

CHANGING THE QUESTION

Youth Empowerment Workshop Series



This is an interactive, action-oriented workshop series for youth delivered by the Community Health Commission team. The workshops provide middle and high school students with an opportunity to engage in a relatable dialogue about trauma and its impact on individuals and communities, and to identify how to lessen the impact of trauma through positive action. We believe this starts with changing the question from "what's wrong" to "what happened" and progresses to "what can we do".

PROGRAM DESIGN

Workshop Sessions

- 1 Session 1: We're More than Our Experiences
- 2 Session 2: Brains!
- 3 Session 3: Telling Your Story
- 4 Session 4: Change Making

Desired Outcomes

- ✓ Youth develop an awareness of trauma and toxic stress.
- ✓ Youth build knowledge of self-care and resilience.
- ✓ Youth improve ability to achieve personal goals.
- ✓ Youth strengthen skills in resolving conflicts peacefully.

Desired Impact

- Youth utilize self-care strategies to heal and strengthen their resiliency.
- Youth apply the trauma lens in their interactions with peers, family members, teachers, etc., increasing the incidence of peaceful conflict resolution.
- Youth feel greater sense of connectedness to their schools and communities and greater investment in community care.
- Youth disrupt systemic oppression through involvement in community organizations and advocacy.

The Youth Empowerment Workshop Series educates youth on the impact of trauma and toxic stress, supports them in building resilience, empowers them to realize their role in community healing, and equips them to create change in their communities. Workshops aim to help youth understand how what happens to us and around us affects how we show up.

SESSION DESCRIPTIONS

1 *We're More than Our Experiences*

Participants will learn about the impact of chronic trauma and toxic stress on social, emotional, and health outcomes and how to begin viewing each other through a lens of trauma.

2 *Brains!*

Participants will learn about how the brain develops and what stress does to our brains. They will discuss activating events and how to manage them and develop individualized power plans with strategies for healthy coping.

3 *Telling Your Story*

Participants will learn about lived experience and the importance of self-care and discuss free, easy activities to do to relax, reflect, process, and heal.

4 *Change Making*

Participants will learn how to apply a trauma lens to understand community trauma and identify tools and strategies to build resilience and create school and community change.

Workshop Details

- Each session is 90-120 minutes long.
- Sessions are preferred in sequence as they build upon each other, however, can be offered as independent sessions.
- All sessions incorporate self-care activities and community-building exercises.
- It is important that requesting organizations provide staff support for each session.
- We recommend that requesting organizations identify additional supports for students who may request them. We can assist with identifying resources,

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