

# YOUTH PROGRAM



## Rebound is gearing up for our Fall Sessions!

Rebound is a ten- week cognitive life skills program for youth ages 12-17. With the help of trained volunteers, Rebound is able to give youth an opportunity to make positive changes necessary to help them to be successful.

Rebound presents the different life skills lessons using various methods of learning. These activities inspire positive experiences and active participation among the youth. Many hands on activities are used throughout the program, as well as videos and special guest speakers from all walks of life.

The aim of the Rebound method is to teach and reinforce basic life skills, social skills and cognitive skills that will enable young people to get started on sound decision making, the development of a sense of personal responsibility, goal setting and the building of a healthy self image.

Our graduation ceremony consists of fun activities, prizes, and certificates.

**Start Date:** Thursday, October 6<sup>th</sup>, 2011  
**End Date:** Thursday, December 8<sup>th</sup>, 2011  
**Time:** 12pm-2pm  
**Location:** LaSalle Secondary School

So don't miss out!

All referrals are confidential when received. Referrals should be submitted to Victoria Cadue, Rebound Coordinator at Youth Diversion. If you have any questions please do no hesitate to call, 613-548-4535 ext.228

E-mail: [vcadue@youthdiversion.org](mailto:vcadue@youthdiversion.org) Fax Number: 613-548-1747

## REBOUND INFORMATION PACKAGE

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## 1. Rebound Overview

With a growing need for preventive life skills program in our community, The Youth Diversion Program has introduced REBOUND, a program for youth.

Rebound is an opportunity for the youth in our community to identify their strengths and to learn constructive tools to deal with the situations they may encounter in their daily lives. Participants leave the program with a positive attitude, improved problem solving skills, a better understanding of self and others, a realization that they are responsible for their behaviour and have made positive connections with other youth and the volunteers.

Participants in the rebound program meet once a week for ten weeks. Each session has a different theme and the goal is to teach a new life skill that the youth can use outside the program in their daily lives.

Youth can be referred to the program by parents, teachers, police, probation officers, themselves or by youth court (night session only). Youth involved in school sessions are referred by the teachers, support workers, and administration of the school. Rebound aims to keep young people out of trouble by helping them learn to make the right choices in life. Research has indicated that our program is highly effective in making a difference in the lives of the youth who participate.

Our program screens all volunteers to the best of our ability, including a police check, reference checks, interviews and ongoing training. We will be in contact with the adolescent and parent/guardian at least twice during the program to ensure all is well, and we encourage parents to contact us if they have any concerns. I must note that according to the Ontario Human Rights Code, we cannot discriminate against people on the following grounds: race, ancestry, place of origin, color, citizenship, creed, sex, sexual orientation, handicap, age, marital status and family status.

The Youth Diversion Program has operated successfully for over 20 years, and you can be sure that we will provide the best possible service to your adolescent and you. It is our hope that your youth's involvement in our program will be of assistance in helping them to get through the issues with which they are dealing.

**2. Mission Statement:** The Youth Diversion Program works in partnership with the community to deliver quality programs to assist youth to make positive changes in their lives and at the same time to take responsibility for their actions.

**3. Lessons:** (The Dynamics of Life-Skills Coaching, by Metro Toronto YMCA)

*Week #1 - Communication*

This lesson uses various methods such as video, group discussion and lesson materials to reinforce the basics of effective communication. We teach youth to be clear, concise and complete when sending out messages. We also do a few "get to know you" exercises so the youth begin to feel comfortable with each other.

*Week #2 - Decision Making*

This lesson introduces our Rebound S.T.A.R. (stop, think, act, review) We also have a guest speaker from the YMCA Youth Gambling, who speak to the youth about the dangers of gambling and how to stay safe.

*Week #3 - Goal Setting*

This lesson demonstrates the reasons for and the benefits of setting and achieving goals. The table coach assists the youth in setting realistic and appropriate goals, each week. We also introduce S.M.A.R.T. goal setting, which stands for simple, manageable, achievable, realistic and timely.

Weekly goals are set, recorded and tracked to indicate the progression of each participant.

*Week #4 - Teamwork*

This lesson provides an overview and opportunity to practice the first three lessons in fun team exercises that each youth will enjoy participating in.

*Week #5 - Freedom and Responsibility*

This lesson demonstrates the relationship between freedom and responsibility.

There is usually a guest speaker from the Frontenac Institution, minimum security, who comes and speaks to the youth about the poor decisions they have made and to give the youth a realistic view of jail life. Afterwards, we debrief with the youth and answer any questions they may have about the presentation.

For school sessions where we can not have our guest speakers we conduct many activities that demonstrate Freedom and Responsibility and relate it to the youth in the program at the time.

### Week #6 - Exploring Emotions

This lesson illustrates the importance of dealing effectively with emotions and to understand the different types of emotions. This lesson also includes a talk about stress and depression. The goal is to provide the youth with different techniques to deal with their emotions effectively.

### Week #7 - Relationships

This lesson provides the youth with an opportunity to talk about their family dynamics. We discuss parent/guardian roles and responsibilities within the home. We talk about how to deal with conflict in the home as well as with peers. A discussion of what we like in relationships and what we don't like in relationships is had with the youth to make them aware of what a positive relationship looks like.

### Week #8 - Substance Use

This lesson raises issues regarding substance use awareness. The youth discuss different types of drug use and how you can make an informative decision. We talk to the youth about the effects of drugs and the impact on their future.

### Week #9 - Self Image

This lesson assists the youth to recognize their unique qualities, to identify positive and realistic changes they can make to improve their self image. The goal is to have every youth leave the session feeling positive and special.

### Week #10 - Graduation

Night Session - Pizza party held at the Boiler Room Climbing Gym. Consent form to follow.

School Session - Pizza party and team activities arranged.

Certificates will be presented to all youth who have successfully completed the Rebound program with no more than 2 explained absences.

## **4. Youth's Role**

- Come to Rebound once a week for ten weeks
- Be committed to achieving your goals set in the program
- Attend all ten sessions or give notice if you cannot attend a session
- Stay in contact with Rebound Coordinator
- Be open to trying new activities
- Be honest
- Follow rebound rules

## **5. Table Coach / Lead Coach Roles**

- Attend all Rebound sessions
- Be committed to assisting youth to successfully complete program
- Be honest and empathetic
- Report any concerns to lead coach or coordinator
- Ensure group dynamics are positive

## **6. Role of the Parent / Guardian**

The role will be one of support and insight. It is encouraged parent/guardians ask questions during the intake meeting so that they feel comfortable with their child coming to Rebound. Their role will also be to express any concerns that they may have to the program coordinator or ask questions about other areas that the Youth Diversion Program may be able to assist with. Feel comfortable and confident in contacting our program as I will try my best to assist!

Parents can provide support to the youth by:

- listening more effectively
- being sensitive
- considering their feelings
- showing an interest in what they are learning
- giving positive reinforcement when changes are noticed
- refraining from giving negative reinforcement
- being patient

## **7. Confidentiality**

The relationship with table coaches and lead coaches is built on trust and confidentiality. Those things are crucial in any friendship. Participants should feel free to share information of what they like with their coaches. Coaches will know our policies on confidentiality and have agreed to keep all information in trust.

A coach **cannot** keep confidentiality and will notify the Program Coordinator if

1. You are harming yourself
2. You are/ going to be harmed by someone else
3. You have broken the law
4. If the youth's safety is at risk

#### **8. Follow-Up with the Youth:**

The Rebound Coordinator will be in contact with parents and the youth throughout the program to ensure that expectations are being met. At this time we can also address any concerns you have with the coordinator. The coordinator will also be in contact at one month, six months and one year after the youth has graduated from the program. During these contacts if there is any more needed support for the youth we can discuss it at this time.

## **Rebound Rules and Expectations**

1. Listen to others, no judging or criticizing
2. Share experiences to help others learn and get the most out of the program
3. Arrive on time
4. Ask to use the washroom and a table coach will escort you there
5. Respect others participating in the program
6. Dress appropriately
7. Be nice, no name calling or put downs
8. Speak in turn
9. Participation is very important. If you do not participate you will not graduate.
10. No electronic devices that could be deemed a distraction.
11. Try new things!
12. Open up to suggestions
13. Chose your own path
14. No Bullying
15. HAVE FUN! 😊

## **Confidentiality Rules**

Everything that is said in Rebound is confidential  
unless you express one of the following:

1. You are harming your self or others
2. You are being harmed
3. You have broken the law
4. Your safety is at risk

Youth Diversion Program  
Client consent to participate in a service

I \_\_\_\_\_ (client name) consent to participate in the Youth Diversion Program's \_\_\_\_\_ (service name). I have read the information pamphlet associated with this service, and I understand the nature of that service.

Further, I have read the Youth Diversion Program's complaint procedure and client rights poster, and I understand the nature of my involvement with the Program.

I understand and consent to all aspects of my involvement with this service, including the normal related issues such as record keeping, reporting and the disclosure of information according to the policies of the Program, and as required by law.

\_\_\_\_\_  
Client signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent signature (required if under 16 years of age)

Please check where appropriate:

- I do not want information shared with \_\_\_\_\_
- I do not want to receive Youth Diversion Program mailings
- I do not want to participate in future research

**Youth Diversion Program  
Rebound Intake Parent Consent Form**

I \_\_\_\_\_ (Parent Name) give permission for the Rebound Coordinator to conduct the Rebound Program intake with \_\_\_\_\_ (Youth Name) at LaSalle Secondary School. I am aware that my youth will be partaking in the Rebound Program on Thursday's from October 6<sup>th</sup>-December 8<sup>th</sup>. I am also aware that all paperwork necessary for my youth to participate in the program will be sent home and is due back by the start date of the program October 6<sup>th</sup>, 2011.

Please note the Rebound Coordinator will be in touch with you to inform you of when intakes will be conducted, and please feel free to attend if time allows you too. Also if you have any questions please feel free to connect with the Rebound Coordinator at (613)-548-4535 ext. 228 or by email [vcadue@youthdiversion.org](mailto:vcadue@youthdiversion.org).

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date