
YSLI T.H.R.I.V.E. 9-Week Mental Health & Wellness Program

Transforming Health, Resilience, Innovation, Vision & Empowerment

Program Structure

- **Target Group:** Youth ages 9–18
 - **Format:** 1 session per week (90–120 minutes)
 - **Approach:** Interactive workshops, restorative circles, SEL skill-building, creative expression, and family/community engagement
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Week-by-Week Breakdown

Week 1 – Building Trust & Community

- **Focus:** Program introduction, safe space creation, community agreements
 - **Activities:**
 - Icebreakers & team-building games
 - Group “Community Agreement Circle”
 - SEL check-in: Identifying feelings with an “Emotion Wheel”
 - **Outcome:** Youth feel welcomed, safe, and part of a supportive group.
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Week 2 – Understanding Emotions (SEL Foundations)

- *Focus:* Self-awareness & self-regulation
 - Activities:
 - Emotion journaling & reflection
 - Breathing & mindfulness exercises
 - Role-play scenarios on handling anger, sadness, or stress
 - Outcome: Youth learn to name emotions and apply coping strategies.
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Week 3 – Trauma & Healing Spaces

- *Focus:* Trauma-informed care basics, recognizing triggers & grounding techniques
 - Activities:
 - Guided discussion: “What does safety mean to me?”
 - Hands-on activity: Creating personalized “Calm Kits” (stress balls, affirmations, etc.)
 - Grounding practice (5-4-3-2-1 sensory exercise)
 - Outcome: Youth recognize trauma’s impact and gain tools to self-soothe.
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Week 4 – Restorative Practices & Conflict Resolution

- *Focus:* Accountability, empathy, and repairing harm
- Activities:
 - Restorative Circle practice with real-life scenarios
 - Peer mediation role-plays

- Creating a “Peace Corner” blueprint for schools/home
 - Outcome: Youth understand restorative justice as an alternative to punishment.
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Week 5 – Mental Health Awareness & Stigma Reduction

- *Focus:* Understanding mental health, breaking stigma
 - Activities:
 - Guest speaker (therapist, youth mental health advocate)
 - Myth vs. Fact mental health activity
 - Small-group discussions: “How I can support a friend”
 - Outcome: Youth can define mental health, identify supports, and challenge stigma.
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Week 6 – Wellness & Self-Care Practices

- *Focus:* Physical, emotional, and digital wellness
 - Activities:
 - Yoga/meditation session
 - “Digital Detox Challenge” activity
 - Create a self-care plan (daily routines, hobbies, nutrition)
 - Outcome: Youth develop personalized wellness strategies.
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Week 7 – Leadership & Advocacy in Mental Health

- *Focus:* Youth voice, advocacy, and leadership
 - Activities:
 - Public speaking workshop
 - Group project: Designing a mental health awareness campaign (poster, social media, podcast, etc.)
 - Leadership circle: Sharing personal visions for change
 - Outcome: Youth gain confidence as mental health advocates.
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Week 8 – Family & Community Engagement

- *Focus:* Expanding support networks
 - Activities:
 - Family Mental Health Night (youth present what they've learned)
 - Parent/guardian workshop on trauma-informed parenting & SEL support
 - Community service project planning (ex: awareness walk, clean-up, or mural)
 - Outcome: Families and communities become partners in sustaining youth wellness.
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Week 9 – Celebration, Reflection & Next Steps

- *Focus:* Reflection, recognition, and empowerment
- Activities:
 - Showcase youth projects (campaigns, artwork, performances)
 - Closing restorative circle ("What I gained & what I'll give back")

- Award ceremony & certificates of completion
 - Outcome: Youth celebrate growth, leave empowered, and see themselves as leaders in mental health advocacy.
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