

**Goal/Aim 5: Increase capacity for youth and families in the Flint community to support skill building and career opportunities to implement evidenced based programs.**

Objectives	Activities	Process Measures	Outcomes & Indicators
<p><b>Objective 1 (TR1):</b> Deliver 4 (per year) group-based family-oriented trauma-informed mindfulness skill building workshops (1 hour each; designed to service a minimum of 15 families per session) in partnership with local partners currently providing relevant trainings.</p>	<p>Activity 1: Identify mindfulness and meditation practitioners in Flint</p> <p>Activity 2: Host 1 session in each quadrant of the city</p> <p>Activity 3: Demonstrate active forms of individual meditation</p> <p>Activity 4: Host active family meditation sessions</p>		<p>-80% of participants identify 2 meditation activities to employ in family setting</p> <p>Pre/Post assessment of mindfulness skill building workshops</p>
<p><b>Objective 2:</b> Reach 300 youth each year through offering bi-monthly artistic (art, music, theatre, dance, etc) resilience activities for Flint area youth and families, in collaboration with local arts-based organizations (e.g. El Ballet Folklorico Estudiantil). We will expand the number of arts programming activities by 2 events each year.</p>	<p>Activity 1: Connect local arts coalitions to support trauma-informed approaches via self-expression</p> <p>Activity 2: Provide arts based activities within each city quadrant at local community organizations</p> <p>Activity 3: Provide arts based activities to underserved population subgroups (e.g. physically impaired; hearing impaired; etc)</p>	<p># of connections established</p> <p># of activities provided and locations</p> <p># of underserved subgroups receiving activities</p> <p># of participants</p> <p>Total # of youth served</p> <p>Types of Projects Developed</p> <p>Again capturing events through photos, social marketing efforts</p> <p># hashtag campaigns</p>	<p>-Establish programs tailored for disparity populations expanded by 1 per year per group</p> <p>-measure communication improvement</p> <p>-measure other violence prevention outcomes (Refer to my notes from theatre/arts objective above)</p>

<p><b>Objective 3 (TR1):</b> Provide leadership, policy, advocacy, and public mental health training for 50 Flint area youth (age 11-16) through the annual summer 2-week Youth Public Mental Health Leadership Academy. The academy will include introduction to careers as first responders including police, fire, ambulance, EMT, protective services, etc.</p>	<p>Activity 1: Organize career (civil service, first responder, mental health clinician, community organizations, philanthropic organization, public health) two career shadowing options for each youth</p> <p>Activity 2: Identify 10 college and young adult leaders (18+) to serve as academy leaders/counselors</p> <p>Activity 3: Disseminate public health training for 50 youth age 11-16, and invite these youth to serve as local mental health youth advocates (in partnership with the youth ambassador activities)</p> <p>Activity 4: Organize Photovoice project for youth needs assessment</p> <p>Activity 5: Provide youth leadership training in partnership with Chamber of Commerce and Flint FACT</p> <p>Activity 6: Develop policy message using the KidSpeak activities</p> <p>Activity 7: Organize two community-based events per week to give youth opportunity to share aspects of their brief training within various community sectors (faith, health, governance, youth serving)</p> <p>Activity 8: Organize three within state day-long events (e.g. escape room, scavenger hunt, ropes course, etc) with team-building activities integrated into the destination activities</p>	<p># attendees</p> <p>#adults shadowed</p> <p># daily events provided</p>	<ul style="list-style-type: none"> <li>-increase knowledge about impacts of mental public health field</li> <li>-increase awareness of TIA among youth</li> <li>-increased presence of peer mediation skills</li> <li>-improved communication skills with parents</li> <li>-improved self-esteem</li> <li>-improved self-concept</li> <li>-improved confidence</li> <li>-increased self-empowerment</li> <li>-improved team work capacity</li>   <li>-improved communication skills</li> </ul>
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