



JOURNEY TO HEALING

PROVIDING A HOLISTIC
APPROACH TO TRAUMA

Quarter 3 Programming

WAYNE METRO 21ST CENTURY PROGRAM & JOURNEY TO HEALING NEWS

GROWING STRONGER TOGETHER

NURTURING ESSENTIAL LIFE SKILLS IN YOUNG MINDS IN WAYNE METRO



Students unite in a group snapshot after engaging in invigorating health and wellness activities.

OUR PILLAR FOCUS & WHAT WE ARE WORKING ON

Self-Awareness:

Understanding our thoughts, feelings, and behaviors.

Self-Management:

Using skills to manage our thoughts, feelings, and behaviors in ways that are helpful to us and others.

Relationship Management:

Initiating, defining, and maintaining healthy relationships with others.

Social Awareness

Understanding the thoughts and emotions of others, and being able to respond to them respectfully and with empathy.

KIDS CONNECT PROGRAM emphasizes the importance of gratitude, with the students creating gratitude jars and sharing moments they're thankful for. Mindfulness activities like healing circles and reflection sessions provide them with valuable tools for emotional well-being.



OTHER ACTIVITIES THAT STUDENTS HAVE ENJOYED



- **Calming Strategies Kickstart:** The facilitators dedicate the first five minutes to calming strategies. Utilizing music and deep breathing exercises, students are set on a path of relaxation and focus, creating an optimal environment for learning.
- **Building Community and Positive Relationships:** This students in establishing group rules, and fostering a sense of community and responsibility. Compliments and gratitude activities further contribute to creating a positive and supportive atmosphere within the group.
- **Diverse and Inclusive Discussions:** The program delves into topics such as dispelling stereotypes, discussing power dynamics, and understanding different feelings. Facilitators engage students in thought-provoking discussions, fostering an atmosphere of inclusivity and respect. Individualized Support and Inclusivity: Every effort is made to ensure the program is accessible to all students. Individualized support is provided to those who need assistance, reinforcing the program's commitment to Inclusivity and personalized learning.

GROWING & HEALING PRE-EVALUATION ASSESSMENTS

Kids Connect Program had a positive impact on various aspects of emotional intelligence and social development among participating schools. For instance, Ralph J. Bunche demonstrates a remarkable **64.28%** of students are capable of recognizing strong emotions, coupled with an impressive **85.71%** expressing a desire to make friends, showcasing the program's efficacy in fostering emotional awareness and social interaction.

JE Clark and Carsten showcase a perfect **100%** in understanding the relationship between emotions and behavior, emphasizing the program's success in nurturing this crucial aspect of emotional literacy. Myers Elementary stands out with a commendable **93.33%** of students correctly identifying emotions, highlighting substantial progress in emotional discernment. Furthermore, GW Carver leads with **53.33%** of students trusting adults to discuss feelings, indicating improved support systems within the school community.

HOLIDAY HEALING TIPS

PRACTICE MINDFULNESS AND RELAXATION TECHNIQUES

Take time for yourself to practice mindfulness and relaxation techniques. This can include deep breathing exercises, meditation, or even a short walk in nature. These practices can help reduce stress, promote mental clarity, and bring a sense of calm to your mind and body.

SET REALISTIC EXPECTATIONS

It's common to have high expectations during the holidays, whether it's about family gatherings, gift-giving, or hosting events. However, setting realistic expectations can prevent disappointment and stress. Understand that not everything has to be perfect, and it's okay to ask for help or delegate tasks. Focus on the joy of spending time with loved ones rather than aiming for perfection in every aspect of the holiday celebrations.

PRIORITIZE SELF CARE

Take care of your physical and emotional well-being by prioritizing self-care. Ensure you get enough sleep, maintain a balanced diet, and engage in activities that bring you joy and relaxation. Don't be afraid to say no to commitments that may overwhelm you, and make time for activities that recharge your energy. Whether it's reading a book, enjoying a warm bath, or spending quiet time alone, self-care is essential for maintaining a healthy and positive mindset during the holiday season.

ENHANCING STUDENT ENGAGEMENT INSIGHTS AND RECOMMENDATIONS FROM SESSION FEEDBACK

Site Managers provided valuable feedback on sessions conducted by facilitators at different schools. The assessments highlighted positive aspects of the sessions, including facilitators effectively engaging with students, encouraging participation, and managing group dynamics. Efforts to enhance engagement strategies were acknowledged, and recognition was given to facilitators who effectively handled challenging circumstances.

The feedback emphasized the importance of recognizing and supporting facilitators facing difficult environments. It also highlighted the need to continue improving communication strategies to better convey the program's purpose for increased engagement.

In conclusion, Site Manager's feedback emphasized the positive efforts made by facilitators in effectively managing sessions and engaging with students.

Additionally, Thorne exhibits an outstanding **85.71%** of students knowing how to ask for help when needed, reflecting the program's positive influence on seeking assistance. Paun emerges as a frontrunner with 90% of students understanding coping strategies and an impressive **92.86%** capable of calming themselves without adult intervention, signaling a significant enhancement in self-regulation skills. These percentages underscore the program's holistic impact on student's emotional intelligence, social skills, coping mechanisms, and self-regulation across participating schools, showcasing a promising and comprehensive approach to fostering emotional well-being.



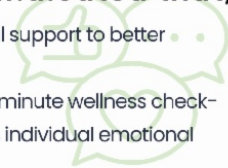
YOUR VOICE MATTERS YOUR FEEDBACK INDICATES THAT,



- Students enjoy the art therapy and activities being presented to them.
- Students are expressing their feelings more and learning skills to control emotions.

WE HEARD YOU Your feedback indicated that,

- Students needed individual support to better manage their emotions.
- We have implemented 15-minute wellness check-ins to support the student's individual emotional needs.



THANK YOU FOR SHARING YOUR NEEDS WITH US

Wayne Metro Referral for Therapeutic

Services This form is designed for the WM site manager or J2H staff to refer children. J2H staff should complete a wellness check-in on the child before referring for services.

[Click here to access this form.](#)

Wayne Metro Consent for Treatment

This form is designed for the parent/guardian/ward of the child to complete for the child to begin treatment through Journey to Healing. If you refer a child for therapeutic services, please send this form to their guardian for consent to treat.

[Click here to access this form.](#)

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Media Submission Form

Would you like to share some photos with us? Take photos of the facilitators working with your students and send them to us. We'd love to see our facilitators taking action!

[Click here to access this form.](#)

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www.journey2healing.org

WE NEED YOUR INPUT TO MEET YOUR NEEDS.

Please take the time to tell
us how we're doing and
what you may need from us,

→ [CLICK HERE](#) ←



JOURNEY TO HEALING

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