or herself. Members then draw or paint a picture that depicts how they see themselves as that animal. Members go around and explain their drawing. Members give each other feedback. |

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**Division of Child Mental Health Services**
| Goal: Closure  
Activity: Review Circle (What I liked most about today’s group was .......because......I......) | Goal: Closure  
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Activity: Circle Review (What I liked most about today’s group was .......because......I......) | Goal: Closure  
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