



2023 Healthy Living Conference - City of Hope

BGCMLA Social-Emotional, Trauma-Informed Programming

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SUMMARY

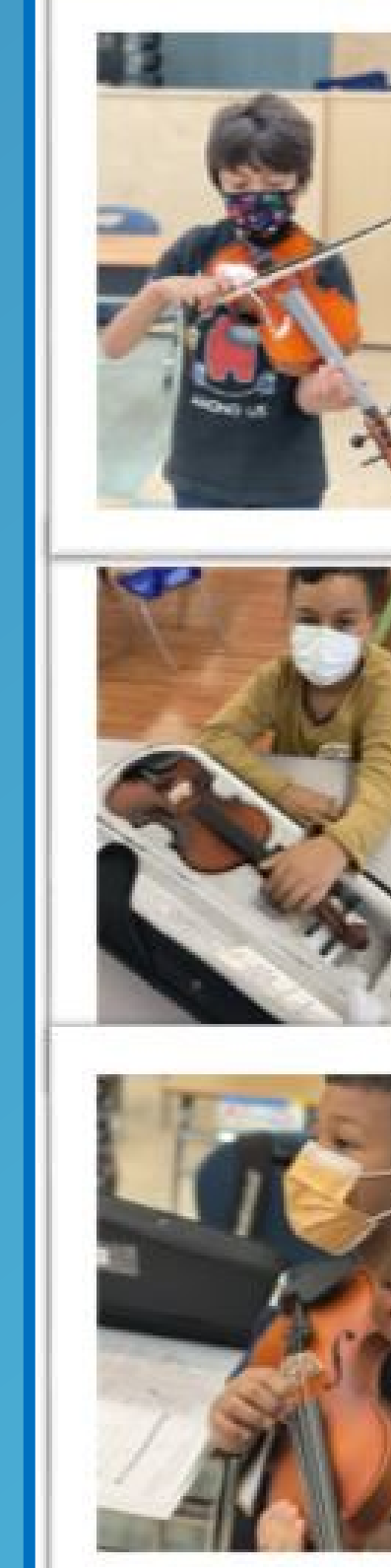
In response to the mental health challenges faced by our communities, Boys & Girls Clubs of Metro Los Angeles (BGCMLA) implemented upstream programming to address access, policy, and quality services in mental health. This approach sought to prevent mental health issues before they arose by addressing underlying social, economic, and environmental factors. By providing resources and support to improve social-emotional learning, mental health care access, and staff training, the program aimed to mitigate the impact of the COVID-19 pandemic and create a more resilient and healthy community in the long term. The project also aimed to raise awareness about mental health and reduce stigma surrounding mental health issues, encouraging youth to seek help when needed.

WHAT DID WE DO?

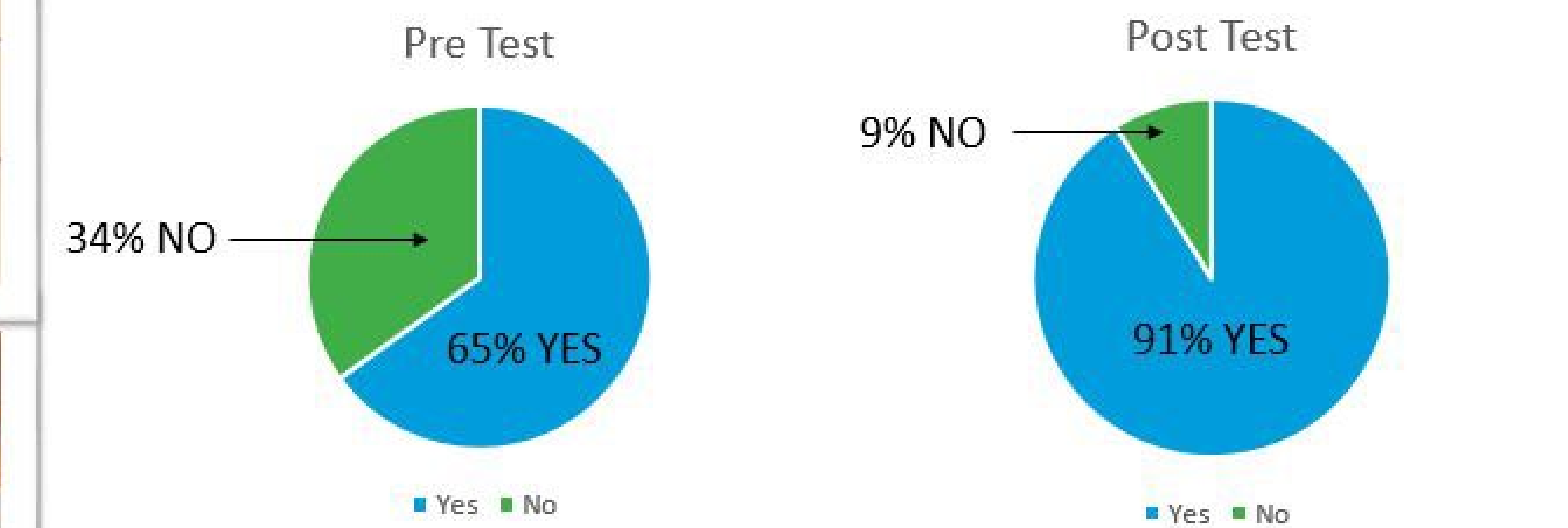
Goal: Provide enhanced social emotional programming and trauma-informed care for our members which will improve youth persistence and social competence.

- 1. Trauma-Informed Social Emotional Learning** – All members participated in Positive Action, a 7-unit curriculum that guides a child through self-concept, actions for body and mind, managing yourself, treating others well, honesty, continuous self-improvement and a review, using the Thoughts-Actions-Feelings Circle as a framework. We offered SMART Moves - Social Emotional Wellness, a nationally acclaimed, comprehensive prevention and education program designed to increase participants' peer support, enhance life skills, build resiliency and strengthen leadership skills.
- 2. Mental Health Supports** – Wellnest partnered with BGCMLA to provide an 8-week program (45 minutes sessions once per week) to help members work on processing common reactions to trauma, communicating with friends and families, and strategies for relaxation, problem solving, and planning. Members who needed more intensive mental health treatment were referred to additional services.
- 3. Staff Training** – All new BGCMLA program staff participated in 10 hours of training on how to identify and respond to signs of mental illness and substance use disorders in youth. Our goal is that all Youth Development Professionals and program leadership will be certified in trauma-informed care. We will continue to provide training for our staff so that they can further improve their knowledge in this area.

& Proof



I've played an instrument before



I feel confident performing in front of others



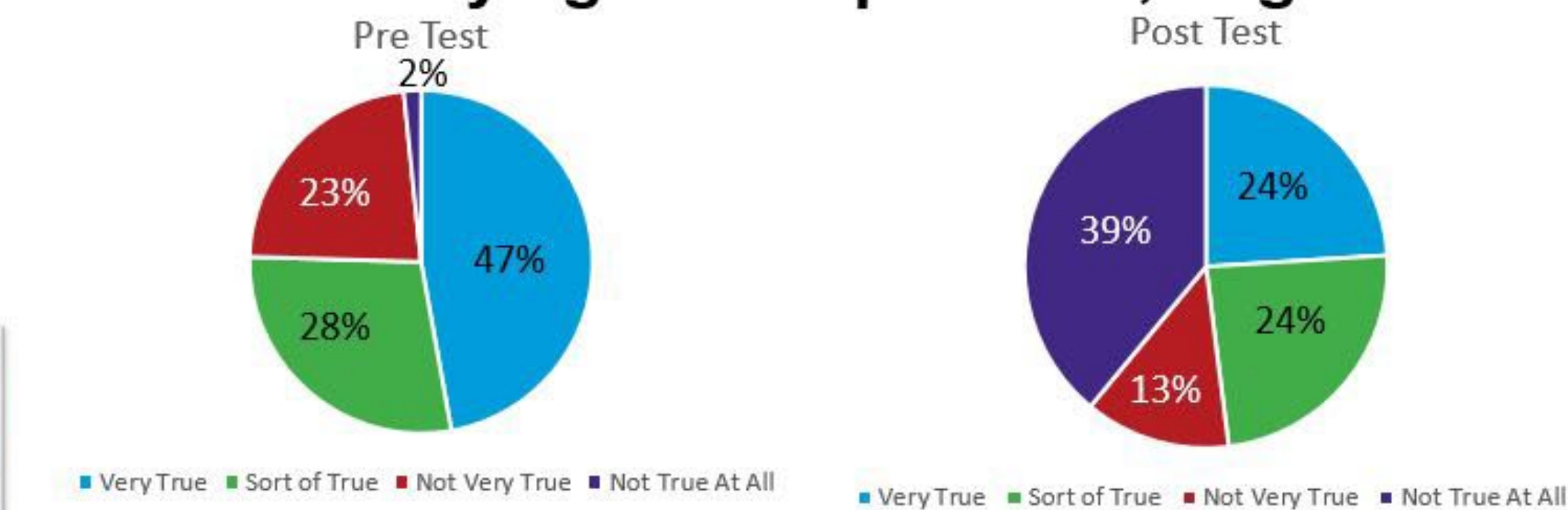
FUN FACTS

- Our target audience was **Kindergarten – 8th Grade**
- Focus on **social-emotional learning** and **trauma-informed care**
- **100%** of Club Members now have access to musical instruments
- Collaborative effort across **three different Clubhouses** and our program partner **Wellnest**.
- We used **evidence-informed programs** that can expand beyond the project: Fender Play, STEM, Hardy Brain Training, Positive Action & Summer Brain Gain

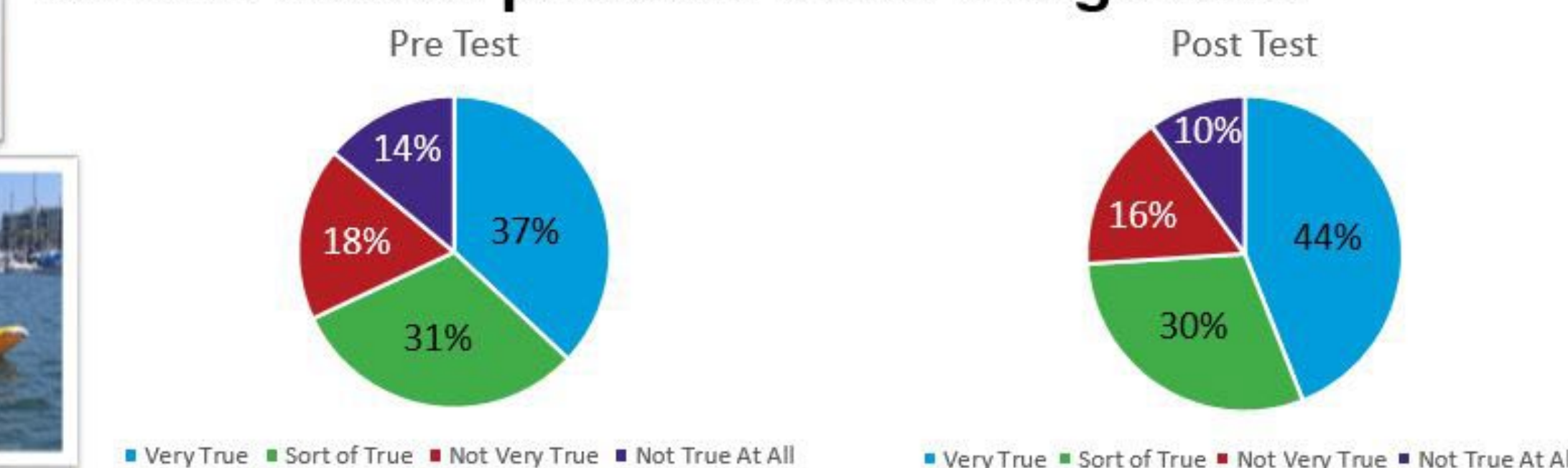
& Proof



When kids my age hit or push me, I fight back



When I have a problem I talk things over



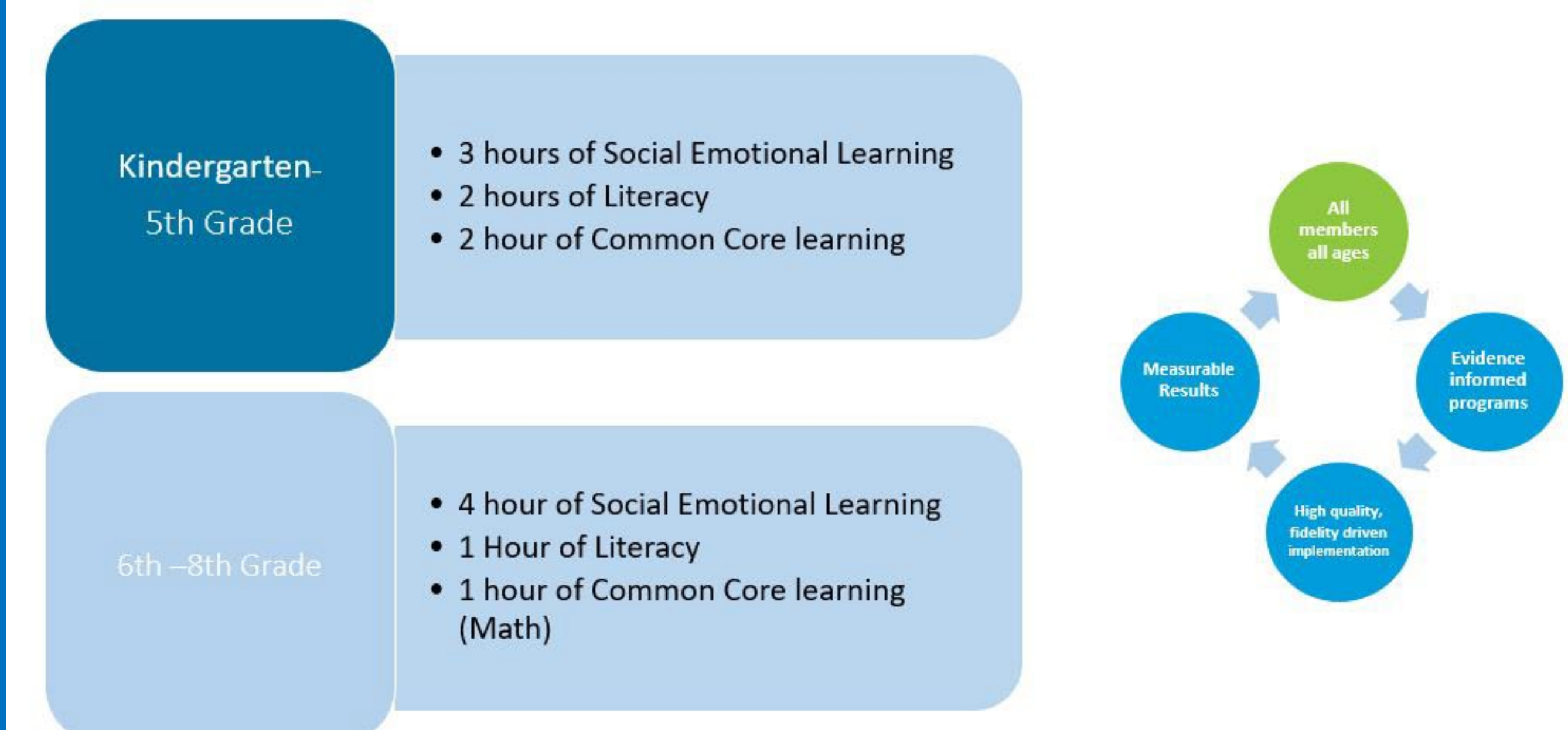
"They taught me how to **handle mean situations**. Mr. Matthew better understands me than most staff would at other places."

- Alamnash, 5th Grade



Learn More

& All Members, All Ages



FINAL THOUGHTS

The funding enhanced our trauma-informed social-emotional programming and ensured we could provide trauma-informed care for 515 Club members at the Challengers, Watts/Willowbrook, and Bell Gardens Clubhouses during the school year, and 200 members during the summer program. We remain committed to maintaining our enhanced SEL programming, mental health supports, community health outreach, and food distribution program for as long as necessary.