

Urban Project for Community Wellness

Goals:

To empower and enhance community and social functioning of members of the African American community who are underserved and hesitant to engage in traditional mental health and/or substance abuse treatment services by providing:

- Culturally specific, accessible community based and in-home evaluation and treatment, and
- Assistance to clients building/strengthening community supports through referral and linkages to family, significant others, community resources, faith-based organizations, etc.

Referral/Recruitment Activities

Individuals, Families
Family Support Systems
Children, Youth & Families
Public/Private School Systems
Juvenile & Public Justice Systems
Other Community/Social Service Agencies

Psycho-Social Intake Assessment

Program Explanations
Interviewing/Information Gathering
Risk/Protective Factors
Consent for Services/HIPPA Notification
Service Plan Development

Family Therapeutic Support

Therapeutic Lifeskills Groups

Family Empowerment Support

Family Counseling
Family Support Groups
Behavior Management
Discipline
Rules and consequences
Positive Parenting
Communication
Family Stressors
Parental Involvement Toolkit
Family/Youth discussions
Family Night

Cultural Enrichment

Black Family Reunion
Kwanza
Founder's Day
Ancestor's Day
Brother to Brother
Sister to Sister
Educational Forums
African History
Drumming/Dancing
Manhood/Womanhood Development
Spirituality

Personal Growth & Development

Mentoring
Leadership Development
Conflict Resolution/Decision Making
Social/Life Skills
Self-Esteem Building
Peer Pressure/Value Clarification
Goal Setting/Time Management
Personal Safety Skills/Peer Pressure
Interpersonal Communication Skills
Violence & Gang Prevention

Health & Wellness

Nutrition
Physical Fitness
Hygiene
Drug Awareness
Sex Education
Adolescent Stress
Hormonal Change
Healthy Living
Physical Health Management

Therapeutic Support

Emotional Support
Grief & Healing
Separation & Loss
Support Groups
Counseling
Conduct Disorder Management
ADD/ADHD Management
Oppositional Behavior Management
Anger Management
Post Traumatic Stress Management

Educational Support

Tutoring/Homework Assistance
Computer Technology
Creative Writing
Research/Study Skills
Special Projects
Career Exploration/Workforce Development
Career Development
Current & World Affairs
Money & Financial Management

Socialization/Recreational Activities

Summer Camp
Outings/Fieldtrips
Hip Hop Academy Studio