



**W**elcome to Changing Phases Behavioral Support! We focus on providing high-quality services and consumer satisfaction – we will do everything we can to meet your expectations.

With a variety of offerings to choose from, we're sure you'll be happy working with us. If you have any comments or questions, please feel free to contact us.

Changing Phases Behavioral Support's Youth Mentoring Program serves at-risk middle school & high school boys and girls by bridging the gap between the individual and community, in efforts to achieve high standards and excellence throughout the child's overall growth and interpersonal development.

Changing Phases Behavioral Support is comprised of steadfast Mental Health Professionals who understand the value of a strong foundation. We are dedicated to providing community mental health services and therapeutic life-skill trainings to individuals who are in need of or desire interpersonal growth and/or enhancement.

We believe that all individuals acquire the capability of achieving success and overall interpersonal balance. In efforts to help create quality, enriched lifestyles, CPBS strives to deliver quality, professional and personalized services.

*Our #1 mission is to help create a solid foundation, by providing solid life skills!*

Enclosed is a list of our available trainings and brief descriptions of each. If you believe any of our services can benefit your agency, please give us a call so that we can discuss scheduled training opportunities.

Again, thank you and I look forward to working with you soon!

Sincerely,



## Youth Mentoring Program (YMP!)

### Available Trainings

#### **Accepting Criticism and/or Consequences**

Participants of this training are introduced to the importance of recognizing and receiving constructive as well as destructive criticism. The goal of this training is to teach the participant how to accept criticism/consequences without expressing unhealthy anger or frustration.

#### **Accepting Rejection**

The focus of this training is to teach the importance of expressing rejection in certain situations. The goal is to help the participant learn how to be confident and comfortable while expressing rejection. This training also prepares the individual to refrain from interacting with negative people and situations as a prevention tool.

#### **Anger Management**

This training group is designed to teach participants useful methods in order to constructively handle anger. A thorough review of identifying angering styles, what causes anger and how anger affects self and others are discussed. In addition, participants are supported in creating various healthy coping skills for their anger.

#### **Communication Skills Training**

This training is designed to teach participants about the various styles of communication. Focus points within this training include recognizing the importance of communicating honestly, the value of proper body language and eye contact, and mastering active listening skills. In addition, role-playing and other group activities are used to utilize hands-on teaching methods.

#### **Budgeting and Money Management**

Participants of this training will learn about the importance of money management and budgeting techniques. This group discusses the benefit of budgeting and money management, as well as the consequences of mismanaged money.

#### **Decision Making**

The focus of this training is to recognize the importance of making healthy and constructive decisions. This group focuses on the steps necessary to make appropriate decisions, by considering present and future outcomes.

#### **Drug Education / Prevention**



This training is designed to teach the effects of drug use and addiction. A thorough overview will be provided regarding the definition of addiction. Other focus points of this group include phases of addiction and reasons for addiction.

### **Etiquette 101**

This training focuses on the importance and value of good manners. Highlighted topics include table manner, telephone manners, sportsmanship, and learning how to be caring and empathetic towards others.

### **Expressing Feelings**

The focus of this training group is to help participants learn appropriate ways of expressing their feelings. Topics of discussion during this group include recognizing signs negative feelings, recognizing steps to handling feelings and benefits of handling feelings constructively.

### **Family Issues/Healthy Relationships**

This training focuses on matters relating to families issues and healthy relationships. Participants in this training will be exposed to recognizing the components of a healthy relationship, and valuable skills necessary to maintaining healthy relationships. (Note: the term “*Relationship*” is used to reference anyone in association with the participant; i.e., parents, siblings, friends, etc.)

### **Foundations of Growing Up**

Participants in this training are exposed to discussions regarding thoughts about what it means to be an adult. Issues regarding responsibilities, beliefs and expectations as an adult are discussed. In addition, training focuses on recognizing essential tools to becoming a responsible, independent adult.

### **Foundations of Self Esteem**

The focus of this training is to help participant begin a healthy journey of self-esteem building. Topics of discussion include what is self-esteem, where does self-esteem begin, and steps to building self-esteem. In addition, positive self-exploration by means of identifying strengths, positive characteristics and positive affirmations will be used as teaching tools throughout this group.

### **Girls Education**

This training focuses on various aspects of what it means to be a female in today’s society. Training discusses the differences between girls and boys, in relation to how each think and expectations of one another. Topics of discussion also include do’s, don’ts, identifying values, morals and self-discipline techniques based on the participant’s personal insight.

### **Higher Education Prep (What to Expect)**

Participants in this training are exposed to ideas regarding choosing the career/profession of their choice. Information regarding various ways in which educational goals may be met is also discussed. The focus of this training is to bridge the gap between the participant’s dream and reality.

### **Peer Pressure / Conflict Resolution**

The focus of this training is to recognize and define peer pressure and conflict resolution. This training focuses on how to deal with uncomfortable situations from peer pressure. Assertive communication and using appropriate rejection techniques are discussed.

### **Problem Solving Skills**

The focus of this training is to help the participants learn constructive ways of solving problems. The techniques emphasized in this training is the SODA format: S=Solution; O=Options; D=Disadvantages;



A=Solution. Training also discusses the impact of decision-making based on possible overall outcomes and not temporary solutions.

### **Respecting Others**

This training focuses on the importance of respecting oneself as well as others. The goal of this training is to teach individuals how respect is created. This group prepares the participant to recognize the benefit of respecting others.

### **Seeking Positive Attention**

The focus of this training is to teach the importance of gaining positive attention. Discussions based on current styles of seeking attention are considered, as well as the development and/or enhancement of more healthy/constructive patterns.

### **Sex Education / Prevention**

Participants in the training will be exposed to the importance of making healthy decisions in regards to sexual activity. Discussions include STD education/prevention, myths and facts regarding sexual activity and pregnancy and statistical review. *(A sex education specialist will provide lecture for this training.)*

### **Stress Management**

This training focuses on identifying the sources of stress in efforts to create healthy coping skills. This training thoroughly discusses the definition of stress, the impact of stress and various methods of decreasing stress constructively.

### **Understanding Boundaries**

Participants in this training will gain a thorough knowledge of the definition of boundaries; examples of personal boundaries; reactions of violated boundaries and the importance of maintaining boundaries. This training prepares the participant to interact with others in a healthy and responsible fashion.

### **Values**

The focus of this training is to help participants identify the things that mean the most to them. Discussion points include family, friends, respect, boundaries, beliefs, etc. The goal of this training is to open the door for the expression of individuality and uniqueness with comfort and confidence.

*“Without change, there’d be no butterflies.”*



For more information on obtaining services from Changing Phases Behavioral Support, please feel free to contact us.

**CPBS Contact Information:**

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**CPBS Office Hours:**

Monday – Friday

9am – 5pm