Reducing Violence, Empowering Youth: Mentorship for Healthier, Equitable Communities

Supporting youth impacted by Adverse Childhood Experiences (ACEs) and addressing social determinants of health (SDOH) in Lexington Park (20653), Great Mills (20654), and Park Hall MD (21779).

Trauma Informed Community Based approaches can mitigate ACEs

ARE YOU READY?

- 13-session in-school mentoring program at Great Mills High School
- December 4, 2024 - May 21, 2025.
- Rooted in the Botvin Life Skills curriculum, this evidence-based program builds life skills, social-emotional learning, and resilience.
- Empower Hour focuses on communities with high poverty and limited resources, such as Lexington Park and Great Mills, equipping youth with self-confidence, decision-making skills, and healthy relationship-building.

Empower Hour

IN THE MIX

- Referrals received from Great Mills High School in Lexington Park MD (20653)
- Botvin Life Skills Curriculum (Evidence Based Practice)
- Community guest speakers
- Provided lunch each session
- Graduation ceremony
- Monetary incentive ($100 gift card)

OUTCOMES

- 20 youth referred
- 12 youth engaged within the first 3 sessions
- 7 students successfully completed the program with a 75% attendance rate or better
- Participants reported feeling more confident in setting goals, communicating with peers, and advocating for themselves.

CHAMPIONS

- Self Confidence
- Decision making skills
- Healthy relationship building

BOOM!

- Strentghs and difficulties questionaire (SDQ)
- Student Wellbeing Subjective Questionaire.
- Child Youth Reseiliency Measure