



2022 CVC Outreach Program Proposal



Description/Goal: Teach. Train. Transform. Societal change starts with real talk and real engagement. The 2022 CVC Outreach Program will be dedicated to quality trainings, presentations and group discussions based on developmental maturity and geared towards professional need and primary prevention objectives. As a society, we tend to believe that quantity and repeated exposure is how effective change is created. But true effective change begins at the grassroots level; meeting people where they're at, regardless of demographic distinction (age, race, gender, etc.), and providing them with a safe space to engage in real discussion.

CVC Outreach Clause: As subject experts and training professionals, the CVC holds exclusive rights to program development guidelines, school requirements, and the right to dissolve any agreement due to perceived misinformation by the school or program body.

CVC MOU Clause: For schools eligible to hold classroom, or group facilitated programming, determined by CVC outreach team, a memorandum of understanding will be drafted by the CVC outlining group requirements, vetting contingencies, timeline and subject layout, materials needed and who will provide them (CVC or school), and any other parameters necessary to secure the efficiency and success of the proposed programming. The CVC will also hold the right to dissolve any programming should it be determined that the school has breached the MOU agreement.

CVC Counseling Disclaimer: The CVC Outreach team does not provide direct counseling services to students. The Outreach team will provide the appropriate referral forms for the school to work with students and families to connect them directly with the counseling department. Please see Counseling Referral form attached to the end of this document.



K-12 Outreach Education Programming



Description/Goal: The K-12 program is geared to provide age-appropriate content to students to provoke altruistic thought processes, raise school empathy culture, and challenge students to evoke cultural change in their schools. This program is determined to provide accurate, research-based, and culturally relevant trainings to school faculty and staff to evoke trauma-informed change at an administrative level and provide faculty and staff with the tools to successfully operate in situations that may otherwise seem overwhelming. The program has also expanded to include select parent workshops to provide resources for those tough questions and conversations.

Programs Offered:

- **Staff/Faculty Trainings:** Available for any staff, administrative or faculty member employed by a K-12 school
 - Trauma-Informed Trainings: These trainings focus on:
 - Recognizing trauma in students
 - Tips and tricks to avoid staff burnout
 - Tips to boost employee morale
 - Teacher toolbox (provides classroom skills that teachers can use when dealing with a potentially traumatized student), and more.
 - Professional Development Trainings: These are trainings based on State Required School Training Mandates. Such programs include Mandated Reported Training, Act 71 Training, Act 26 Training, and Act 31 Training.
- **Parent Programming:** Workshops created to help parents identify warning signs in their children and provide them with the skills to start conversations on primary prevention.
 - The World We Live In – Tech focused information session and discussion on the latest trends, cyberbullying, sexting, etc.
 - What the Heck is Going on? – How to notice trauma in your student. Signs to look out for, resources, and conversation starters
 - What Did You Say? – Healthy relationship communication, boundary setting, and how to take down that teenage wall
- **Classroom Style Programming:** These presentations are to be incorporated into an already existing school campaign or classroom curriculum. Schools will be subject to signing an MOU based on desired programming. Classroom sizes are between 15-45 students.
 - Categories available for grade levels 1-4:
 - Exploring Feelings: Identifying emotions, improving self-esteem, and coping skills.

- Safety Matters: An early step in reducing child victimization, this program looks at good touches, bad touches, and confusing touches while empowering children to recognize and respond to unsafe situations.
 - Categories available for grade levels 5-12:
 - Technology Programming: Cyberbullying, Tech Safety, Delinquency Download (focused on social media trends), and Sexting.
 - Healthy Relationships Programming: Bullying/Social Intimidation, Peer Pressure, Boundaries and Respect, Sexual Harassment, and Consent.
 - Trauma-Informed Care: Self-care, Signs of Crisis, Resources for Help
- Teen Transformation Program (previously known as small groups): Available for grades 8-12. These programs are provided to two categories of students: those identified by SAP/CIS programming as having trauma-based needs (subject to further vetting by CVC staff to determine eligibility) and those determined to be school culture changers (leadership development workshops on effecting change, determined by administration, counselors, teachers, etc.). Specifics regarding group diagnostic parameters will be discussed on a case-by-case basis between the CVC Outreach Representative and School Contact Personnel.
 - For At-risk Groups: *4-8 weeks*
 - 7 Healthy Habits of a Highly Functioning Teen (based on Sean Cooley's Best Seller)
 - What the Heck is Going On? – a trauma informed program geared towards students dealing with severe crisis related behaviors with the goal to raise self-awareness and move toward trauma healing
 - Are You Trending? – geared towards students dealing with tech related offenses with the goal of raising self-awareness and empathy
 - Who Am I? –healthy relationships programming for students who engage in high-risk behaviors. This program focuses on coping strategies (emotional regulation included), healthy relationship development (including consent and sexual harassment), and trauma healing strategies
 - Please note that this group is not to replace individual counseling or become a support group for those dealing with different traumas. CVC staff can provide the appropriate referral form for school staff to fill out with students and families to connect a student with CVC counseling.
 - For Leadership Development Groups: *1-4 sessions*
 - How to Evoke Change – Advocacy Workshop
 - What It Means to Lead – Relationships/Peer Pressure Workshop

- What Would You Change? – School Culture Information Gathering Session to provide information to administration with student views on particular school culture areas related to bullying, cyber issues, etc.
- See Something. Say Something. – Bystander Intervention Training