



Transforming youth in need through art











#YESKINDNESS







IF I WAS
A BIRD
I WOULD
FLY
AROUND
THE WORLD
FEEDING
PEOPLE

POVERTY
HUNGER
WAR



Small white card with text, likely a label for the miniature hut.

Thanks for joining us this morning!

For more information, contact Christine at
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#YESKINDNESS



Innovative Program in Arizona

Agency Name: Purple Ribbon Council to Cut Out Domestic Abuse
(DBA Bloom 365)

Project Title: Bloom It Up for Teens: Outreach, Advocacy and Peer Support (Maricopa County, AZ)

Year Receiving VOCA Funds: FY 2017 \$175,414
FY 2018 \$410,300
FY 2019 \$379,262
FY 2020 \$411,421

Victim Population served:

- 10% Bullying (Verbal, Cyber or Physical)
 - 30% Child Sexual Abuse/Assault
 - 10% Domestic and/or Family Violence
 - 50% Teen Dating Victimization
-
- Female, male, LGBTQ and those who do not identify

Victim Services Program Mission Statement:

- The mission of BLOOM365's "Bloom It Up" program is to empower teen victims and potential teen victims of dating abuse, sexual assault, domestic violence, bullying, gender based violence, and stalking through peer-guided outreach, education, crisis intervention, personal advocacy, group support and alternative therapies to boost their safety, healing and overall well-being.

Agency Summary:

- BLOOM365 was founded as Purple Ribbon Council in 2006.
- Area of expertise is in the delivery and provision of age appropriate and culturally relevant outreach, education, advocacy and social activism programs for young people.
- Primary program participants are between the ages of 13 and 19. Secondary programs serve youth in grades K-6, as well as college students up to the age of 24.
- Team includes advocates who are skilled at working with adults and youth in crisis, LGBTQ youth, youth whose first language is not English, and undocumented and refugee youth.
- Since the pilot launch of the Bloom It Up program in 2013, the agency has provided information, referral and advocacy services to over 18,000 teens.
- BLOOM365 also has a longstanding positive track record of building coordinated collaborations with schools, domestic violence advocacy organizations, law enforcement, youth organizations and city governments.

Problem Statement:

- Addressing the help seeking barriers teen victims face to increase their safety, healing and physical and emotional well-being.
 - 70% of youth become involved in romantic relationships
 - 33% of youth experience abusive and violent relationships
 - Warning signs of coercion and control were there, but the information on how to recognize the early indicators of abuse, as well as teen-driven victim services, was not.
 - If not addressed can lead to violent or lethal trajectory, as well as higher risk for social, emotional and physical problems

Agency Statistics:

- Anonymous data collected from i>clicker remote technology from 5,000 BLOOM IT UP program participants between 2015 and 2016 indicates:
 - 74% of teens are “dating”
 - 60% know someone involved in a violent relationship
 - 62% have experienced verbal/emotional/physical abuse
 - 55% have perpetrated an act of dating abuse
 - 6% of teens who disclose victimization identify as LGBTQ

Project Summary:

- Deliver education presentations in schools to an estimated 146,700 teen victims and potential teen victims
- Distribute resource information to 7,200 teens via outreach events
- Provide validation/referrals/information on victim's rights and safety planning to over 22,000 teens who anonymously disclose victimization
- Provide crisis intervention/emotional support/safety planning via phone/text/chat/social media lines to 1,126 teen victims
- Provide personal advocacy/emotional support to 2,254 teen victims on a drop in basis in partner schools and youth organizations
- Engage 500 teen victims in peer support activities
- Provide counseling to 240 teen victims of sexual assault
- Empower 180 teen victims through the healing arts
- Provide individual/group support to 336 teen victims who identify as LGBTQ
- Train 125 teens as Peer Advocates to sustain and scale the impact.

Impact to victims:

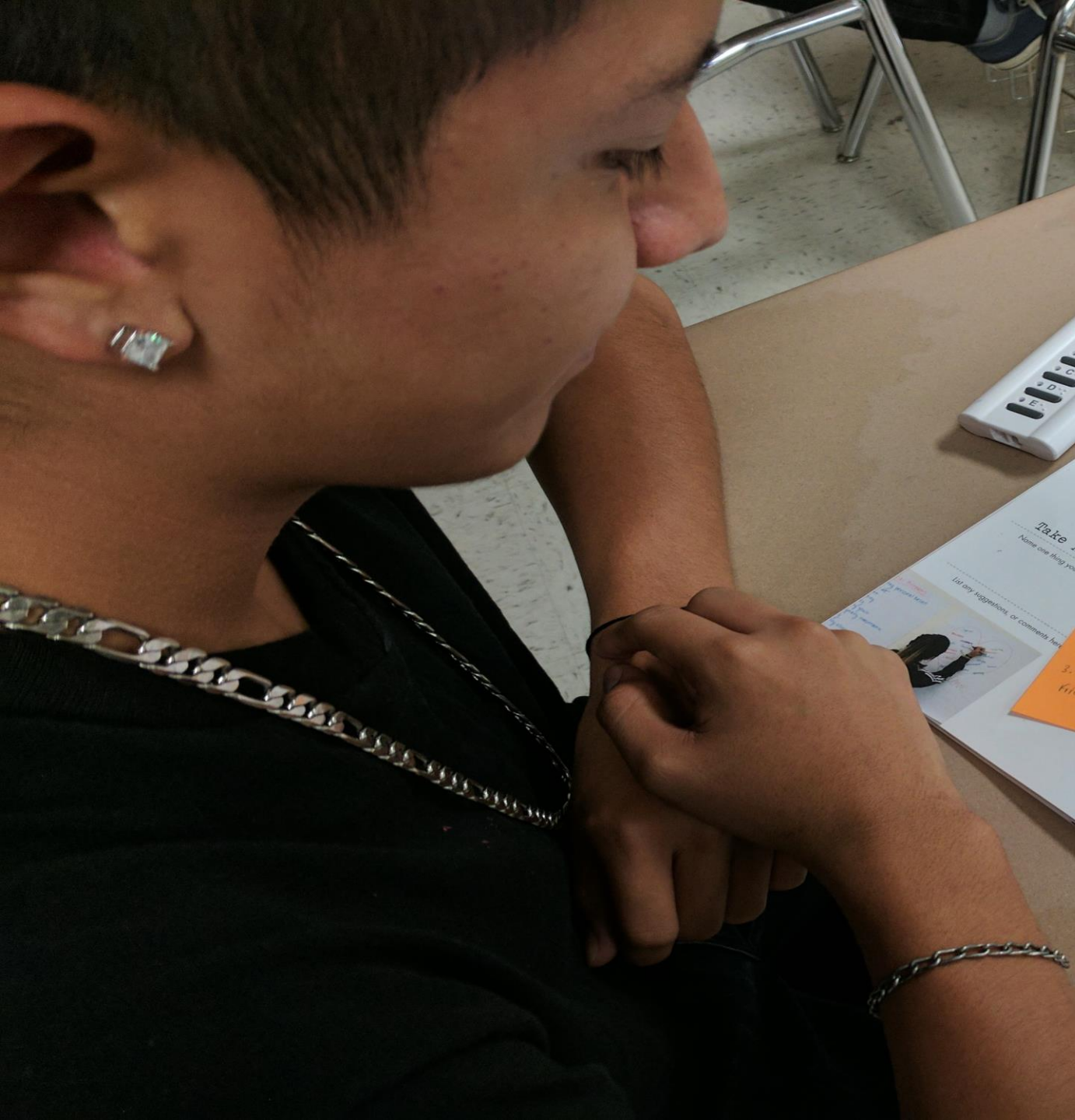
- Improved support system of peers who understand
- Enhanced well-being (boosted self-esteem, social connectedness, safety and access to resources)
- Increased understanding of victimization
- New knowledge on resources available to meet safety and healing needs
- Improved safety
- Feeling believed, validated and not alone

Community Partners:

- At the time of the application, the agency had MOU's and letters of intent with the following to implement Bloom It Up at their sites:
 - 28 high schools in Phoenix, Glendale, Peoria, and Scottsdale
 - 12 community based sites (Tumbleweed, Florence Crittenton, One N Ten, SPOT127, 4 Boys & Girls Clubs, Upward Bound, Phoenix Dream Center, Aguila Youth, Be A Leader Foundation)

High School 7-Dose Curriculum

- Comprehensive education presentations in schools via health education and other relevant classes
- Seven curriculum lessons/doses, lasting 50 minutes each



KNOW YOUR DEAL-MAKERS
List your top 3 relationship "deal makers," or traits you would not be willing to compromise on in a potential dating partner or friend.

1. use of drugs
2. drink alcohol
3. convicted

KNOW YOUR DEAL-MAKERS
List your top 3 relationship "deal makers," or traits you definitely want in a potential dating partner or friend.

1. kind
2. involved
3. attract

Take Away
Name one thing you learned.

Let any suggestions, or comments, here.

6 TIPS FOR COPING AFTER A BREAK-UP

1. Show your feelings and talk about it with someone you trust.
2. Let it out...write your feelings in a journal to help move past the pain.
3. Take care of yourself by doing things that you love and that make you HAPPY.
4. Keep busy. Play sports, get involved in a new club, try a new hobby or engage in other extracurricular activities. You could also volunteer for a cause that matters to you.
5. Be kind to yourself and remember what is good and blaming about you. (Remember your "orange" post-it note.)
6. Be patient and give yourself time for your heart to heal. Getting over a break up could take days, weeks, or even months.

SELF REFLECTION:

1. emotional
2. Respectful
3. Friendly (make a lot friends)

Discussion:
Why is it so important to do or say something if you witness even dating abuse?
What skills or strengths do you have that could help create some positive change in your corner of the world? (eg. empathy, communication, conflict resolution, etc.)

ACTIVATE
Name 3 things that you Will do to help bring more "BLOOM" to your relationships, school and/or community.



- 1.
- 2.
- 3.

UPSTANDERS: The 4 D's of Intervention: Distract, Delegate, Delegate, Delegate

OBJECTIVES:
Check off the following objectives as you learn them:

- Understand the theory of social change.
- Know the difference between bystanders v. upstanders.
- Identify your strengths for becoming a better bystander.
- Start a movement in your school to promote kindness, empathy, respect, equality and consent in all relationships.

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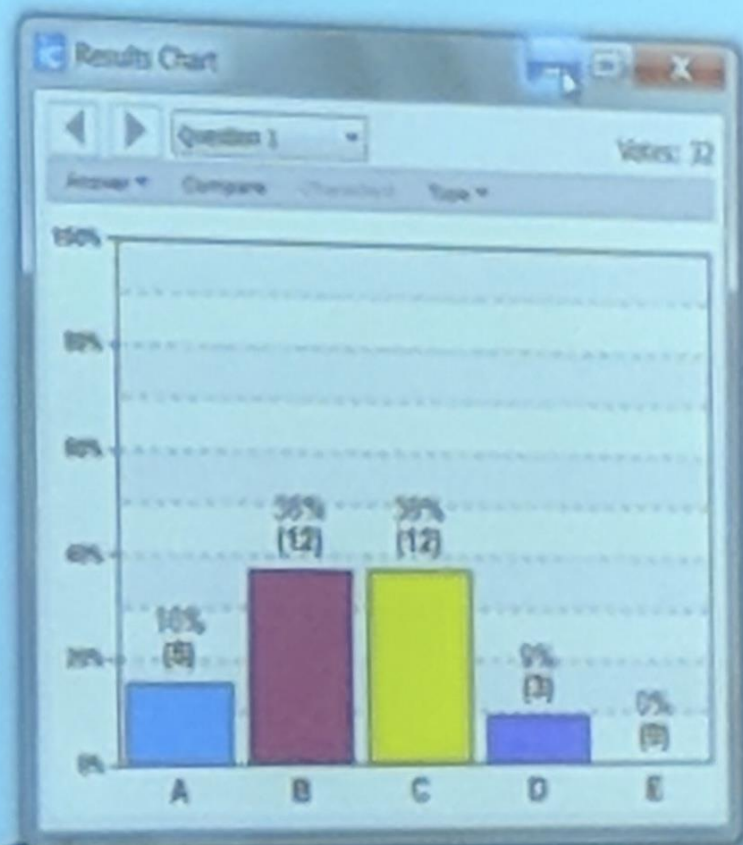



Teen Dating Abuse is a big problem among my peers:

A. Strongly Agree

B. Agree

C. Disagree



Doses:

- #1 Defining Teen Relationships: Caring or Controlling
- #2 Recognizing & Responding: Red Flags, Where/How to Get Help & How to Help a Friend
- #3 Preventing Root Causes: Power, Coercive Control & Gender Norms v. Exceptions
- #4 Preventing Root Causes: Social Acceptance, Insecurity, Taught Abusive Behaviors
- #5 Cultivating Root Solutions: Self-Esteem & Boundaries
- #6 Cultivating Root Solutions: 4 C's Communication, Conflict Resolution, Consent and Coping
- #7 Cultivating Root Solutions: Social Change & Bystander Accountability

DRAW THE LINE

blc@m365

RESPECT

dating

crisises

labels

bae

boo thing

together

them

friend

girl

life

10:44

Blooming?

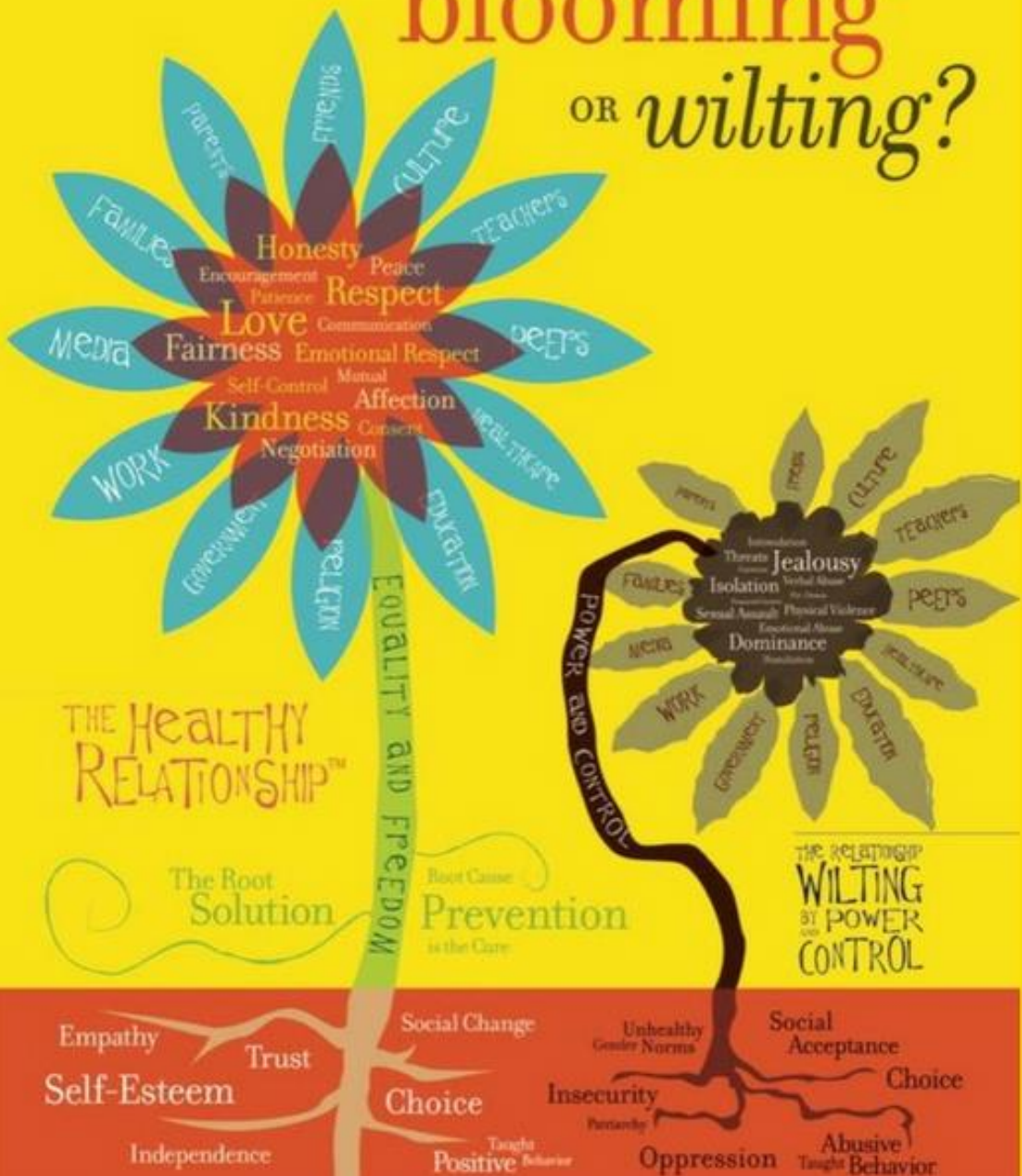
- Honesty
- Love
- Respect
- Affection
- Kindness
- Negotiation
- Consent
- Peace

Or Wilting?

Threats
Isolation
Dominance
Humiliation
Verbal Abuse
Intimidation
Coercion
Put-Downs

ARE YOU

blooming OR *wilting?*



Uproot Abuse.  Cultivate Kindness.

bloom365.org

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1-888-606-HOPE

Other topics discussed:

Ground Rules – A Safe Place

Confidentiality and Respect

Mandatory Reporting

Your Rights

Signs of an Abusive Relationship

Red Flags

5 Ways to Respond to a Friend

Orders of Protection

The Power of Control

Abuse v. Anger

PRE/POST Education Surveys:

i>clickers collect anonymous pre/post survey data measuring the following:

- Attitude changes in the way they think about help-seeking.
- Knowledge increases on the warning signs/red flags, elevated risk factors, resources available
- Confidence for setting boundaries
- New skills for coping/healing
- Behavior change: reached out for help or signed up as a Peer Advocate
- Prevalence of teen dating abuse and type of victimization

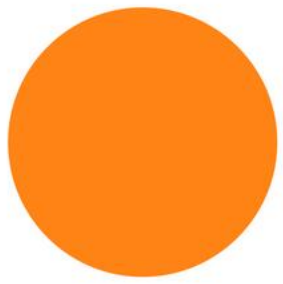


Step 1: Educate

7-Dose Curriculum information and referral

- Dose 1: Defining Dating Abuse
- Dose 2: Red Flags, Safety Planning, How to Get Help, Help a Friend
- Dose 3: Root Causes- Unhealthy Gender/Social Norms
- Dose 4: Root Causes-Social Acceptance, Oppression, Insecurity, Taught Abusive Behavior
- Dose 5: Self-Esteem
- Dose 6: Root Solution- 4 Skills to Build Healthy Relationships
Communication, Consent, Conflict Resolution, and Coping
- Dose 7: Root Solution- Bystander intervention & Social Change





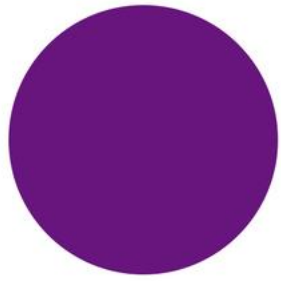
Step 2: Advocate

Individual & Group Support

safety, healing and support for teens who have experienced victimization

- Safety Planning & Emotional Support
- Text/Chat Help
- Weekly Drop In Support Groups
- Weekly Healing Arts Groups
- Monthly Peer to Peer Activities
- Resource Connections





Step 3: Activate

Peer to Peer Activism

teens activated to cultivate respect, empathy, kindness, equality, consent, safety and peace as the standard.

- BLOOM365 CREW Awareness Liaisons (40% Sign Up)
- Trained Peer Advocates (40/Year)
- Digital & Social Media Influencers (10% Tipping Point)



- Peer-driven outreach
- Peer-led delivery of "Flash Doses," Middle School programs, Puppet Theater, and Reader's Theater
- Peer-led social change

Project Costs:

- 1.0 FTE Lead Youth Advocate (LGBTQ)
- 1.0 FTE Lead Youth Advocate (Case Management)
- 1.0 FTE Outreach Advocate
- .75 FTE Youth Advocate (After School/Weekend)
- 1.0 FTE Volunteer Coordinator
- Peer Advocates (25 Volunteers x 10 hours/month on average)
- ACESDV Peer Advocate Training
- Counselor/Clinical Supervisor

Project Costs Cont.

- Counseling Intern
- Healing Arts Therapists (Art, Music, Yoga)
- Mileage
- Training costs (at national and local conferences)
- Passenger van
- Office furniture
- Supplies, case management software
- Rent, cell phones, social media pages

Services (job description(s)):


- Conduct 7 Doses classes in schools, respond to those identifying as victims, or those inquiring about friends who are victims
- Provide immediate crisis intervention and safety planning to victims who reach out for help during education presentations
- Identify Peer Advocates and train (7 Doses plus 40 hour Peer Advocate Training) who then function as a resource within schools
- Individual Counseling & Coordination to teens victims of sexual assault as well as teens who have experienced dating violence; participate in child and family team meetings as needed, and facilitate and participate in case management with school counseling staff

Services (job description(s)) Cont.

- Counseling Intern provides individual and group counseling support to teen survivors of verbal, emotional, physical abuse who are experiencing elevated challenges to healing, including but not limited to depression, anxiety, substance abuse, self-harm, and suicide ideation.
- Counseling Intern also works with Youth Advocate to coordinate weekly healing arts therapies with local healing arts resource providers
- Counseling Intern provides individual counseling and therapeutic support groups at the “Blooming Point” Center and in assigned schools.



impact

 Thank you for the BLOOM program, it ... Has
made me open my eyes and realize
that I was in an abusive
relationship & I need help fast
I'm seriously scared to even
ask if I can go to the mall
with friend, he makes me
so scared of him. I need to
change this



impact

Class Hour/Period: 1 2 3 4 5 6 7 8

School: North High School

Gender: Female Male Grade: 9

Thank you for BLOOM365, it...

gave me confidence to help
my friends who are experiencing
an unhealthy relationship.

Ever since bloom365 came to our class I come to realize that what my boyfriend is doing is trying to have power and control of me. Everything he has done is on the wilting flower. He used to tell me what to wear and he doesn't like me having friends. He has cheated on me and even once pushed me roughly against the wall. I really like him but me staying with him would keep me unhappy. Don't think I'm depressed lol but this morning I broke it off and I just feel a great weight off of my shoulders. I want to thank you for opening my eyes to all of the wilting characteristics.



impact

Class hour/Period: 1 2 3 4 5 6 7 8

School: _____

Gender: Female Male Grade: 9

Thank you for BLOOM365, it...

Helped me have a whole different viewpoint and got me to stop victim blaming. Bloom 365 also taught me what to do if I was ever in a situation in where any sort

of abuse is taking place





impact

bloom365

Uproot Abuse. Cultivate Kindness.

In what way(s) do you feel bloom365 helped you and/or a friend?:

bloom help me because when I first started dating this girl I didn't realize that I was controlling the relationship now I'm not.

Please share one thing you learned that you did not know before bloom365:

BGHS

Grade:

9

10

11

12

Gender Identity:

Female

Male

Transgender

Do not identify

bloom365

Safety Goal Outcomes:

1569/90% of teen victims demonstrated increased knowledge of safety and protection.

1569/90% of teen victims reporting an increased knowledge of services available.

1569/90% of teen victims who report they know how to access short and long-term resources that meet their emotional needs.

6/100% of teen victims that know how to plan for their continued safety.

6/100% of teen victims reporting their safety has improved.

Healing Goal Outcomes:

6/90% of teen participants reporting they have an improved support system

6/90% of teen victims who report having increased functioning and feelings of well-being (self-esteem, social connectedness, safety, access to resources).

6/100% of teen victims who report feeling believed/not alone.

6/90% of teen victims who report they know how to access short and long-term resources that meeting their emotional and safety needs.

Narrative from last Quarterly Program Report:

From January to March 2018, 464 teens, out of the 3,404 teens, who completed 7 lessons of our outreach education program anonymously disclosed that they experienced victimization.

These disclosures were received through student's answering an anonymous survey, administered through the use of clicker devices, as well as written disclosures on cards left behind in class. These teens, along with all students enrolled in the program, received information on local resources for help-seeking, practiced completing a safety plan during class and received information on victim's rights.

Of the teens who disclosed and self-identified as victims, 443 directly reached out for help to our advocacy team before, during or after class and 21 reached out via text/phone/social media instant messaging.

Support services performed include: Safety planning (443 teens), information on victim's rights and restraining orders (268 teens), referral to community resources (143 teens), crisis counseling (5 teens), ongoing individual advocacy sessions (77 teens) and group support (169 teens). In addition, 15 teens were trained as Peer Advocates this quarter.



Future plans:

- Review school policies and provide recommendations to Bloom It Up partner schools as it relates to the safety of teen victims
- Coordinate quarterly training and in-service workshops for school administration, counselors, faculty and staff on victim advocacy
- Develop coordinated community response teams in each school district, assuring involvement from school personnel, parents, teens, domestic violence advocates, health care providers, youth pastors and communities of faith, law enforcement, behavioral health professionals, and others who interact with youth



contact us
sponsor a teen



GIVE.
GROW.
BLOOM.

\$35 saves a life



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