



Confusion

Anger

Operation **S.A.V.E.** our youth is an experientially based, educational and therapeutic program designed to help teens to fulfill emotional needs, find mental and physical balance, build strength and focus, and generate healthy relationship skills to master a sense of cooperation with their family, peers, and the community. Teens who participate in this program will have the opportunity to gain hope, a better sense of well-being, self-confidence, and resilience. Through education and creative expression and experiential therapies (e.g. art, music, movement), participants can learn to unlock the emotions that are frozen in their minds and bodies due to unhealthy experiences, such as abuse, neglect, loss and grief, etc. Based on research on brain neuroplasticity, approaching such problems from this perspective builds improved neuro-connections in the brain, providing a more secure foundation for discovering their true selves, better decision-making abilities, resilience, and habits of moral character.

Operation **S.A.V.E.** Our Youth Program

Each 6-week cycle will include 5 different segments, each having an educational component with therapeutic processing and an experiential component that includes interactive processing.

Week One: Victimization

This segment will include education and interactive therapeutic processing based on such issues as physical, emotional, and sexual abuse, as well as neglect, domestic violence, bullying/cyberbullying, and substance abuse. Through creative processing and techniques based in art and other experiential therapies, teens can learn to feel comfortable in their own skin, have a positive sense of self-empowerment, self-confidence, and to ask for help and take advantage of resources.

Week Two: Anger Management

The anger management section will include education about anger toward the self and others. It will build on strengths and coping skills and the interactive process, using art, movement, and psychodrama, to help teens better understand their behaviors, as well as experiencing calmness and mindfulness practices.

Pain



Week Three: Self-injury and Suicide

Issues covered in this segment will include such things as depression, anxiety, self-esteem, body image, life stressors, peer pressure, bullying and other forms of abuse, et cetera. Teens will learn how to break negative patterns of thinking and behavior, become self-motivated, and build a network of support and resources.



Week Four: Drug and Alcohol Abuse

This segment will focus the first half on education about drugs and alcohol and the consequences of their use. The second half will include exercises in psychodrama, creative expression, and small group processing.



Week Five & Six: Personal Growth and Strength Building

Personal growth and strength building is about fulfilling emotional needs and discovering who you are. It's designed to help teens to find mental and physical balance, identify their dreams, and to build on inherent strengths that will help them to find success in life and to become leaders in their community. The largest component of this segment will be based on experiential activities, interaction, and creative expression.