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group programs

GENERAL SUPPORT GROUPS

Customizable to the needs of the students and the school setting. Supports positive communication and improved student interactions by creating a community of support.

GPS

Respectful Relations

Focuses on positive and negative student interactions including bullying and peer pressure. Challenges students to examine their current thought and action patterns, and to use their future goals in order to make decisions in the present.

REAL YOU

Focuses on academic integrity. Discussion of common factors contributing to academic cheating such as time management, peers, anxiety, family expectations, fear of failure, home environments, technology, and learning styles.

RESTORATIVE CIRCLES & MEDIATION

Immediate debrief and mediation when conflicts occur among students. To allow all parties involved to understand the impact of their actions and identify positive choices that will mitigate the harm done to others.

MAPS

Mindful Actions for Peaceful Solutions

A three day intervention program for fighting or altercations with other students on campus. Provides students with greater reflection on their actions and the positive/negative consequences of those actions.

STAY

Focuses on truancy and attendance. Topics range from goal-setting, coping skills, support system, self-evaluation, and both personal and environmental factors that contribute to truancy.

ATS

Alternatives to Smoking

A two day intervention program when students have been involved with smoking/vaping on campus. Provides psycho-education on nicotine and guides students in exploring healthy coping skills.

PATH

Pointing Adolescents Towards Health

A five day intervention program that educates students on the effects of alcohol and drug use. Further guides reflection on the risks associated with use. The program discusses peer pressure, addiction, health and legal ramifications.

WAY

Short-term intervention group that addresses alcohol and drug use in adolescents. Encourages students to reflect on their values and goals as well as the impact of substance use. Provides coping strategies for students to manage stress, peer pressure, and personal challenges.

