



October 2018

Overview of Program

Our Mission

Seeing Our Adolescents Rise encourages young adults to invest in their future, helping them become responsible and motivated advocates for their life.

SOAR – Seeing Our Adolescents Rise

OVERVIEW OF PROGRAM

OUR PURPOSE

At SOAR we provide mentoring, counseling, advising, and tutoring (educational services) to adolescents through interactive and fun-based workshops, shadowing programs, one-on-one and group counseling, life skills education, and college preparation using life experiences as a resourceful aid. Aimed at helping adolescents rise above life's challenges and conquer difficult roadblocks in order to become strong and successful individuals and members of our community.

OUR VISION

To provide services that guide adolescents toward successful future endeavors and encourage them to stay focused regardless of unfavorable influences or circumstances.

OUR OBJECTIVE

To See Our Adolescents Rise through:

- Helping teens conquer life challenges and guiding them to make smart decisions.
- Focusing on our children, teens in both rural and urban communities, most specifically during major transition periods.
- As they mature, advising, counseling, mentoring and teaching them. Leading them toward greater opportunities. Teaching them how to utilize their talents, strengths, and experiences to advance themselves.

We aim to encourage positive peer relationships, work through issues associated with truancy, help adolescents identify triggers that precede incidents that create negative consequences, encourage positive coping skills and help enhance their intrinsic core values. Focusing on youth and their families who are under privileged and low-income, SOAR purposes to bridge the gap between who they are now and what we believe they can become.

Our goal is to give teens every opportunity to succeed beyond the hypothetical four walls around them. Striving to reach your dreams requires you to stretch your imagination. Helping our youth find the tools, and the hope, they need to reach their dreams and stretch their imagination is where it all begins.

Christie Thomas

SERVICES OFFERED

| Therapy | Connections | Engagement |
|--|---|--|
| <ul style="list-style-type: none">• Trauma-Informed & Strength-based Focus• Individual, Family, Group• Equine, Canine• Offense Specific & DV• DBT, EMDR, Play,• Yoga/Meditation | <ul style="list-style-type: none">• Advising• Tutoring• Community Service• Resource Connection | <ul style="list-style-type: none">• Job Shadowing• College Preparation• Life Skills Education• Prosocial Activities |

PROGRAM OVERVIEW

The SOAR program encompasses three levels of commitment to help youth be successful in their future. Participation in therapy allows our youth to delve deeper into issues and concerns they are having personally and socially. Offering the youth and families we work with several modes of therapy to meet the mental health and emotional needs. This includes individual, family, group, equine, canine, EMDR, DBT, Trauma-focused, and substance abuse therapies. Connecting youth with an advisor who acts as a mentor, tutor or connection to necessary resources assists in growing confidence while building a pathway toward future endeavors, goals, and positive outcomes. Focusing on youths’ educational needs in order to streamline their current goals in school with their future goals as they mature. We focus on college preparation, job-shadowing and life skills education. Tutoring efforts meet our youth where they are currently at with their educational needs. We act as a liaison between the youth and the school, connecting and collaborating with school professionals who can positively impact the youth's needs during school hours. This allows us to bridge the gap between what is happening at school and how we can effectively work with them outside of the school setting. Engagement in the community helps broaden a youth’s prospective on life, and most specifically their life. Linking youth to prosocial activities creates a hands-on learning environment that promotes advancement, inquisition, desire, and hope. Within this, the youth are also developing life skills and preparation for their future endeavors.

THE FOUNDER

Chantae Thomas – Chantae as worked with at-risk youth with a trauma-informed approach for over 10 years. Working as a program supervisor at Excelsior Youth Center, a residential treatment facility for at-risk adolescent girls, she realized she wanted to do more in the community to prevent the placement of teens. She established SOAR as a 501(c)(3) nonprofit organization in 2012 with the mindset of empowering youth to overcome their personal trials through community engagement activities and therapeutic assistance. Chantae is currently the Program Director for Southwest Key Programs – Denver, and sits on the Parent Rocker Organization of Aurora Board of Directors (BOD) as the Fundraising Manager and the Spartan Youth Club BOD as the VP of Community Relations.

PARTNERSHIPS

| Therapy | Connections | Activities |
|---|--|---|
| <ul style="list-style-type: none">• Reflective Wellness | <ul style="list-style-type: none">• Doing Good Foundation• Girls Health Ed• One Love Foundation• Young Men's Work | <ul style="list-style-type: none">• Certified Youth Cross-fit Instructors• Certified Yoga Instructor |



The Reflective Resource Center works with elementary school-age children with the goal of preventing social services involvement through a focus on boundaries, bullying, self-esteem, healthy relationships, and effective communication.



Seeing Our Adolescents Rise works with adolescent youth and families aimed at helping adolescents rise above life's challenges and conquer difficult roadblocks in order to become strong and successful individuals and members of our community.

Seeing Our Adolescents Rise (SOAR) and the Reflective Resource Center (RRC) have partnered together to meet the needs of the children, adolescents, and families we serve.

We realize that serving together allows us to approach each referred youth as more than an individual, but as an intricate piece of a whole.

With a holistic approach, SOAR and RRC work to serve each member of the family within one united community.

We can serve better, together!

We offer the following community groups & workshops for all programs and community mentorship opportunities for all age groups:

- Actors Workshop
 - Reiki
 - Art
- Animal Assisted Therapeutic Techniques—(equine and canine)
- I Empathize (an evidence based human trafficking curriculum)
 - Meditation
- Anxiety-based Yoga (non-treatment based)
 - Shamanic Breathing Workshops
 - Life Skills
 - Music Clinics
 - Athletic Clinics
 - Job Shadowing
 - College Preparation
 - Tutoring
 - Mindfulness Education
- Group & One-on-One Community Engagement Activities