



imgoingplaces.org

2016 - 2017

School Services Menu

Who We Are

I'm Going Places (IGP) prevention and early intervention services launched in 2015 offering strength-based services to students in 6th-12th grades attending Adams County schools. Our evidenced-based/informed services are tailored to fit adolescent and young adult needs and are provided by youth specialists. The strength-based services provided by our youth specialists occur within the school setting, and referrals are determined by school leadership

Call or text questions to

720-593-0027

IGP@imgoingplaces.org

bigplaces | igplove | becauseimgoingplaces

Purpose

We support student success in school and life.

Our specialists are committed to empowering youth to help them reach their goals. We work with each student to break down goals into small winnable steps, and we celebrate each success. Our services emphasize a variety of protective factors.

Resiliency



Academic Success



Community Engagement



Social Connection & Support



Life Skills Development



Substance Abuse Refusal Skills



Wellness Classes

Below is a list of the classes we currently offer to schools. Please note that [MS] indicates middle school, and [HS] indicates high school. Class time accommodates the standard school period of 45-70 minutes per class. Contact our staff if you have questions about class size or have accommodation requests.

BrainWise

SIZE: 10-15 Utilizing age friendly metaphors, this class helps students practice critical thinking skills, understand other people's points of view, explore thinking before acting, and making positive choices.

MS

Coping and Support Training (CAST)

SIZE: 5-8 In a small group setting, this class focuses on creating space for students to build self-esteem, improve anger management control, decrease drug use, and improve school performance.

MS

HS

Why Try

SIZE: 10-15 Focused on resiliency development, this class explores healthy choice making, motivation, labels and defense mechanisms. Media access is requested for this course.

MS

9TH

Girls Circle

SIZE: 8-12 Girls increase positive connections with peers, identify strengths, increase confidence, and improve communication skills. Topics include body image, friendship, future planning, and many more.

MS

HS

The Council

SIZE: 8-12 Boys increase positive connections with peers, identify strengths, and explore their individual value. Topics include role models, positive relationships, emotions, and healthy decision making.

MS

HS

Live out Loud

SIZE: 10-15 Focusing on LGBTQ and gender issues, this class provides support, awareness, and action. Students learn about role models, body image issues, overcoming isolation, and encouraging peers.

MS

HS

Student Coaching

SIZE VARIES **MS** **HS**

Youth specialists provide weekly and bi weekly strengths-based coaching sessions to help students reach their goals. During these brief 10-15 minute interventions, youth specialists collaborate with students to identify improvement areas and then employ goal-setting strategies. Coaching themes include resiliency, academic success, community engagement, social connection & support, life skills development, and substance abuse refusal skills. Coaching sessions are used to review progress, celebrate wins, process through challenges, adjust goals accordingly, and celebrate student success.

* Youth specialists are not counselors and do not provide therapy, but can provide referrals to CRC therapists as needed.

Additional Services

Real Colors Workshops

SIZE: 12-30 **MS** **HS** 2-4 HOURS

This workshop identifies students into four categories: Blue, Gold, Green or Orange. It helps students better understand their behavior and how it impacts others, provides strategies for getting along with parents and teachers, and improving communication with others.

Academic Skill Building Classes

SIZE: 6-12 **MS** **HS** 60-90 MINUTES

On a weekly basis after school, youth specialists facilitate academic skill building session for students. In this class, students identify academic priorities, build a plan to complete each priority, and spend time practicing this process. Youth specialists provide individualized support as requested by students, and students share their process and status with the larger group to increase accountability.

