



SBC H.E.R.Os Project

(Hope, Empowerment, Resilience, Opportunity)

Homeless Innovative Program (HIP) Funding



Play Ball



Riding the Waves Together

Under the Surface

Disclaimer: This video contains graphic content that may cause triggers or emotional distress.



Riding the Waves Together

Let's talk about it!

- Dropping the Ball
Adversities/barriers
- Under the Surface
Trauma/re-traumatize and secondary trauma



Riding the Waves Together

How we got here...

- Youth Ambassadors
- School Based Mentoring
- Peer Support Associates
- Curriculum



Riding the Waves Together

School-Based Programming

COVID School Re-engagement

Target Groups: Youth who have experienced foster care, homelessness, the incarceration of a parent, or youth who are categorized as “at promise” aka "at risk”

5 School Districts: Fontana, Redlands, San Bernardino, Victor Valley, Colton

59 schools: 28 High Schools, 31 Middle Schools

Served over 600 unique students to date: Target 1,500

1 visit each month, 1 field trip, 1 end of the year celebration

20-25 students per class

UNIT 1 – BUILD YOUR COMMUNITY

Theme: Varsity

Competency: Relational Wealth

- Module 1 – You belong here
Introduction to GBA community and what to expect
- Module 2 – Team Building
The important components of collaboration and support



OUR COMMUNITY COMMITMENT



RESPECT: Everyone is treated with dignity and kindness.

INCLUSIVITY: Every voice matters and deserves to be heard.

SAFETY: Our stories and dreams are protected; what is shared here, stays here.

EMPowerMENT: We advocate for each other, and everyone is supported.

UNIT 2 – HARNESS YOUR POWER

Theme: Superheroes

Competency: Resiliency Building

- Module 3 – Character Skill Building

Learning to demonstrate honesty and integrity in self-management and relationships

- Module 4 - Emotional Wellness

Creating a toolbox for identifying feelings, handling strong emotions and managing personal obstacles

- Module 5 - Self-Advocacy

Learning to demonstrate personal and collective agency to progress toward goals and access resources along the way

UNIT 3 – EXPLORE YOUR FUTURE

Theme: National Parks/Travel

Competency: Economic Stability

- Module 7 – Self Assessment
Identifying and developing your skills, interests, values, and spark
- Module 7 – Future Self
Building hope for the future through dreaming, goal setting, and exploring opportunities



UNIT 4 – DESIGN YOUR PATH

Theme: Creative Expression

Competency: Economic Stability

- Module 8 - Career Exploration

Exploring careers based on self-assessment data that support financial independence and personal satisfaction

- Module 9 - Tomorrowland

Developing the independent living and self-management skills to be successful in school, career, life



UNIT ONE, MODULE ONE
community

WHAT I LOVE ABOUT ME

by: _____

a few words to describe me are:

I am good at:

PEOPLE WHO CARE ABOUT ME INCLUDE:

A TIME THAT I:
helped someone:
worked hard:
received a compliment:

I AM HAPPIEST WHEN:

I AM PROUD OF MYSELF FOR:

giveback

giveback expectations

1. We expect students to be ready to learn.
2. We expect the privacy of all participants to be respected.
3. We expect students to engage.
4. We expect students to attend class activities.
5. We expect students to have fun.
6. We expect _____
7. We expect _____

giveback promises

1. I promise to be respectful of my peers and GBA staff.
2. I promise to be inclusive to all.
3. I promise to attend on time and be ready to engage.
4. I promise to respect the privacy of my peers.
5. I promise to bring my GBA workbook to each class.
6. I promise to try my best.
7. I promise _____
8. I promise _____

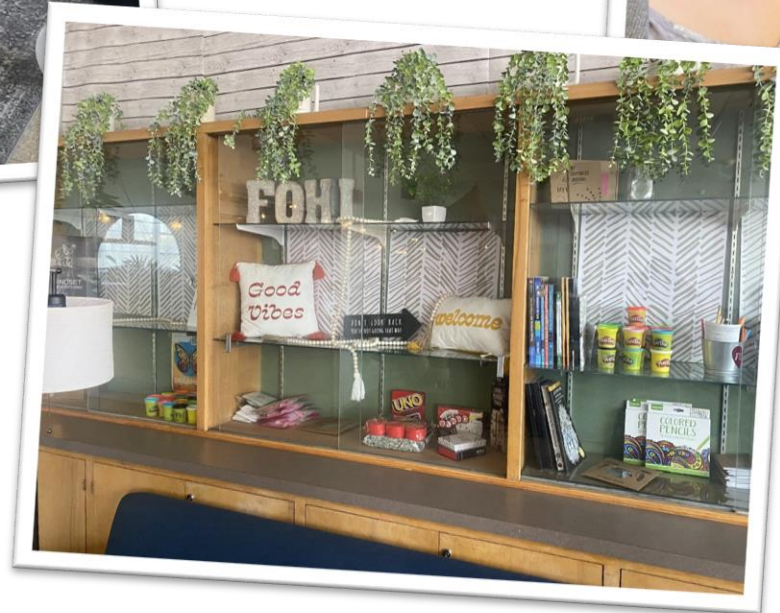


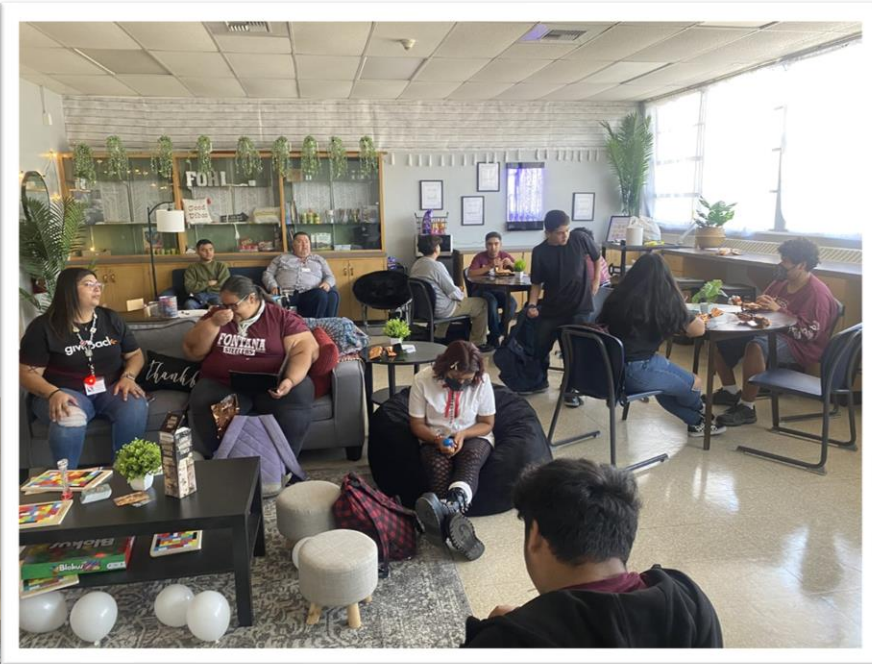
giveback STAMP CALENDAR

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
FEBRUARY	MARCH	APRIL	MAY	NOTES	

give back academy







Introductory Classes, Fall 2022



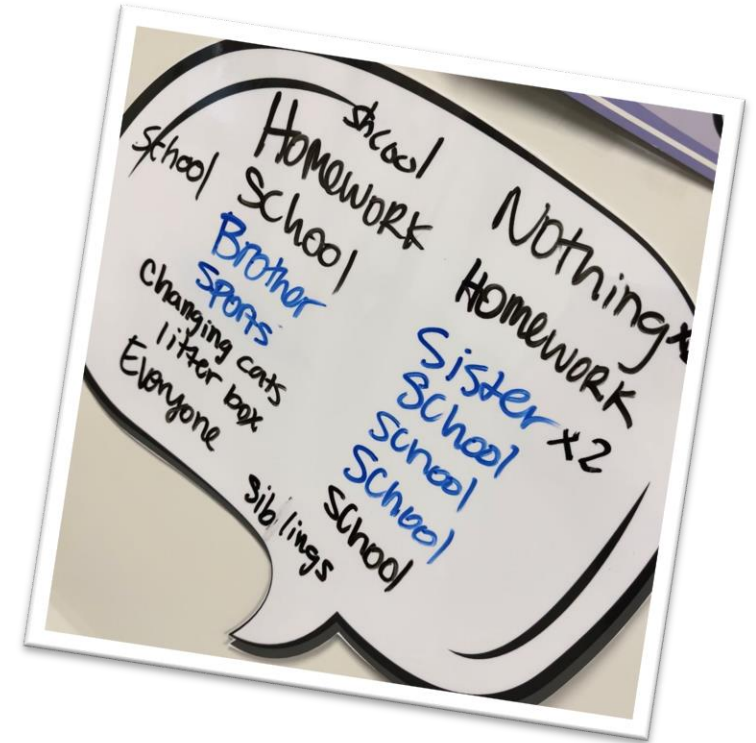
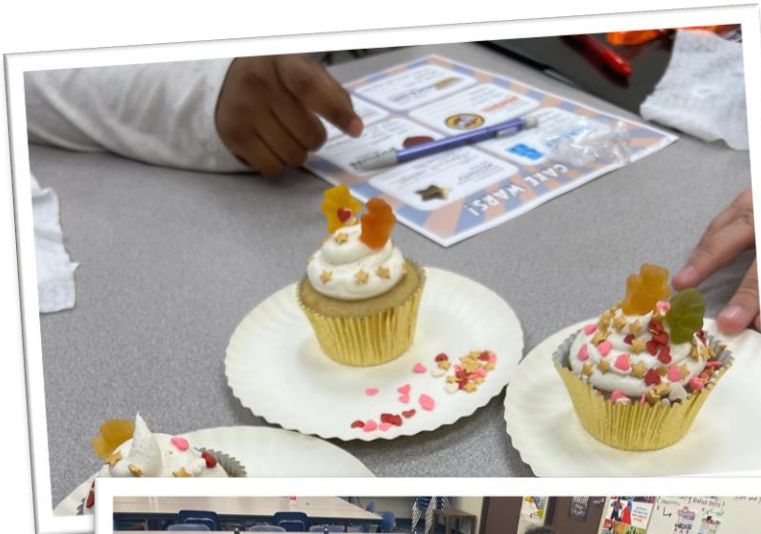
Vision Boards/Medicine Bags/Teambuilding, Fall 2022



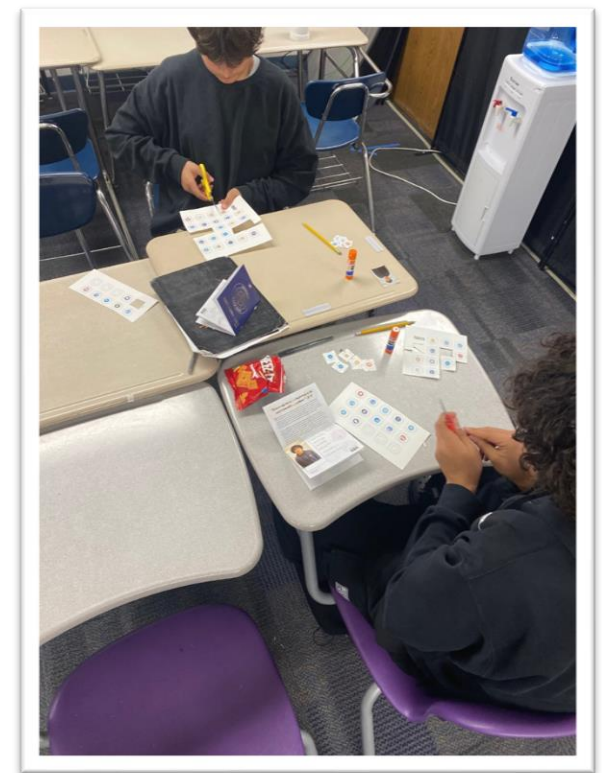
Holiday Celebrations, December 2022



Mascot Activity, January 2023



CopeCakes, February 2023



My Life Passport, March/April 2023

my LIFE PASSPORT



*"There is only one map to the journey of life,
and it lives within your heart." - W. N.*

The best thing about an adventure is that you set out with an intention and come back with a story. When you travel, you can't predict exactly what you will see, what you will experience and who you will become. Similarly, your life and career path cannot be perfectly mapped. Dreams can be spoken, and goals can be written down, but it is the unpredictable obstacles and the forced detours that often influence you the most and become your best experiences.

Careers in California are divided into 15 categories called "Industry Sectors" which are pictured in the background of this passport. Within each sector are hundreds of careers that require varying types of postsecondary education and skills. Once you define your top personality traits, your most important values and what specific activities make you come alive, you can then use these industry sectors as a starting point to explore careers that might be a good fit for you. There are many ways to engage in self-assessment and career exploration, and this activity is just a start.



GIVE BACK ACADEMY

Last name: Daniel
First name: Rhett
School: Redlands East Valley
Date of Birth: 11/27/07
Date of Issue: 4/14/23
Date of Expiration: 4/14/24

Signature: *Rhett Daniel*

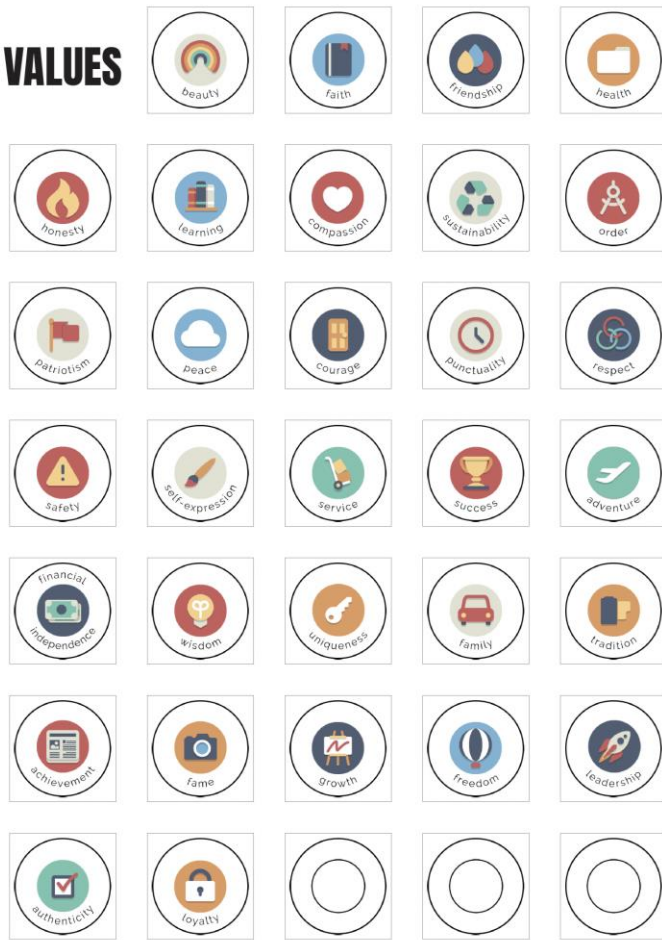
Department of
GBA



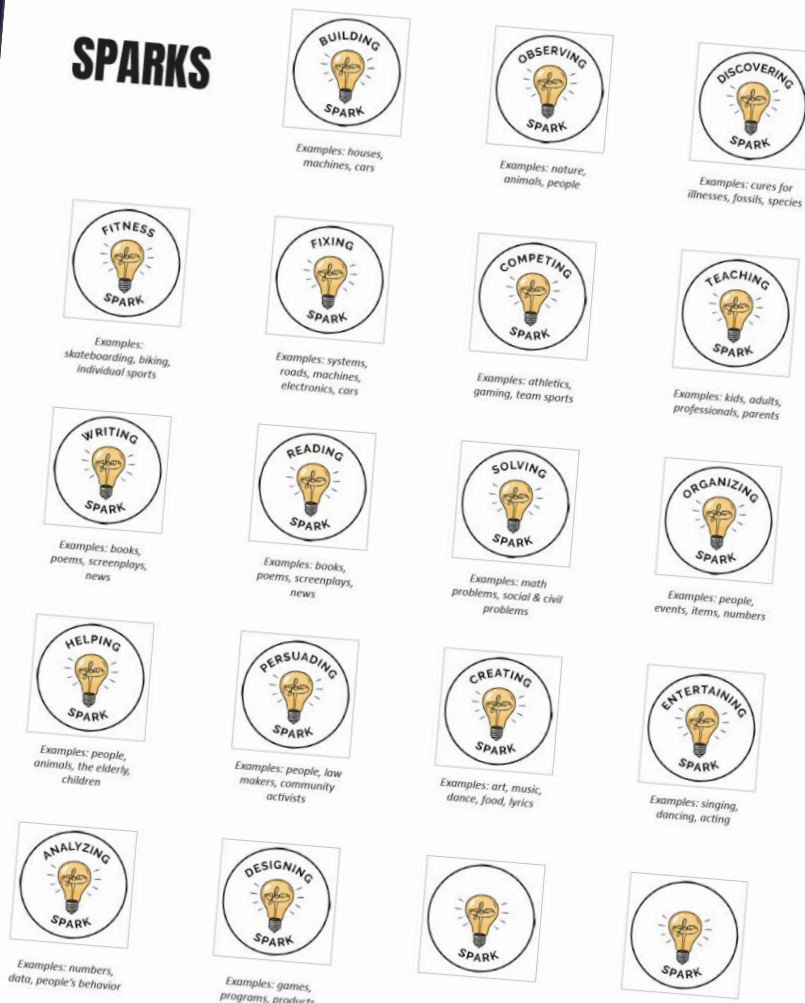
TRAITS



VALUES



SPARKS



A trait is defined as a distinguishing quality or feature. Sometimes these are characteristics that are inherited or coded in your DNA and other times they are learned from your experiences, friends, family, culture or society. Your traits make up your personality - your unique thoughts, feelings and behaviors that distinguish you from others. You may be proud of some of your traits and try to hide others, but they make you who you are.

As you identify your traits, you are practicing self-awareness and learning to recognize your strengths and limitations and how they influence your behavior. The more aware you are of your traits, the more empowered you can be to have a growth mindset and adapt your behavior in a variety of contexts and with a variety of people. In this activity, we want you to think about how you describe yourself. How do others describe you? How do you instinctively react in situations? Choose your top 6 traits from the worksheet provided or create your own in the blank circles. Cut them out and glue them in the passport.

TRAITS

Your values can be like a compass for your life - a navigational tool to help you find direction when you are lost. A value is defined as a person's principles or standards of behavior. A value is not something you will always get right, but it is something that you strive to embody and hold in high regard. It is important to start to define your values when you are young because your values will influence your decisions in picking friends and romantic partners, how you spend your free time, your choice of a college and career, your work ethic, and how you accept responsibility in all areas of life.

When you make decisions and take actions that honor your values, you can feel a greater sense of confidence and fulfillment. Your values should be unique to you and may not match the values of your caregivers, friends or other family members. That's okay...this is an opportunity for you to define what is important to YOU. It may be hard to choose! Narrow it down to your top 6 values from the worksheet provided or create your own in the blank circles. Cut them out and glue them in the passport.

VALUES

A spark is defined as a small particle of a burning substance. As it relates to self-assessment, a spark is something that makes you come alive or lights a fire in your life. Sparks are actions that fill you with joy and meaning, make you lose track of time, and energize you. When you are in your spark, you may feel like you're accessing your fullest potential, and doing the thing you're here to do.

In this activity, we want you to define your spark (or sparks) so that you can start to connect that to a career that allows you to live and contribute from a place of purpose and possibility. Some people have one spark and others have many sparks. There are also careers that allow you to use many sparks at one time. Try to choose up to three sparks from the worksheet provided or create your own on the blank circles. Cut them out and glue them into the passport. On the lines under each, describe the specific way you practice your spark. For example, if your spark is entertaining, describe how you like to entertain people (through dancing, singing, acting, playing music, comedy, etc.).

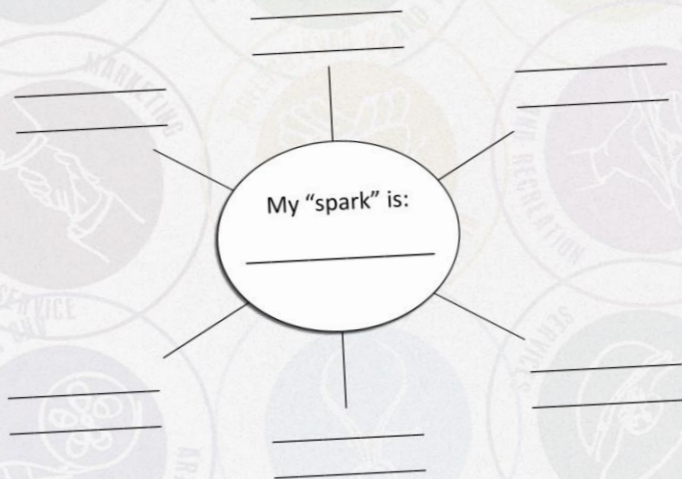
SPARKS

--	--	--

In order to know the thousands of careers that are out there and discover which ones might be a good fit, you must do some research and planning. Career exploration is like looking at the schedules, fees and destinations before you hop on a plane. It is essential for getting you where you want to go! We want to encourage you to look not only for careers that allow you to connect to your spark, but also for careers that connect with your values and allow you to use your strengths.


There are many ways to engage in career exploration. The activity below is a great first step. Choose your top spark from our Self-Assessment activity and write it in the center circle. Then think of different career options that can keep you connected to your spark and write them on the branches. Remember, think outside the box and be creative when coming up with possible careers! Can you stay connected to your spark by teaching, researching, photographing, or writing about the thing that makes you come alive?

CAREER EXPLORATION MAP



GBA

Q & A



Embrace your superpower!

Thank you!

Contact information

Brenda Dowdy | Brenda.Dowdy@sbcss.net | 909.386.2634

Shonie Perry | Shonie.Perry@sbcss.net | 909.386.2914

Daisy Esparza | Daisy.Esparza@sbcss.net | 909.386.2757

Dr. Amy Young | ayoung@giveback.ngo | 909.635.4089

Christine Brown | cbrown@giveback.ngo | 951.403.5681