



CourageousHearts

COURAGEOUS CONVERSATIONS™ CLUB **A HOLISTIC DRUG PREVENTION PROGRAM**

YOUTH **WELL-BEING**

Research suggests that at-risk youth need five features to help them achieve long-term success: Safety, Supportive Relationships, Meaningful Youth Involvement, Skill-Building, and Community Involvement, yet few high schools have the capacity to offer programs that address these and other life skills.¹

The Courageous Conversations™ Clubs address the mental, emotional and physical well-being of youth so they are able to more fully engage in and succeed in school. It also provides a social format for group engagement and peer-to-peer support.

FORMAT

Youth are screened and invited to participate in the Club based on their risk-status, interest, and capacity to engage with the material. The Club meets consistently throughout the year in a weekly format and is set up to be scalable with time.

The sessions happen afterschool and provide experiential learning in self and social awareness, effective interpersonal relating, and goal-setting. They also educate young people with factual information about drugs, alcohol and addiction.

NEEDS ADDRESSED

The Courageous Conversations™ Club addresses 24 Developmental Assets identified by the Search Institute as fundamental to “helping youth become caring, responsible and productive adults.” It is also designed to support youth in developing resiliency in relation to the toxic stress associated with Adverse Childhood Experiences (ACEs), which are key risk factors for poor health and social outcomes, drug addiction and are the “greatest public health threat of our time.” (Dr. Nadine Burke-Harris, 2014)

MISSION

To experientially educate both the hearts and minds of young people with effective & holistic wellness, leadership & life success tools.

VISION

To develop healthy & strong student leaders who are empowered with effective tools for inner fulfillment, outer success and peer-to-peer support.



¹ Effective Practices. The John Burke Foundation for Children Without Homes. 2007.

CLUB **COMPETENCIES**

Our experiential and innovative curriculum provides tools to improve interpersonal communication, build confidence, increase self-awareness and Emotional Intelligence (EQ), and delivers drug prevention/stress management strategies. We intend for the Courageous Conversations™ Club to become a popular experience which results in measurable *positive change* on each school campus.

Participants in the Courageous Conversations™ Club builds competencies in the following categories of social assets:

- Effective Interpersonal Relating
- Emotional Intelligence (EQ)
- Resiliency
- Increased Confidence and Physical Well-Being
- Self & Social Awareness
- Personal Responsibility & Leadership
- Stress Management & Prevention
- Employment Readiness
- Supportive Self-Care

FACILITATION **SUPPORT**

This program requires skilled facilitators and advisors with experience working with at-risk populations to deliver an engaging training that empowers youth with skills to address personal challenges. Much of this curriculum has been successfully used in 43 middle and high schools in Los Angeles, through the Tobacco Use Prevention & Education (TUPE) grant. This program is an expansion of that previous success with the intention of expanding its reach.

CONTACT US FOR MORE INFO



Facilitators



Heather Daly, Ph.D.

Dr. Heather Daly is a scientist, visionary, youth development facilitator, and an educator. Using her unique educational background in Toxicology (Ph.D.) and Spiritual Psychology (M.A.), she has touched the hearts and minds of thousands of educators and youth with her innovative facilitation style and holistic approach to drug prevention & education.



Leslie Clarke, Ph.D.

Dr. Leslie Clarke is an educator, youth trainer and consultant who has worked with schools, city and county governments, hospitals, nonprofits and corporations for 25 years to implement and evaluate evidence-based health and education programs for at-risk populations. She combines her training in public policy (Ph.D.), public health & leadership to deliver transformational education to teachers, leaders & youth.