

# Violence Prevention For Youth



# Program Objective



The objective is to provide structured class time, written and verbal information and demonstrated techniques that give students essential tools and alternatives to deal with the stresses that they encounter daily; stresses that detract from and/or inhibit their mastering of basic learning skills.

The programs are designed to encourage behavioral change in a meaningful manner, reinforced by success patterns and peer interaction.



# Program Overview



Based on real life experience with individual clients and programs already successfully presented with the Detroit Public Schools, we know that face to face interaction is the most effective way to communicate the concepts and skills to help young people relate to and master lifestyle adjustments.

There is no “Simple Solution”. We’re confident that a well designed, passionately presented program, based on real life, relevant precepts, can and will make a positive difference.



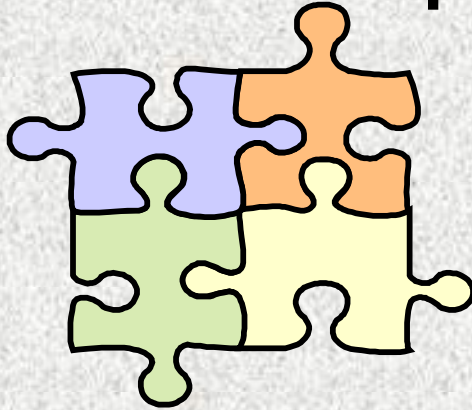
# Needs Assessment

Initially a conference with parents and staff is essential to provide background and insight. Then, a Creating Wellness Assessment, completed by each participant, identifies and measures over 50 factors that are critical indicators of overall wellness and stress. Numerous studies have established that the three dimensions of stress, Physical, Bio-Chemical and Psychological, contribute significantly to learning, attitude and behavioral challenges.

A second assessment will be completed at the conclusion of the program to objectively identify areas of progress and establish if additional support is appropriate.



# Program Components



The course material includes training in life skills, journaling, coaching, physical fitness, nutritional guidance, self esteem and purposeful living.

- **Interactive Worksheets** Identify levels of knowledge
- **Individual Tracking Forms** Record Experiences
- **Interactive Journals** Promote awareness / self evaluation
- **Tai Chi** Promote focus, self control and relaxation

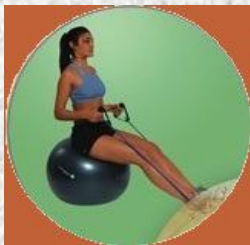


# Program Topics

## Dimensions of Stress

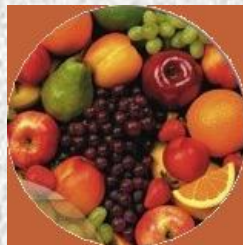
### Physical Dimension

Sleep Habits  
Strength  
Health Conditions



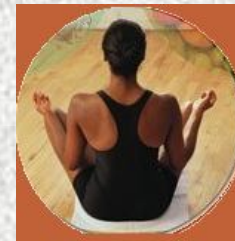
### Bio-Chemical Dimension

Portion Size  
Water Intake  
Meals / Planning  
Fruits & Vegetables  
Fast Food  
Food Addictions  
Smoking  
Alcohol  
Processed Foods



### Psychological Dimension

Organization  
Finances  
Self-Control  
Healthy Relationships  
Relaxation Techniques  
Living with Purpose  
Eliminating Anxiety  
Self-Esteem  
Healthy Family



# Program Topics

## Fundamentals

Why am I here?

Abuse or Addiction?

Personal Inventory

First Steps

Anger and Other Feelings

My Family

Personal Relationships

Faulty Beliefs

How We Change

Responsible Thinking

The Con Game

Thinking Errors

My Change Plan

Citizenship

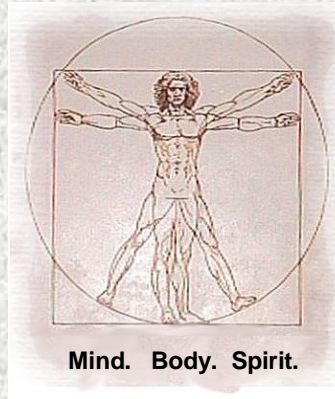


# Summary

Khalil Family Wellness & Intervention is licensed by the State of Michigan Department of Community Health, Bureau of Health Systems. We are the only non-drug addiction facility so licensed by the State of Michigan.

We specialize in programs designed to deal with addictions, compulsive disorders and lifestyle improvement. Our goal is to provide information, engagement and resources to assist those challenged by attitude or circumstances.

Our programs are rooted in life skills and stress management in the three dimensions of stress: Physical, Bio-Chemical and Psychological.





## Contact Information



[www.khalilcenters.com](http://www.khalilcenters.com)

- **Laura Khalil.** Certified Addictionologist
- Executive Director and Co-Founder  
Khalil Family Wellness & Intervention
- Board Certified, American College of Addictions  
and Compulsive Disorders
- Certified in Auriculotherapy
- Served in the drug free health & wellness industry  
for over 20 years.
- Administrator and Co-Founder, Khalil Family Chiropractic

