



7/14/2021

## OVERVIEW

*Stronger Minds, Stronger Youth* is pleased to submit this proposal for services to support parent engagement and education. We believe that families set the course of a child's life. This is why it is so important to build the skills of parents as they partner with schools to bring about the most successful outcomes for children. In partnering with the Alvord Unified School District, *Stronger Minds, Stronger Youth* is committed to meeting the needs of the community by empowering parents with the knowledge and tools needed to support their children's overall development. The goal of these workshops is to provide parents with the capabilities they need to navigate difficult decisions when it comes to supporting their child's academic, social, and emotional well-being. *Stronger Minds, Stronger Youth* is committed to equipping parents with the skills needed to help their children thrive; therefore, building a stronger community for generations to come.

## The Objective

- To assist the district with providing parent training in any focus area of need.
- To provide differentiated quality education to parents on topics that are relevant to current trends in education and mental wellness.
- Act as a third-party provider, bringing a unique community-based perspective on issues surrounding childhood growth and development.

## The Opportunity

- Provide a 3-tiered workshop series on how to help your child leverage familial and ancestry identity as a resource for resiliency! (Tiered based on age-appropriate levels)
- Provide a 3-part interactive workshop series on understanding your child's social emotional needs where parents gain tools on how to recognize, monitor, and intervene when there is a problem.
- Provide a 3-tiered workshop series on how to support your child's social engagement with peers in order to create and maintain friendships. (Tiered based on age-appropriate levels)

- Provide a quarterly workshop on how to support your child in adjusting to the "new normal" where each quarter we look at the current state of societal re-engagement and discuss how to successfully re-integrate with thoughtful family work-life balance.

## The Solution

- Conduct a 3-tier and/or 3-part workshop in Semester 1 and again in Semester 2.
- Conduct a quarterly workshop that facilitates on-going parent support surrounding pressing issues within the parent community.
- Alternate conducting workshops between morning and evening sessions.
- Consider conducting workshops in a hybrid/simulcasting or in-person model during one Semester and possibly virtually during another Semester.
- Provide an option to conduct a workshop of choice at the site level, department level, and/or parent organization level. (i.e. Community Advisory Committee, Special Education Department, or XYZ High School Parent Engagement Night)
- Provide a workshop series on a Saturday during a Parent-Youth Summit/Conference.

## OUR PROPOSAL

*Stronger Minds, Stronger Youth* takes pride in providing parent education, focusing on the whole child with a parental lens that aims to promote personal growth surrounding every stage of childhood development. The goal of these workshops is to provide parents with the skills they need in order to navigate difficult decisions when it comes to supporting their child’s academic, social, and emotional well-being.

*Stronger Minds, Stronger Youth* is a community partner that is dedicated to doing what is best for children by focusing on a familial approach to supporting the whole child.

## Supplied Material

The following materials are to be supplied by the school district on the day of the workshop. *Stronger Minds, Stronger Youth* will provide these materials to the school district at least one week prior to the workshop due date.

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Copies of the Quick Reference Guide that will be provided by <i>Stronger Minds, Stronger Youth</i> at least a week in advance.	By the date of the workshop.
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\*Dates to be determined.

## PRICING

The following table details the pricing for delivery of the services outlined in this proposal. This pricing is valid for 365 days from the date of this proposal:

<b>1-hour Parent Workshop:</b>	<b>Price</b>
Item Description	
<p>Emotionally Supporting Your Child’s Transition Back to School Amid the “New Normal”</p> <p><b>August 10, 2021</b></p> <p>In this workshop, parents will learn how collective trauma impacts the developing brain socially and emotionally, how to recognize signs of stress and anxiety in children as a result of trauma, and the role that parents play in supporting their child emotionally as they adjust to change.</p>	\$667
<p>Workshop Content:</p> <ul style="list-style-type: none"> <li>- Pre-assessment with parents to rate their understanding</li> <li>- Trauma and brain development - social and emotional impact</li> <li>- Recognize signs of stress in very young children, early school aged children, preteens/teens</li> <li>- Quick checking for understanding activity</li> <li>- Recognize signs of anxiety in very young children, early school aged children, preteens/teens</li> <li>- Quick checking for understanding activity</li> <li>- Parent strategies to support their child emotionally</li> <li>- Who to contact if the problem is more than the parent can handle</li> <li>- Post-assessment with parents to rate their understanding</li> <li>- Q&amp;A</li> </ul>	
Total Services Costs	
<b>Total</b>	<b>\$667.00</b>

## SCOPE AND ENGAGEMENT

*Stronger Minds, Stronger Youth* is a family-centered educational resource and provider with a strong commitment to providing high quality services. Workshops are developed by a highly qualified practitioner with a strong background in education, mental health, and child development. What you can expect from our workshops:

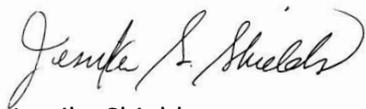
- In-person workshop delivered at a site specified by Alvord Unified School District
- The presentation will be provided by Jessika Shields, Founder and CEO of *Stronger Minds, Stronger Youth*
- Information that is presented in a standard “Lesson Plan” format, including (but not limited to) embedded activities, checks for understanding, and self-reflections.
- Brief self-guided pre- and post- assessments to measure participant growth over the course of the workshop(s).
- Self-reflection and guided “next steps” actions to bring closure to the session and to expand on what was learned.

## CONCLUSION

We look forward to working with Alvord Unified School District.

If you have questions on this proposal, feel free to contact Jessika Shields at your convenience by email at [jessika@strongermindsstrongeryouth.com](mailto:jessika@strongermindsstrongeryouth.com) or by phone at (909) 561-7697. We look forward to following up with you soon!

Thank you for your consideration,



Jessika Shields  
Founder and CEO of *Stronger Minds, Stronger Youth*