



# Heartland 180, Inc. (H180)

*Heartland 180, Inc. is a youth services organization that provides in-school and after-school programming for Middle and High School students to help them direct their future through Social Emotional Learning (SEL) curriculum. H180 also serves parents of youth looking for “handles” on how to better communicate with their strong-willed child or child involved in self-destructive behavior for a better home environment for the family.*

[www.heartland180.org](http://www.heartland180.org)

# The Delta 180 Program



# Heartland 180, Inc.'s Services and Programs

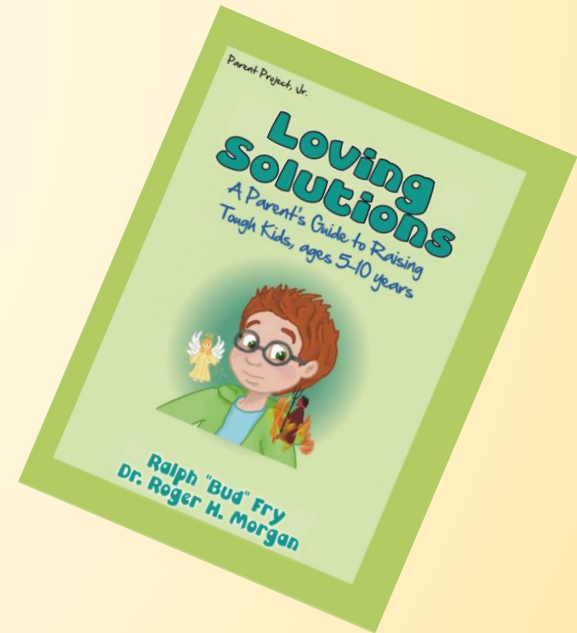
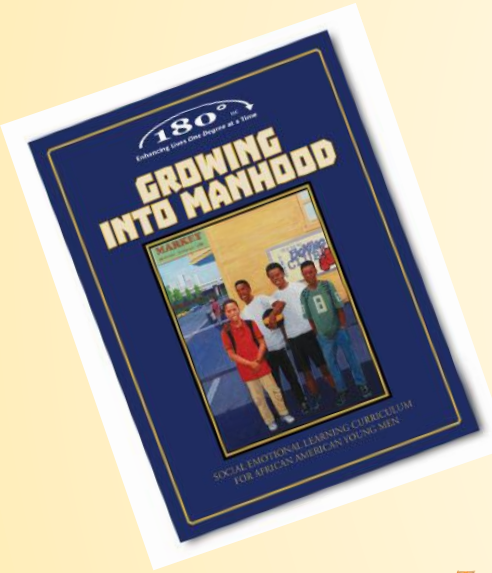


H180 has two branches of services.

Youth Programing

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Parent and Family Support Programs

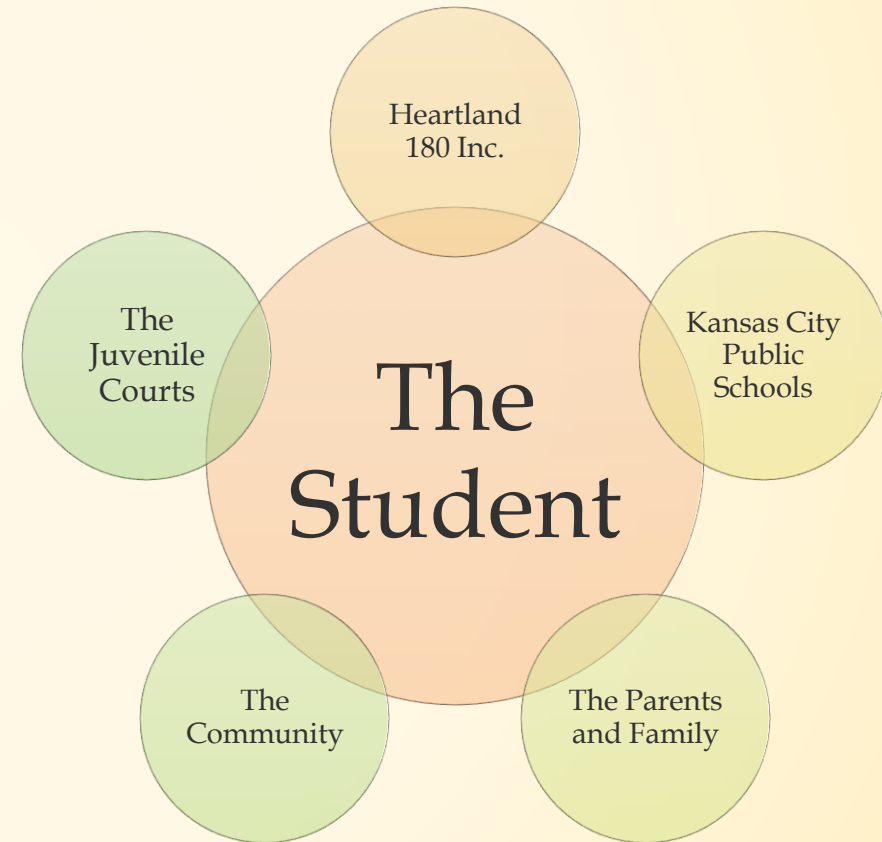


# **The H180 Program is an afterschool an in- school program to help students both academically and behaviorally**

- The H180 uses curriculum which is based on social emotional learning to teach life skills
- Classes are providing tutoring/homework time, then Curriculum
- The students are provided prosocial activities
- Students are given an opportunity to come back as volunteers and peer mentors as Torch Bearers

# The H180 Program is a Partnership

- The H180 program is a collaboration and partnership of the students support system to help support and encourage their positive development.
- A program facilitator works closely with all the student's support system and making sure everyone works together to support the student.





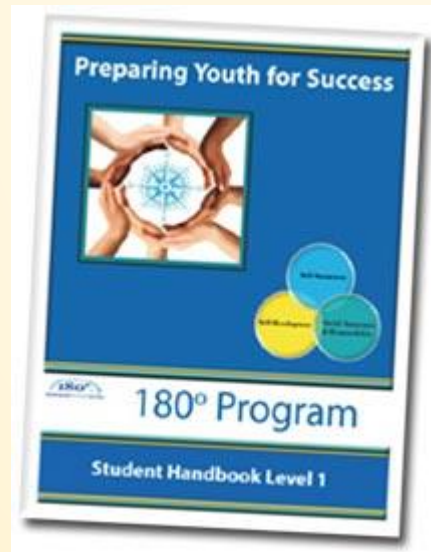
# SEL=Social Emotional Learning

- “A process through which students acquire the knowledge, attitudes, and skills to:
  - Recognize and manage their emotions
  - Set and achieve positive goals
  - Demonstrate caring and concern for others
  - Establish and maintain positive relationships
  - Make responsible decisions
  - Handle interpersonal situations effectively





# Heartland 180, Inc.'s Youth Programing







# The 180 Degrees Curriculum

The 180° Program is broken down into three sections that allow participants the structure and time to develop their skills in the five key program elements of



# Growing into Manhood

## A culturally competent curriculum for African-American boys

### Self Awareness

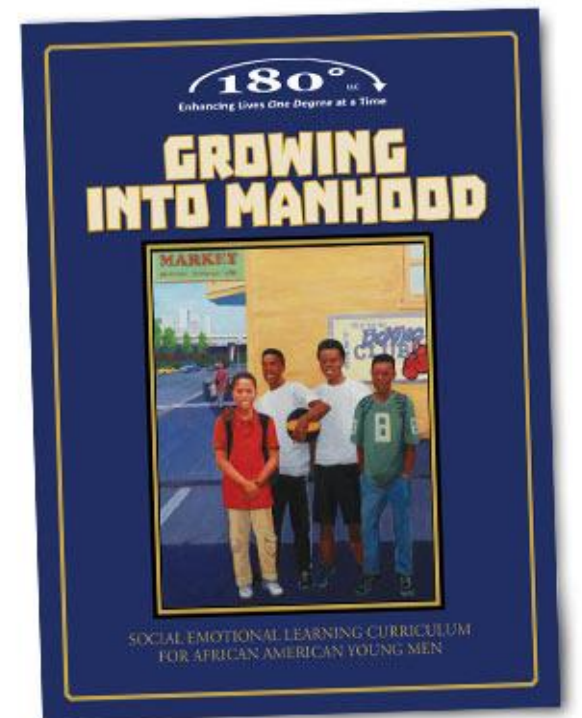
- Black History
- Black Heritage & Culture
- Personal Reflection
- Knowledge of Self
- Staying True to Self

### Self Development

- Critical Thinking
- Improving Judgement
- Processing Emotions
- Achieving Goals
- Effective Communication
- Dealing With Pressure
- Managing Self

### Social & Civic Responsibility

- Learning in Service
- Exercising Leadership
- Healing Relationships
- Showing Tolerance
- Giving to Community



**The Council for Boys and Young Men® is a strengths-based group approach to promote boys' safe and healthy development through pre-teen and adolescent years.**



The Council for Boys and Young Men® is working toward a future where boys and youth who identify with male development develop healthy and diverse masculine identities which allow them to grow as respectful leaders and connected allies in their communities.

**Girls Circle® is the FIRST gender-responsive program in the country to demonstrate effectiveness in reducing delinquency ... Now listed on SAMHSA's National Registry of Evidence-based Programs.**

- The Girls Circle® model, a structured support group for girls and youth who identify with female development from 9-18 years, integrates relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence.





**Unity Circle™ is a structured support group model for people of all genders that addresses critical needs and strengths while honoring and celebrating the unique lived experiences of circle participants.**

Rooted in diversity, equity, and inclusion (DEI) principles, it aims to boldly counteract racial and social forces that impede growth and development in all types of environments. One Circle Foundation acknowledges and explores the complex ways in which race, ethnicity, sexual orientation, culture, and gender intersect and shape, impede and/or strengthen the relational experiences and dimensions of adolescent development.



# Heartland 180, Inc.'s Services and Programs

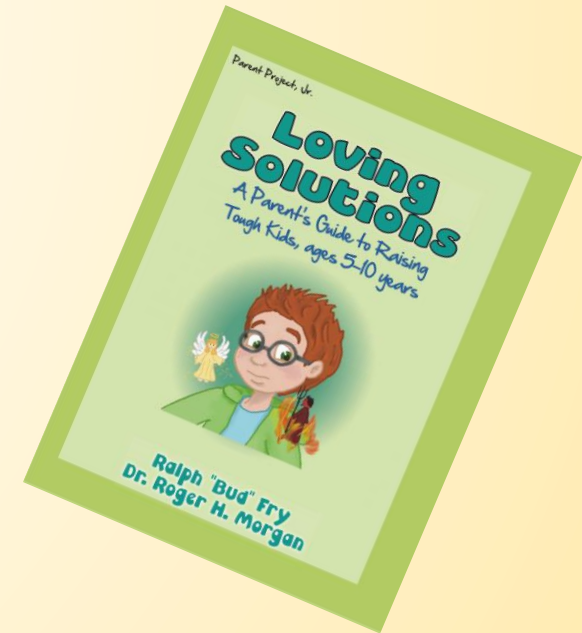
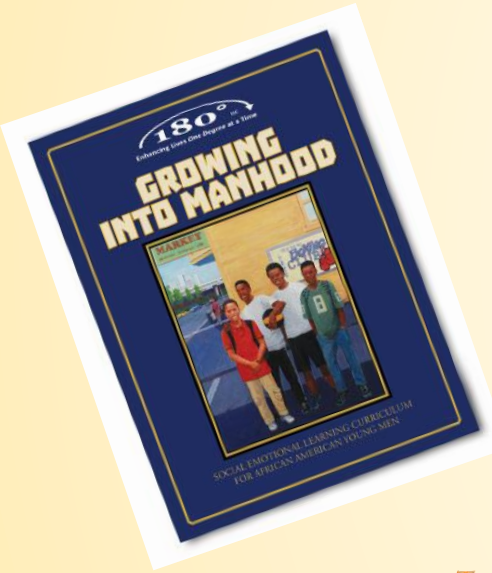


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# Strengthening Families Program For Parents and Youth 10-14 (SFP 10-14)

March 2023

We saw Six families' graduate!

Focus on 18 Tools

April 2023

We begin another cohort in English and Spanish. Families are enrolling now. See our website for video on impact to parents and youth.



[www.heartland180.org/strengthening-families-program](http://www.heartland180.org/strengthening-families-program)

# Parent Project Sr.- Changing Adolescent Destructive Behavior (CADB)

- ✓ Effective: Using a behavioral model, CDAB addresses the critical issues parents face today and offers concrete, step-by-step solutions, not theory.
- ✓ Need-based: CDAB is the only curriculum created by parent questions. Over 500,000 parents of high-risk youth helped to develop this unique program.
- ✓ Easy to Teach: The Teacher's Guide is the most comprehensive in the industry. Icon driven, the guide walks teachers through visuals, lectures, and group activities that help to provide parents with a smooth process for change.
- ✓ The Best Teaching Strategies: CDAB is an activity-based curriculum built on cooperative learning norms. Parents work in groups to brainstorm, practice applying new ideas, and build support. The "magic" happens at the tables.
- ✓ Parent Support: CDAB uses the UCLA self-help support group model to create on-going, parent-led community support groups.





# Who is eligible for our Services?

## Justice-Involved

- Youth and families who have come in
- contact with the justice system are eligible to enter our programming at no cost. Whether the youth or a member of the household, justice system involvement would qualify all to participate.

## DCF or CINC

- Youth and families that are involved with a
- DCF or CINC case would automatically qualify for services at no cost. Whether youth are in foster care, or the family is engaged in a CINC case, all would be able to engage in our programming.

## Mental/Behavioral Health

A new mental/behavioral health crisis would allow for youth and their families to engage with our programming. This referral could come from any of the professionals in a youth's life, and would allow for the youth and their family to receive services at no cost to foster support for all who are working through the crisis.

# Q&A

At this time, we will be happy to answer any questions you may have.

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