
ARISE in Washington, D.C.



“ARISE Life Management Skills are not hereditary, they must be taught”

Washington, D.C.

In four years, ARISE has enlisted over 100 organizations throughout the district into the ARISE Life Management Skills program, including Metropolitan Police officers, the Youth Service Center and public/charter schools.

During this time period ARISE has trained and certified over 769 ARISE Life Management Skills Instructors in the Washington D.C. area who have gone on

to teach essential life skills using ARISE’s specialized, easily understood curricula. ARISE reaches a weekly average of 860 young men and women. Many are still held under lock and key and others are fresh out of juvenile detention. Focus groups report that ARISE is effectively connecting with these disengaged youth.

Often these youth are not inspired by acts of kindness or compassion at home

or on the streets. Menacing anti-social behavior and finely cultivated animosity are lessons life has taught them. Their last best chance to learn essential life and workplace skills is the ARISE program.

“The most positive experience was to see this difference the ARISE lesson made in the lives of the youth and to witness the youth change for the better.”

—Tammy Wright
Covenant House Washington (Respite Center)

Start Date	Facility List	Number of Youth	No. of Instructors Trained	Training Dates
Nov. '06	Ana's Gold Children's Theatre 56 T. Street N W, Washington, DC 20006	20	(1) Instructor	10/06
May-04	Associates for Renewal of Education 45 P Street N W Washington, D C 20001	35	(25) Instructors	4/04, 6/04, 8/04, 5/05, 6/05, 8/05, 5/06, 2/07, 4/07, 5/07, 7/07
Sep-04	Beacon House 601 Edgewood Street N E, Washington D C 20017	15	(1) Instructor	9/04
Sep-05	Breaking the Chain 4415 S. Capital Street S W, Washington D C 20032	20	(5) instructors	8/05, 8/06, 7/07
Jul-04	Carver Terrace/Quantum Opportunity Program 2020 Maryland Avenue N E, Washington, D C 2002	30	(8) Instructors	4/04, 9/04, 1/05, 6/05
Arp-06	Center Empowerment Education Development 1709 Otis Place N E, Washington, DC 20018	12	(1) Instructor	4/06
Aug-04	Chauncy Spreull Community Center/ Paradise at Parkside 3517 Jay Street N E, Washington, DC 20019	40	(7) Instructors	8/04
Sep-04	Children of Mine 1450 Howard Road S E, Washington, DC 20020	15	(3) Instructors	9/04, 10/04, 1/05
Oct-06	Childrens National Medical Center 2501 Good Hope Road S E, Washington, DC 20020	30	(2) Instructors	10/05
Jun-07	Child and Family Services 11328 B. Snow Owl Place, Waldorf, Maryland 20603		(1) Instructors	6/07
Jun-07	Circle of Care Company, Inc. Gaithersburg, Maryland 20886		(1) Instructors	6/07
Aug-04	Coalition for the Homeless/DC Village 1234 Mass Avenue N W, Ste. C1015, Washington, DC 20005	20	(2) Instructors	8/04
Jun-07	Columbia Heights/ Show Family Support Collaborative 1816 12th Street N W, Suite 201, Washington, DC 20009		(1) Instructors	6/07
Jan-06	Community Growth and Learning 519 Main Street N E, Washington, DC 20002	30	(1) Instructor	1/06
May-05	Community Academy Public Charter School 33 Riggs Road N E, Washington, DC 20011	30	(4) Instructors	5/05, 5/06
Jun-07	Community of Hope 3715 2nd Street S E, Washington, DC 20032		(1) Instructors	6/07
Aug-05	Cornell Abraxas Corporation 4017 Minnesota Ave, S E, Washington, DC 20019	40	(8) Instructors	8/05, 4/06
Sep-04	Correctional Treatment Facility 1901 E Street S E, Washington, DC 20003	60	(30) Instructors	9/04, 11/04, 6/05, 1/06, 7/07
Apr-04	Covenant House 2001 Mississippi Avenue S E, Washington, DC 20020	20	(27) Instructors	4/04, 6/04, 5/05, 9/05, 10/06, 7/07
May-05	D C Alternatives-Learning Academy 1933 Montana Avenue S E, Washington, DC 20002	20	(1) Instructor	5/05
Jun-04	DC Jail/Detention Facility 1901 D Street S E, Washington, DC 20001	18	(39) Instructors	6/04, 8/04, 6/05
Oct-05	DC Safe Kids 111 Michigan Avenue N W, Washington, DC 20010	10	(1) Instructor	10/05
Oct-05	DC Department of Health 825 North Capital St N E, Washington, DC 20002	10	(3) Instructors	10/05
Jun-07	DC Neighborhood College Cohort 3 635 10th St N E, Washington, DC 20002		(1) Instructors	6/07
Jun '07	DC Public Schools 18 Underwood Place N E, Washington, DC 20012		(1) Instructors	6/07
Jun-07	Department of Employment Services/Project Empowerment 625 H. Street N E, Washington, DC 20002		(4) Instructor	6/07
Jun-07	Earth Conservation Corps 2000 Half Street S W, Washington, DC 20024		(1) Instructors	6/07
Aug-04	East Capitol Center for Change 2683 Douglas Road S E 2nd Floor, Washington, DC 20020	60	(25) Instructors	8/04, 10/04, 1/05, 9/05
Aug-06	East of the River Clergy 4118 First Street S E, Washington, DC 20032	18	(1) Instructor	8/06
Aug-04	Echelon Community Service 302 V. Street N E, Washington, DC 20002	12	(7) Instructors	8/04, 1/05
Apr-06	Edgewood/Brooklyn Family Support Collaborative 1618 Montello Avenue N E, Washington, DC 20002	10	(2) Instructors	4/06
Jun-07	Ellis Therapeutic Consultants 2651 15th Street N W, Washington, DC 20009		(2) Instructors	6/07

Apr-06	Excell Institute 2851 V Street N E, Washington, DC 20018	10	(3) Instructors	4/06
Apr-04	Family and Child Services of D.C. 929 L. Street N W, Washington, DC 20001	13	(6) Instructors	4/04
Jun-07	Family and Medical Counseling Services Inc. 2041 Martin Luther King Jr. Ave, Washington DC 20020		(1) Instructors	6/07
May-06	Firhanka Place Inc. 1301 Ridge Place S E, Washington, DC 20001	24	(8) Instructors	5/06, 8/06
Apr-04	Florence Critteton of Greater D.C. 815 Silver Spring Ave, Silver Springs, MD 20910	10	(1) Instructor	4/04
Apr-04	For the Love of Children - Learning Center 1816 12th Street N W, Washington, DC 20009	36	(15) Instructors	4/04
Sep-05	Free Advice 1018 9th Street N E, Washington, DC 20002	40	(6) Instructors	9/05, 8/06, 2/07
Oct-05	Friendship Edison Public Charter School 1345 Potomac Avenue S E, Washington, DC 20003	15	(2) Instructors	10/05
Jan-05	Fishing School 1234 Wylie Street N E, Washington, DC 20002	15	(7) Instructors	1/05
Apr-06	Georgia Ave Family Collaborative 4422 Georgia Avenue N W, Washington, DC 20011	12	(5) Instructors	4/06, 6/07
May-05	Good Samaritan Foundation 1317 8th Street N W, Washington, DC 20001	30	(1) Instructor	5/05
Jun-05	Greater Fellowship of Full Gospel Baptist Church 814 Alabama Avenue S E, Washington, DC 20032	30	(12) Instructors	6/05, 11/05, 2/06
Jan-05	Harambee House for Youth 1438 Morris Road S E, Washington, DC 20020	5	(5) Instructors	1/05, 3/05, 5/05, 9/05
Nov-04	Healthy Babies Project 801 17th Street N E, Washington, DC 20002	20	(2) Instructors	1/05, 4/06
Apr-06	Health Services for Children with Special Needs 1731 Bunker Hill Road N E, Washington, DC 20017	20	(1) Instructor	4/06
Nov-04	Hope and A Future 4244 Suitland Road, Suitland, Maryland	15	(1) Instructor	11/04
May-05	Idea Public Charter 1027 - 45th Srewer N E, Washington, DC 20019	30	(2) Instructor	5/05, 7/07
Aug-05	Inner Thoughts, Inc 4415 S. Capital Street S W, Washington, DC 20032	10	(1) Instructor	8/05
Sep-05	Intensive/Youth Services Program Refocused 450 H. Street N W, 4th Floor, Washington, DC 20001	8	(6) Instructors	9/04
Aug-05	Integrated Behavior Services 1415 - 11th Street, NW, Washington, DC 20018	20	(2) Instructors	8/05
May-04	Iona R. Whipper Home Inc. 2000 Channing Street N E, Washington, DC 20018	20	(11) Instructors	4/04, 1/05
Nov-04	Jose Arz Public Charter School 220 Taylor Street N E, Washington, DC 20171	65	(3) Instructors	11/04
Aug-04	Jubilee Enterprises 1400 16th Street N W, Washington, DC 20036	40	(18) Instructors	8/04, 10/04, 1/05
May-05	Kandace Academy 1408 Monroe St. N E, Washington, DC 20017	12	(1) Instructor	5/05
Feb-07	Kennedy Institute 680 Rhode Island Avenue, N E, Washington, DC 20017	20	(1) Instructor	2/07
Sep-04	Latin America Youth Center 800 Shepherd Street, N W Washington, DC 20011	20	(83) Instructors	9/04, 1/05, 2/05, 3/05, 9/05, 10/05, 1/06, 2/06, 3/07
Apr-04	Leary School 6349 Lincolnia Road, Washington, DC 22312	85	(6) Instructors	4/04, 11/04
Nov-04	Love Thy Neighbor Community Inc 2279 Savannah Street S E, Washington, DC 20032	20	(2) Instructors	11/04, 1/06
Apr-04	Marriott Hospitality Public Charter 410 8th Street N W 3rd Floor, Washington, DC 20004	25	(16) Instructors	8/04, 9/04, 6/05, 11/05
Apr-06	Marshall Heights Community Development Organization 3939 Benning Road N E, Washington, DC 20019	20	(3) Instructors	4/06
Aug-04	Mary's Joy Washington, DC	15	(1) Instructor	8/04
Sep-05	McFarland Middle School 4400 Iowa Avenue N W, Washington, DC 20011	15	(1) Instructor	9/05
Jan-05	Metro Kids Connection 3929 4th Street S E, Washington, DC 20032	15	(3) Instructors	1/05
Feb-05	Metropolitan Police Department -6th & 3rd District 300 Indiana Ave NW, Washington, DC 20001	30	(18) Instructors	2/05, 9/05, 10/05, 10/06, 11/06
Jan-07	Metropolitan Prevention Institute 3775 Minnesota Ave NE suite 2, Washington, D.C. 20019	30	(2) Instructors	1/07
Sep-04	Miracle Hand/Youth Incorporated 2127 Queens Chapel Road N E, Washington, DC 20018	30	(1) Instructors	9/04
Jun-07	Mundell Community Revitalization Corp 1330 7th Street N W #606, Washington, DC 20001		(1) Instructors	6/07
Aug-04	National Center for Children and Family 603 50th Street N E, Washington, DC 20019	50	(3) Instructors	8/04,6/05
Jun-05	National Organization of Concerned Black Men Inc. 1816 - 12th Street N W, Washington, DC 20009	30	(1) Instructor	6/05
Aug-06	Neighbors of Seaton Place 40 R Street N E, Washington, DC 20002	20	(3) Instructor	8/06, 2/07
Aug-04	Northwest Church Family Network 1151 New Jersey Avenue N W Washington, DC 20001	20	(4) Instructors	8/04, 9/05, 1/07
Apr-06	New School for Enterprise and Development 1920 Bladensburg Road N E, Washington, DC 20002	20	(1) Instructor	4/06
May-06	Next Step Public Charter School 1419 Columbia Road N W, Washington, DC 20009	20	(1) Instructor	5/06

May-05	One Vision Solutions 765A Delaware Avenue S W, Washington, DC 20024	10	(1) Instructor	5/05
Jun-04	Oak Hill Facility 3201 Oak Hill Drive, Laurel, MD 20724	20	(48) Instructors	6/04, 9/04, 11/04, 1/05, 5/05, 6/05
Jan-07	Operation Hope 2509 Good Hope Road, Washington, D.C. 20020	25	(1) Instructor	1/07
Aug-04	Paul Public Charter School 5800 8th Street N W, Washington, DC 20011	90	(4) Instructors	8/04, 9/04, 11/04
Aug-06	Parent Watch 606 Pennsylvania Avenue, Washington DC 20012	10	(1) Instructor	8/06
Nov-04	Peaceaholics 606 Paleigh Place S E, Washington, DC 20032	10	(5) Instructors	9/06, 10/06
Apr-04	Perry School Community Center 128 M Street N W, Ste 230, Washington, DC 20001	30	(5) Instructors	4/04, 6/04, 9/04, 9/05
Jun-07	Phillips Programs 7010 Braddock Road, Annandale, VA 22003		(2) Instructors	6/07
Apr-06	Powell House Project 2634 1 12th Street N E, Washington, DC 20017	15	(1) Instructor	8/06
Apr-06	Positive Focus Inc. 1304 Floral Street N W, Washington, DC 20012	15	(2) Instructors	8/06
Apr-04	Positive Nature 1017 New Jersey Avenue S E, Washington, DC 20003	35	(15) Instructors	4/04, 9/04, 1/05, 9/06
Apr-06	Prayer Mission Baptist Church 4816 Sheriff Road N E, Washington, DC 20019	15	(1) Instructor	4/06
Sep-05	Roosevelt Senior High School 1301 - 13th Street N W, Washington, DC 20011	40	(1) Instructor	10/05
Apr-04	Roving Leaders Urban Services 1325 S Street N W, Washington, DC 20010	40	(28) Instructors	4/04, 5/06
Apr-04	Salvation Army 615 Slaters Lane, Alexandria, Virginia	100	(3) Instructors	4/04
May-05	Sasha Bruce Outreach Program 716 I Street S E, Washington, DC 20003	10	(4) Instructors	1/05, 3/05, 5/05
Nov-06	Seed Public Charter School 4300 Centre Street SE, Washington, DC 20019	20	(1) Instructor	11/06
May-05	Sexual Minority Youth Assistant League 410 7th Street S E, Washington, DC 20003	50	(1) Instructor	5/05
May-05	Southeast Children's Fund 4233 6th Street S E, Washington, DC 20032	20	(3) Instructors	5/05, 8/05, 1/06
Feb-05	South West Collaboration 1501 Half Street S W, Washington, DC 20024	20	(1) Instructor	2/06
Feb-05	Spingarn Center 2500 Benning Road N E, Washington, DC 20002	35	(16) Instructors	2/05
Jul-05	Superior Court Juvenile Probation and Supervision Office 1724 Kalarama Road N W Ste 300, Washington DC 20001	20	(19) Instructors	7/05, 6/07
Aug-05	Scruples 2811 Pennsylvania Avenue S E, Washington, DC 20020	10	(1) Instructor	8/05
Sep-04	The House D.C. 1606 17th Street S E, Washington, DC 20020	34	(1) Instructor	9/04
Jun-07	The George Washington University Human Resource Serv. 33 Missouri Ave N W, Washington DC 20011		(1) Instructors	6/07
Jun-05	Time Dollar Youth Center 5500 39th Street N W, Washington, DC 20015	15	(7) Instructors	6/05, 9/05
Nov-04	Trenton Terrace Geared Towards Youth 3417 23rd Street S E, Washington, DC 20032	27	(1) Instructors	11/04
Nov-04	Triangle Group Home 3518 - 13th Street N W, Washington, DC 20011	8	(5) Instructors	11/04, 2/07, 3/07
Jul-05	Tri-Com Training Institute 1308 Guard Street N W, Washington, DC 20001	8	(3) Instructor	11/04, 7/05, 1/07
Apr-04	Trinidad Concerned Citizens for Reform 1510 Montello Avenue N E, Washington, DC 20002	40	(4) Instructors	4/04, 6/04, 1/06
Mar-07	Tyler House Neighborhood Network Center 1200 North Capitol Street, N W, Washington, DC 20011	10	(1) Instructor	3/07
Feb-05	United Planning Organization 301 Rhode Island Avenue N W, Washington, DC 20011	10	(1) Instructor	1/06
Nov-06	U-Life 400 Rosiero Road, Ft. Washington, MD 20744	10	(1) Instructor	9/05
Feb-06	Upper Room Outreach Center 51 Anacostia Road N E, Washington, DC 20019	30	(2) Instructors	2/06
Jun-07	Volunteers for Abuses and Neglected Children 1705 DeSales Street N W 3rd Floor, Washington DC 20036		(1) Instructors	6/07
Nov-05	YMCA of Metropolitan Washington 1112 - 16th Street NW, Washington, DC 20036	50	(1) Instructor	10/05
Aug-06	Young Ladies of Tomorrow 78 U Street N W, Washington, DC 20001	15	(13) Instructors	8/06, 10/06, 11/06, 2/07, 5/07
Jun-07	Youth Professional Development Inc. 9500 Annapolis Road, #C-3, Lanham, Maryland 20706		(1) Instructor	6/07
Feb-06	Youth Services Center/Youth Rehab. 1000 Mt. Olivet Road N E, Washington, DC 20002	80	(69) Instructors	11/04, 12/05, 2/06, 4/06, 5/06, 6/06, 7/06, 8/06, 1/07
Jun-05	Y.O.U.R. Community 4913 14th Street N W, Washington, DC 20011	20	(2) Instructors	6/05, 4/06
Sep-04	859 Youth Center 3515 28th Street N E, Washington, DC 20018	20	(4) Instructors	9/04
Feb-06	Wellspring Life Center 851 Monterio Court S E, Washington, DC 20032	30	(2) Instructors	2/06

Total youth being taught in the ARISE DC Life Management Skills Program 2607

Total ARISE Certified Life Skills Instructors trained in DC 769

METROPOLITAN POLICE – DISTRICT OF COLUMBIA

ARISE has trained the following police officers as Certified Life Skills Instructors. We have also provided all Life Skills Curricula for use by the officers in DC schools for the past three years.

Officer Ingrid Dixon, Through her love and concern for inner city youth introduced the ARISE –Metropolitan Police partnership in over 30 schools in the District. Positively impacting hundreds perhaps thousands of disadvantaged youth. She provided children with anger management, gun safety, drug, bully avoidance lessons and more. These youth can now survive and succeed in what is often a hostile environment. In addition Officer Dixon enlisted the following Metropolitan Police Officers into this wonderful effort.

Below are the list of schools that Officer Dixon services:

Ferby Hope Elementary	Winston Educational Center	CW Harris Educational Center
Malcome X Elementary	Aiton Elementary	Randall Highlands
Kelly Miller Middle School	Benning Elementary	Kimball Elementary
Garfield Elementary	Burville Elementary	Patterson Elementary
Ronald Brown Middle	Davis Elementary	Martin Luther King Elementary
Johnson Middle	Anne Beers Elementary	

Officer Twana Boone	District 1	Amidon Elementary (SRO last school year)
Officer Ava Cole	District 2	Unknown
Officer Charles Foster Jr.	District 6	Supervisor (All School District #6)
Officer Eugene F. McKay	District 6	Beers Elementary P R Harris Educational Center (Elementary) Randle Highlands Elementary
Officer A W Manley, Jr.	District 6	Kramer Middle School
Officer Warren A. Taylor	District 6	Anacostia High School
Officer Michelle Sims	District 6	Administrative Services Prev. 2005-2006 School Year 6TH & 7TH District
Officer Leon Cureton	District 6	Aiton Elementary Benning Elementary Burrville Elementary Davis Elementary
Officer Juana Diaz	District 6	Anacostia Senior High
Officer Timothy W. Rich	District 7	Hart Middle School
Officer R.S. Palmer	District 7	All Elementary Schools District #7
Officer Ronald Wilson	District 7	P R Harris Educational Center (Middle School)
Officer Antoine Carter	District 7	(Last school year) Fletcher Johnson Middle School (Currently on leave)

Capitol Comments From ARISE Program Participants.

This experience with the ARISE Train-the-Trainer workshop has been a wonderful education on training techniques. It has been a pleasure to be observed and given suggestions for improvement. I am prepared to train others and I have improved my presentation for the youth as well. I appreciated this opportunity to network and expand Free Advice's services to the community.

—Shana Latham
Free Advice Inc.

“Yes! I thank God for ARISE because the lessons have not only helped me help the youth, but the lessons also helped me personally.”

“The youth have become much more committed to their life goals.”

“Since becoming an ARISE Life Skill Instructor I have seen youth become more interested in life.”

—Tammy Wright
Covenant House Washington (Respite Center)

We have used the curriculum to teach learning disabled youth the principle in job skills. We have found that the practical way of teaching through roleplays, discussions and activities are far more valuable to these students than just reading and lecture. I will be adding staff and I look forward to more training. You offer an extremely valuable resource for non-profits that are working on low budgets.

Theresa Mullen, Executive Director
The Gatepost, Washington DC

I really enjoyed the ARISE Train-the-Trainer workshop. It was fun, informative and very educational. This training will assist me a great deal with youth group discussion as well as staff training. I found the material very interesting and useful. The Trainer was fun yet very professional! I loved everything about this training!

—Morena Lancaster
Youth Services Authority

I enjoyed the ARISE Train-the-Trainer workshop very much. The trainer was excellent. She treated us with respect and kept the focus on the training. This training made me feel very good, being educated in a much needed way.

It was a very empowering training!

—Kevin Speed
Youth Services Authority

“Ms. Hampton indicated that their youth are so excited about their ARISE sessions that they usually show up around 4:30 for their sessions which don't begin until 6:00. She also indicated that if she could have scheduled them (the ARISE sessions) everyday, they would be there everyday, and their participation level would be high.”

—Northwest Church,
Washington DC

My experience during the ARISE Train-the-Trainer workshop was very invigorating this week. It was rewarding and refreshing to learn new and different ways to work with youth. The trainer gave clear insight into the ARISE methods of training and teaching. This training will equip me with the skills I need to train others. I also plan on using the lessons to train non-violent offenders, how to teach the ARISE life skills material to at-risk youth. Fantastic training all around!

—Jennie Amerson
Eisenhower Foundation

I am grateful that I attended the ARISE Train-the-Trainer workshop. I will use the information from this training to help other sites in my program become better equipped to help the at-risk youth we serve. The material and delivery of this materials, was excellent! The trainer, Joliett Vega did a great job!

—Reginald Grant
Eisenhower Foundation

“This is a very positive program that should be if not already in group homes, residential areas.”

—Felicia P. Kea
YSC

Correctional Treatment Facility - Corrections Corporation of America

1901 E. Street, Washington, D.C. 20003

202-547-7822 Ext. 2284

To Whom It May Concern:

I attended the ARISE Life-Skills training on November 19, 2004. After receiving my certificate, I have taught at least 700 young people using the ARISE method. In addition, I have conducted at least 60 sessions of ARISE Life-Skills classes using techniques learned. My colleagues, who were trained as well, have conducted many sessions and have seen the advantages of having the ARISE program in their units.

Observations of the number of incidents involving juveniles in the facility, who have been enrolled in the ARISE Anger Management and Self-Esteem Life-Skills classes; have indicated a noticeable difference in behavior. One example of this difference is in a youth who has been involved in the ARISE program. A month before taking the ARISE Anger Management classes, the young man would curse at staff members and he would engage in physical altercations with those staff members. This young adult was later reviewed by the disciplinary board, released and returned to his unit. When asked what had made a difference in his behavior; he stated that he was taught how to handle situations differently and now he did not have to curse or get physical. Another example is of a young man who takes English as a Second Language (ESOL) enrolled in the ARISE Anger Management classes. He enjoyed the classes so much that he attended them in both English and Spanish. When asked why, his reply was that he learned a lot of important information that he wanted to learn it twice.

Currently, inmates are asking to have the ARISE Life-Skills programs taught in their units. The lessons are interesting, easy to teach, and the materials are simple to understand. At every class, inmates come with their learner's workbooks because they value these books. Even the officers view these workbooks as important since they will not throw them away during the shakedown process.

Not only do the clients benefit from the ARISE Life-Skills classes, but staff members also benefit. The decrease in disciplinary reports and incidents means less paperwork and less stress for staff. When both staff and inmates buy into the program, they all see a positive shift in attitudes. I truly enjoy teaching the ARISE Life-Skills classes to young adults and seeing the positive impact this vital program has on our future.

Sincerely yours,

Essie P. Knuckle, Ph.D. DABFE

Licensed Psychologist

ARISE Coordinator

Correctional Treatment Facility - Corrections Corporation America

Learner Academy