

2/18/2020 YCBE Reg Mtg. Pkt. Item 5.3.1 Handout #1

GPS SOCIAL ENTERPRISES



“Transforming Community One Life at a Time”

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OUR MISSION:

To transform community one life at a time.

- Speaking Truth to Youth
- Building Social Capital
- Advancing people socially and economically



What do we do with the youth?

- Take them through the Power Source Program .
- Provide credible messengers as facilitators
- Set a tone and dynamic that this is a safe place to talk about real issues .

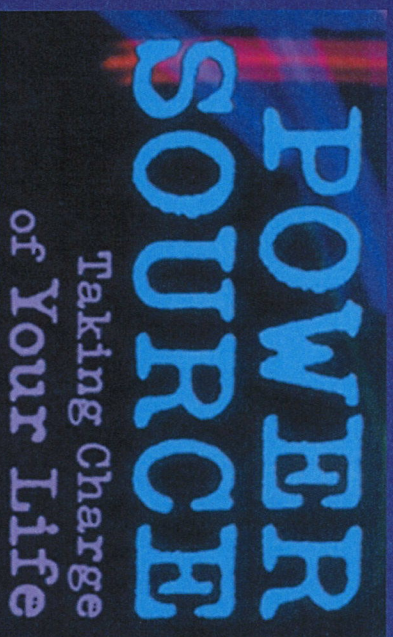


What is POWER SOURCE?

- Trauma-informed
- Cognitive behavioral curriculum developed by Beth and Robin Casarjian of Lionheart Foundation.
- Evidence-based.
- Social-Emotional Learning curriculum.
- Helps students acquire SEL skills associated with workplace readiness and success.
- Teaches youth emotional regulation, resilience and cognitive skill building over 13 sessions.

POWER SOURCE TOPICS

1. The Core Self
2. Meditation & Breathing
3. The Cycle of Risk
4. Taking Control of Anger
5. When Life's Not Fair
6. Our Friends, Our choice
7. Drugs and Alcohol
8. Stepping up – taking responsibility for Your Life
9. Self Forgiveness & forgiving others
10. The Future



It's Outcomes that Matter...

- 76% of students feel more HOPEFUL about their lives now ;
- 77% report they have GREATER INSIGHT into who they are and the choices they make ;
- 72% report they are more aware of their triggers now ;
- 74% are able to take more responsibility for their actions now .



WHAT THE KIDSSAY

- It helped me with my anger.
- The topics that we talked about were motivational and realistic facts about life.
- It helped me control my emotions.
- It helped me meditated.
- They help you get your mind straight.
- It helped me understand that anger can be handled in plenty of ways.
- It helped me relax and have more coping skills.

QUESTIONS?



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