

ARISE

Program For Community, Self and Family

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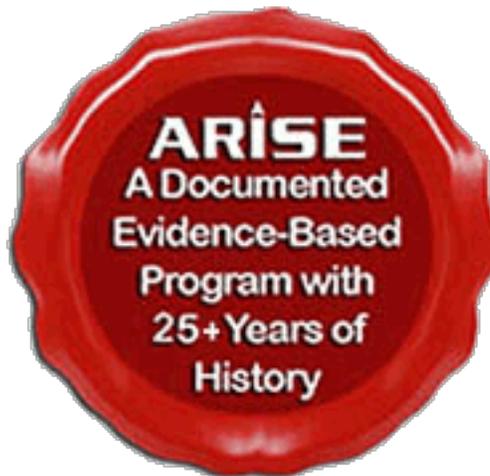
Website: <http://ariselife-skills.org>

ABOUT ARISE

ARISE co-founders Susan and Edmund F. Benson have succeeded in writing easily understood life skills lessons specifically children of all ages. Today's youth angered, traumatized, and frustrated by their inability to "get it" in classroom settings finally find success in ARISE. The Bensons also developed a winning, low-cost formula for training staff online to effectively teach ARISE curricula in highly effective, interactive group sessions.

ARISE was founded by Susan and Edmund Benson who have made its mission to empower youth their life and passion. This provides you with the luxury of asking questions and receiving guidance from two icons whose prime interest is promoting positive behavior, protecting youth from gangs and socially unacceptable activities.

Since 1986, the ARISE formula for empowering youth has worked because of the partnership between Edmund Benson, an entrepreneur, rebel and school dropout, and his wife Susan, an educator with a master's degree and a gift for making learning and living fun. Every word, book and program has been personally created, written, and constantly analyzed by the Bensons



ARISE Life Skills Curricula and Staff Training is Evidence-Based: University of Miami

University of Miami evaluated the ARISE life skills curricula and staff training examining the "success rates" among various groups of learners. During the past 25 years, not one but two University of Miami tenured professors attested to the effectiveness of ARISE life-skills curricula and staff trainings in evidence-based studies. Evaluation data over a five-year period show significant improvement in knowledge

of issues included in the program's content; violence reduction, goal setting, anger management, drugs and alcohol avoidance and other life management skills.

The Latest ARISE Evaluation Report

ARISE A documented evidence-based program nearly 30 years of history.

The ARISE Evidence-Based life skills curricula and staff training programs have been evaluated in several independent evidence-based studies.

Particularly in at-risk youth, the recidivism/re-adjudication are significantly better. There are significant improvements in youth's empathy and violence-related aggressive behavior as well as significant improvement in staff attitude toward youth and documented altercations.

ARISE As an Evidenced Based Curriculum:

ARISE has been providing training to facilitators and life skills curriculum to use with at-risk youth in the juvenile justice and school arena since 1996. They have received funding through the Office of Juvenile Justice and Delinquency Prevention since 2002 and through the Department of Education Title IV grants, through Florida Department of Juvenile Justice and through Miami-Dade County Commission. Each year the program has been evaluated and a final report is included on our website as evidence that the program works. Each individual curricula is not evaluated. A facility uses a series of curriculum and the program has been evaluated on the series of books they used. All of the ARISE materials have been developed using the same format and are based on five psychological models (Positive Psychology, Social Learning and Self Efficacy , Cognitive Behavioral Model, Information Processing Model and Psycho Educational Model.

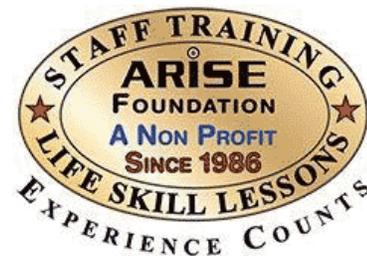
Here are some evaluation bullets that indicate that this program has been successful:

- 75% of the youth demonstrated increased knowledge of the life skills being taught (anger management, violence and conflict, Self esteem)
- There was a significant increase in the empathy of the youth and staff
- 95% trainees reported they are better able to communicate with the youth
- 90 % of staff trained demonstrated a firm grasp of the ARISE teaching formula
- There was a reduction in recidivism for the youth who participated in the ARISE life skills lessons.

Middle school and high school students involved in the Title IV program reduced their discipline referrals.

- Students in the program attended school 90% of the time – greatly improved
- 90 % of the students met mastery in the curriculum quizzes
- Students' report card grades for Language Arts averages 3.2 on a 4-point scale (B).
- In focus groups conducted (qualitative data) indicated: program had a positive effect on their self-confidence, grades, behavior and ability to identify with others
- In the Title IV program 87% of parents indicated that their child attendance improved, 74% said the behavior improved and 74% said their child is controlling anger better

ARISE has always used independent evaluators including two professors from the University of Miami Department of Sociology (Dr. Karen McElrath and Dr. Dorothy Taylor) , Dr. Marjorie Montague , education professor from University of Miami under Educational Research Associates in Coral Gables ,Florida and the latest reviewer was Justice Research Center out of Tallahassee, Florida- Dr. Kristin Winokur Early and Julie Blankenship.



ARISE PROGRAMS FOR SELF: Teens and Young Adults

ARISE MODEL

ARISE life skills program has been used in residential facilities, detention centers, Adult Prisons and probation services throughout the USA.

Although our training is geared towards at-risk youth, we find that the program is adaptable for adults. In communicating with psychologists, therapists and counselors who are certified as ARISE Instructors and are using the program with the adult population in various states, they have attested to the effectiveness and benefits of the training and curriculum. Below is an outline of those benefits:

- Model Program
- Good instrument used successfully in group setting or one on one mentoring
- Transitional Tool
- Incorporate any type of material
- How to become a facilitator
- Designed for people regardless of their educational level
- Create interactive and meaningful group discussion
- Engages all learning styles
- Evidence based

This Curriculum teaches core Life Skills strategies and techniques:

- Problem solving
- Critical thinking
- Effective communication skills
- Decision making
- Creative thinking
- Interpersonal relationship skills
- Self awareness building skills
- Empathy
- Coping with stress and emotions



ARISE PROGRAMS: Curriculum for Teens and Young Adults

Gang Prevention: 5 Ways ARISE Life Skills Lessons Help Reduce Gang Membership and Violence



What would compel a teen to join a gang? What circumstances would lead them to choose such a difficult, dangerous path?

Most teens just want a family. They want someone to listen to them. When their biological family isn't around, some teens turn to gangs to find a sense of

belonging. What they don't understand is how hard gang life is and how far off track their lives can veer if they choose the path of a gang banger.

PREVENTING GANG INVOLVEMENT

Some things that you should know in an effort to prevent at-risk youth from joining gangs:

- Kids usually join gangs between 11-15 years old
- Prevention efforts are crucial
- Girls join gangs in large numbers
- Parents play a key role in prevention gang membership- Parents need to spend time with their kids, discourage bullying behaviors, identify positive role models, value education and listen and communicate with their children
- Early warning signs are involvement in graffiti, hanging out with kids in public places, neighborhood vandalism

Reasons youth join gangs:

- To gain an identity
- Protection from violence and attack from rival gangs
- For closeness and fellowship that is lacking in their lives- Peer Pressure
- Intimidation – being threatened
- Excitement of gang activity
- Poor self –concept- hope to improve their feeling of self-worth
- Fear safety of family and friends
- Excitement for taking risks
- Family members belong to a gang

ARISE Life Skills lessons offer teens the knowledge they need to escape gang life. Here are 5 ways ARISE helps reduce gang membership and violence:

1. ARISE Life Skills lessons offer engaging, structured, easily understood lessons. Never boring or stuffy, always interactive, ARISE lessons offer a nonthreatening way for kids and teens to voice their opinions and learn in a fun environment. Often for the first time, the youth will feel understood, valued and listened to.
2. ARISE Life Skills Lessons give at-risk youth the tools they need to escape gang life, stay out of prison and become successful, productive members of society. Some lessons include:
 - Anger Management
 - Dropout Prevention
 - Conflict Resolution
 - Drug and Alcohol Abuse Prevention
 - Gun Awareness and Safety
 - Domestic and Sexual Abuse
 - How to Find a Job and Have a Successful Interview
 - How to Manage Their Money
 - Health and Hygiene
3. ARISE Life Skills lessons are designed for youth who have difficulties with reading and writing. There are no run-on sentences or large, difficult words. Lessons are short, non-sequential and thought-provoking. No boredom means no acting out.
4. ARISE trains staff members of juvenile justice facilities, churches, social agencies, afterschool programs, schools and law enforcement departments to be Certified ARISE Life Skills Instructors. Their training and experience gives them an opportunity to become mentors and confidants for the youth they interact with every day. If at-risk kids and teens have someone to confide in...a trusted adult role model...they are much less likely to join a gang in search of an open ear.
5. ARISE lessons are taught in a group setting, giving the young participants experience listening to other viewpoints, voicing their own opinions in a constructive manner and working on activities as part of a team. Engaging in an ARISE group life skills lesson teaches youth important communication, mediation and listening skills that they can apply in their daily lives.

ARISE PROGRAMS: Curriculum for Teens and Young Adults

PERSONAL DEVELOPMENT/ INTERPERSONAL RELATIONSHIPS/ WORKPLACE COMMUNICATION

Anger Management provides basic life skills activities for young people on anger management and aggressive behavior and how to recognize and control these dangerous anger impulses. Topics includes: Respecting others- anger triggers, different types of anger, communication and listening, mediation, bullying, peer pressure and avoiding fights. Includes quizzes for each section and pre and post assessment.

.....**Price: \$32.95**

Self Esteem -Learners will understand that self- esteem and self-worth are born from evidence of our own accomplishments. Interactive self-esteem lesson plans include topics such as knowing yourself, building self-esteem, removing negative thoughts and much more. Includes quizzes for each section and pre and post assessment.

.....**Price: \$32.95**

Peaceful Living is a 78-page book of fun, interactive lessons that will help your students succeed in effectively managing their emotions at home and in their future careers. *Peaceful Living* topics include controlling worry and stress, conquering fear, fair play, avoiding guilt and forgiving.

.....**Price: \$22.95**

Violence and Conflict – Topics includes: conflict and decision making, dealing with violent acts, police confrontation, violence in the media, the nonviolent code and getting along with authority figures. Includes quizzes for each section and pre and post assessment.

.....**Price: \$32.95**

ARISE Domestic Abuse group learning activities discuss topics from verbal to sexual abuse in nonthreatening, basic language. Written specifically for preteens and teen girls. These domestic abuse lessons take a very sensitive subject and bring it into the open. The group discusses thoughts, emotions and real life experiences that encourages conversation and interaction. End the cycle of violence by teaching learners how to defuse conflict, recognize abuse and take practical steps to stop it. Topics include lesson plans to end physical, sexual and emotional abuse end cycles of family violence. Includes quizzes for each section and pre and post assessment.

.....**Price: \$32.95**

The Right Stuff and Money Matters, teaches on nonverbal communication, understanding body language, improving communication skills, etiquette and manners, managing your money, smart shopping and more.

.....**Price: \$22.95**

Fatherhood: This life skills activities manual is “*Dad’s Basic Training*” for teenage boys and young men. It shows them that making a baby just to prove you can do it isn’t cool or smart. Youth will see that a good father is one who understands, supports, loves and protects his children and family. Includes quizzes for each section and pre and post assessment.

.....**Price: \$32.95**

AVOIDANCE OF RISK BEHAVIOR/ HEALTH EDUCATION

Substance Abuse and Guns Instructor’s Manual provides interactive life skills activities to teach your students about the dangers of drug and alcohol abuse, tobacco use, gun facts and gun control, guns and violence and much more.

.....**Price: \$32.95**

ARISE Basic Health 101, **Health and Hygiene** which is part of the Teen Health Curricula. Life skills topics includes: personal hygiene, skin care, common illnesses, general health, STD symptoms, poison prevention and treatment, and more.

.....**Price: \$32.95**

Sprouts: Book 1 Prenatal Care, Delivery, Postpartum Expectations and Mental Development also focuses on the relationship between a child’s mental development and influences on his life. A serious look at exactly what the future holds during and after pregnancy. These interactive lessons and activities cover the basics of prenatal care, what delivery is like, and how one may feel after giving birth. Includes quizzes for each section and pre and post assessment.

.....**Price: \$32.95**

ARISE PROGRAMS: Curriculum for Teens and Young Adults

AVOIDANCE OF RISK BEHAVIOR/ HEALTH EDUCATION

Sprouts: Physical and Emotional Development - Real-life lessons on the hardships, responsibilities, and sacrifices of teen parenthood. Lessons discuss teen parents raising a healthy baby—sleep, nutrition, doctor visits and more—and encouraging a baby’s emotional growth. It is recommended that these teen life skills be used to prevent teen pregnancy by letting learners realize the full scope of what it takes to parent a child. Includes quizzes for each section and pre and post assessment.
.....**Price: \$32.95**

Nutrition and Exercise How do we motivate students to develop healthy nutritional habits without promising each one of them a new Corvette? We did it without resorting to bribery. It’s all here in the book—eating disorders, food facts, the food pyramid, meal planning and much more! Includes quizzes for each section and pre and post assessment.
.....**Price: \$32.95**

Supercharging Your System book contains 350 bite-sized, easily digested nuggets of priceless information the average youth at risk never learns until it’s too late. These life skills activities include STDs, HIV and AIDS, drug and alcohol abuse, and the importance of good nutrition. A perfect health school curriculum for middle school and high school, after school programs, diversion programs, community based organizations, re-entry programs and alternative to incarceration programs.
.....**Price: \$22.95**

Creating a Positive Outlook is appealing to teachers and administrators because it reduces frustration in the classroom by providing positive thinking on life. Discover 250 opportunities to teach teens and particularly at risk youth in after school programs, juvenile diversion programs, middle school and high school, life skills to manage anger, temper, procrastination, confrontation, depression, and abuse. This life skills book encourages positive thinking on life. Best of all, we guarantee attentive youth anxious to share their own opinions.
.....**Price: \$22.95**

Being Safe, this 62-page life skills for teens book worksheets on general safety, safe driving, teen pregnancy prevention and much more
.....**Price: \$22.95**

Maintaining Your Homo Sapiens

Equipment offers basic maintenance techniques to keep your Homo Sapiens vehicle running smoothly. Consider *Maintaining Your Homo Sapiens Equipment* a guide for turbo charging your life. *Maintaining Your Homo Sapiens Equipment* Life skills topics include preventive maintenance; why vegetables and fruits are actually fuel; friendly foods that heal the body and provide energy; hostile fast foods that junk up one’s system, robbing us of a high-octane lifestyle; how to avoid serious health problems; and the importance of exercising this remarkable piece of equipment we call our body.
.....**Price: \$32.95**

With the **Homo Sapiens Family Medical Records**, families will have the information they need right at their fingertips. With high blood pressure, obesity, and heart disease on the rise, the *Family Medical Records* manual provides answers families need during medical emergencies or even just routine physicals. *Family Medical Records* self-directed book helps keep track of irreplaceable data every household must have.
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.....**Price: \$32.95**

ARISE PROGRAMS: Curriculum for Teens and Young Adults

CAREER PREPARATION/BUDGET AND FINANCIAL MANAGEMENT/EMPLOYMENT

Networking, Jobs, and Money breaks down the process step by step. This life skills book contains interactive Networking, Jobs, and Money lesson plans that cover building a support system, networking, interviewing, finding a job, budgeting and making the right financial decisions and much more. Includes quizzes for each section and pre and post assessment.

.....Price: **\$32.95**

So You're Thinking of Dropping Out of School? paints a clear picture of how difficult life can be for a high school dropout. Topics included: Personal Audit, Work and Money, Alternatives to School, Importance of Education, Types of Education, Importance of education and its relationship to employment and Career Choices. Includes quizzes for each section and pre and post assessment.

.....Price: **\$32.95**

Learning Strategies and Time Management Interactive lesson plans cover creative thinking, decision making, goal setting, study techniques, time management and much more. Includes quizzes for each section and pre and post assessment.

.....Price: **\$32.95**

Brainfood Book 5, tips, tactics and strategies successful people use every day of their lives. Self-improvement strategies, communication skills and tactics for getting and staying ahead and Tips for Dressing for success.

.....Price: **\$22.95**

TEEN PREGNANCY PREVENTION

ARISE Relationship Audit, this curriculum encompasses issues of trust, respect, power of a smile, credit worthiness, power of women, soul mates, negotiation skills, turning negatives into positives, apologizing, listening skills and so much more. These troubled girls will learn about what to look for to avoid relationship violence, dysfunctional relationships, abusive relationships and other unhealthy relationships. They will learn what to look for in finding the right boyfriend and what constitutes a healthy relationship.

.....Price: **\$32.95**

TEEN GANG PREVENTION

Gangs 50+ Stories, by reading gang stories, youth at risk learn that joining a gang is an easy way to destroy a life. When at risk youth refuse to listen to the authority figures who do their best to prevent this life altering decision, do we just give up? ARISE says NO! Have youth in community based organizations, juvenile detention, secured residential facilities, or any other alternatives to incarceration read these gang stories

based on real life situations to avoid making the mistake of joining a gang.

.....Price: **\$32.95**

Enough is Enough, teens may not listen to authority figures, but they do listen to each other. These firsthand stories of the constant fear, danger and violence of life inside a gang are a way to reach at-risk youth on the cusp of making the life-destroying decision to join a gang. Also included in this life skills book are interviews with adult and juvenile inmates who talk about their gang experiences, posters, and discussion questions to use with the gang stories.

.....Price: **\$32.95**

The life skills book for troubled youth "**What Life is Like Behind Bars**" directly confronts youth at risk with what life is like being in juvenile detention or in a secured residential facility. In this true to life, 32-page book, the reader will gain a good understanding of juvenile detention life or life in a residential facility and what parts of life will be lost and missed while they are there.

.....Price: **\$16.95**

[COMPLETE ARISE LIFE SKILLS CURRICULUM FOR HIGH SCHOOL](#)

.....Price: **\$900**



ARISE PROGRAMS: Curriculum for Middle School

ARISE Life Skills for Middle School consists of four individual curricula. The concentration is on anger and conflict management, how to get along with others, building leadership qualities, gang avoidance, self-esteem, physical, emotional health, drugs, STDs, suicide prevention and the absolute importance of creating one's own personal support group the kind rich kids grow up in and never give it a thought. At risk youth forced to make their way in a world that makes no sense, will find strategies and answers to questions they haven't even considered.

.....**Price: \$112.95**

ARISE Teen Anger Danger — These 50+ memorable life skills stories about teens dealing with anger and the consequences of their choices will help at risk youth hit the stop button on their anger danger by out thinking, not out fighting.

.....**Price: \$32.95**

Taneka's Tales, everyone loves a good story. This collection of 31 life skills stories for teens about urban life is a window into the lives of at-risk youth living with AIDS, domestic abuse, gun violence, drug use, gang culture, and more. Told in the first person, each story invites the reader to empathize with the characters.

.....**Price: \$22.95**

Dropping out of school is like dropping something heavy on your foot: it hurts you and keeps you from moving forward. The to-the-point life skills activities in Book 1 of the school dropout prevention series, **So You're Thinking of Dropping Out of School?** paints a clear picture of how difficult life can be for a high school dropout.

.....**Price: \$32.95**

So You're Thinking of Staying in School?, focuses on the life skills youth at risk of dropping out need to successfully complete their education— communication and relationship skills, decision making, and maintaining a positive attitude. This curriculum is perfect for middle and high school age youth as well as for at-risk youth. It is used successfully in juvenile diversion programs, after school programs and for juvenile delinquents.

.....**Price: \$32.95**

ARISE On Stage. It's never too soon to get youth thinking about their future. **ARISE On Stage: Focusing on the Future** life skills for middle school book introduces career planning and theater simultaneously in a creative and highly interactive way. Through drama and other interactive materials, youth are exposed to important career topics, such as how to be a good employee, how to choose a career, how to make a good impression, and more.

.....**Price: \$32.95**

ARISE When There's Trouble, Who Do You Call? is designed specifically to be taught by law enforcement officers who have no previous teaching experience.

Using role-play and other interactive group exercises, students learn what to do in dangerous situations.

They are also taught the best way to act when confronted by a law enforcement officer.

.....**Price: \$32.95**

ARISE Instructions for Living a Healthy Life teaches middle schoolers how to begin taking responsibility for their own health. Interactive lesson plans cover basic preventative maintenance, nutrition, exercise, substance abuse, worry and stress. These lessons are fun and interesting, creating memorable experiences to help retain knowledge.

.....**Price: \$32.95**

Life Isn't Fair helps middle schoolers explore the concepts of obstacles, fairness and perseverance through a charming and funny cartoon story featuring Tommy the Turtle, quotations and poems. The lessons include topics on anger, attitude, making mistakes, plus articulation and movement. This book is a favorite among our training staff as it is so much fun for youth and instructors.

.....**Price: \$32.95**

Learner's Workbooks available \$14.95 each

[COMPLETE ARISE LIFE SKILLS CURRICULUM FOR MIDDLE SCHOOL](#)

.....**Price: \$600**

ARISE PROGRAMS: Curriculum for Pre-K/Elementary School

ARISE Little by Little Pre-K consists of three individual curricula. Designed to nurture growing minds, the books use arts and crafts and one-on-one activities to inspire young imaginations, build self-esteem and teach key life skills. Preschool children will love learning their phone numbers in case of an emergency, important safety tips, and early lessons on respect and ethics through rousing songs, games and art projects..

.....**Price: \$55.95**

ARISE Little by Little Kindergarten and Grade 1 This four-book life skills series for learners ages 5 and 6 is an introduction to society's do's and don'ts. Topics include character development, personal safety, environmental awareness, and much more.

.....**Price: \$74.95**

ARISE Life Skills for Young Folks Grade 2-3, consists of two books and provides interactive lesson plans on making good choices about personal safety, self-esteem, exercise, sun safety, and much more.

The easy to understand life skills lessons are fun activities and provide a learning platform our youngest citizens will use every day of their lives..

.....**Price: \$58.95**

ARISE Big Kids Book of Life Lessons for Grades 4-5. Designed for fourth and fifth graders, the two life skills books in the Big Kids Book of Life Lessons series make learning fun while giving kids valuable information on topics like guns, drug and alcohol awareness, self-esteem, nutrition and health, bullies, tobacco, safety etc.

.....**Price: \$58.95**

ARISE Child Safety Weekly Events: Grades 3-5

Created for elementary schools, the Child Safety Life Skills curriculum features weekly activities on important themes such as stranger danger, gun awareness, school bus safety, fire safety and poison prevention. Dynamic and informative, each weekly life skills lesson involves both the students and their families, fostering awareness and involvement.

Lessons can be taught before, during, or after school five days a week for approximately 30 minutes..

.....**Price: \$58.95**

Water is Precious – Eco-Home – Xeriscape Books for Kids. This ARISE Life Skills three book Series teaches elementary school children all about conservation of our natural resources, particularly in their homes

.....**Price: \$33**

ARISE Kid's Alert Empowers elementary-age students with effective information on how to handle anger, conflict, deal with bullies, avoid drugs, and protect themselves from strangers, both in the community and on the Internet. Educational comics, games and interactive life skills lessons inform kids about dangerous situations like stranger safety and encourages them to trust their intuition.

.....**Price: \$32.95**

ARISE Poison Prevention Activity Book. This book not only teaches children what items are poisonous and unsafe, but does it in a fun and entertaining way. Nevertheless, what really makes this book unique is that while the children learn about poison safety, parents learn how to properly conceal these dangerous household items. With topics such as labels, medicine, cleaning agents, cosmetics, plants, paint, and pesticides, this book is the perfect guide to keep your home safe.

.....**Price: \$32.95**

ARISE Stranger Safety. This book will help your students understand why they are never to go with strangers. NEVER! This coloring book is intentionally interactive to instill in youngsters minds that they are NEVER to go with strangers. Delightfully illustrated these lessons are NOT scary, the pages are fun to color and most important children find these activities fun and memorable that's the goal of these Stranger Safety rules

Price: \$9.95

Learner's Workbooks available \$14.95 each.

[COMPLETE ARISE LIFE SKILLS CURRICULUM FOR ELEMENTARY SCHOOL](#)

.....**Price: \$295**

ARISE PROGRAMS FOR FAMILY:

ARISE Family Tools

An Uncommon Program for Uncommon Times Searching For a Program That Makes a Lasting Impression on Families

Your answer may be ARISE Family Tools, READ ON...

As you know, our fast-moving world has placed severe stress on family and work life. There is a constant race against time. Today we work longer hours and travel further to work. Add to this the skyrocketing food and fuel prices, struggling with unpaid bills, kids in trouble and the list goes on and on. Nowadays families need the right tools to deal with the stressful events in their lives.

The ARISE Family Tools program is committed to the concept that there are positive ways for families to cope with stress, anger, frustration etc. **These skills must be taught. No one is born with the DNA for family management.** For this reason ARISE Foundation with over 25 years of developing evidence based life skills materials is introducing you to:

.....Price: \$599

Some of the specific tools and activities participants will use are:

- Time out (removing yourself from a situation as an anger management tool)
- Self-talk (repeating a calming phrase as an anger management tool)
- “90-second” rule (remembering that the physical response to anger is gone in 90 seconds)
- Gratitude letters (writing a thank-you letter to someone you’re grateful for)
- Blessings journals (writing down three blessings every day)
- Personal affirmations (writing and repeating personal and family affirmations)
- Blessings journals (writing down three blessings every day)

- Practicing forgiveness
- Smiling/using positive body language
- “I” statements (communicating assertively rather than aggressively)
- Reflective listening (listening for feelings and understanding; paraphrasing)
- Negotiation skills (questioning and listening; getting win-win results in family situations)
- Relaxation vacation (guided visualization)
- Emotional contagion (“catching” emotions from each other)
- Practicing kindness with family members
- Optimism: envisioning a positive family future
- Setting goals for the family

[See what is included in the full Family Tools Package.](#)



ARISE INTENSIVE TRAINING PROGRAMS

[ARISE Drop It at the Door Training](#), (Also available [ON LINE](#))

2-Day On Site Training (up to 20 participants)

Specifically designed for busy people short on time, long on guilt, worry, stress and anger.

Cure yourself of carrying work problems home then bringing family worries and stressors back to work.

A unique training program centered on equipping individuals with tools they need to control anger, stress, and tension at work and home.

Drop It at the Door is specifically designed to help people overcome the unique challenges that inhibit optimum performance, cause health problems, excessive absences, burnout, conflict in their life.

Benefits:

- Creative and memorable strategies for individuals to manage anger and defuse hostility in a compassionate manner.
- Practical techniques for dealing with stress, through listening non-judgmentally, positive body language, impulse control, etc.
- Participants come away with a solid understanding of how they can choose to communicate in a positive way at home and work.



[ARISE Life Skills Facilitator Certification Training](#) (Also available [ON LINE](#))

2-Day On Site Training (up to 20 participants)

The ARISE Life Skills Instructor Training is designed specifically for those working with at-risk youth.

Upon completing this training, participants become ARISE Certified Life-Management Skills Instructors. Attendees discover the unique ARISE formula and enjoy the easy-to-teach interactive life-skills curricula, which is guaranteed to promote new levels of positive interaction with troubled, angry and disruptive youth.

ARISE incorporates role plays, word games, concept maps, popular TV game show activities, group discussions, and reading and writing activities. Boredom is never an option in ARISE groups.

Idea for:

- Case Managers
- Juvenile Justice staff
- Probation Officers
- Religious Leaders
- School Counselors/Police Officers, Resource Officers/Teachers
- Social Service personnel/Social Workers/Therapists
- Anyone interested in helping at-risk youth

[ARISE Life Skills Certification Master Training](#)

5-Day On-Site Training (up to 20 participants)

A five-day intensive training certifies participants as ARISE Master Life Skills Trainers and enables them to conduct the ARISE two-day Life Skills Instructor Training to professionally certify other staff and colleagues at their organization as ARISE Life Skills Instructors. Graduates have the knowledge and confidence to train others to help troubled youth make fundamental changes in their lives.

This workshop is perfect for organizations that understand the tremendous benefits of having a professionally trained ARISE Certified Master Life Skills Trainer on their staff. ARISE Master Trainers have the necessary qualifications to effectively train staff at their organization to meet the needs of at-risk youth.

NEW!

Gender Specific Awareness ON-SITE Training for Staff

1-Day (7 hours) On Site Training (up to 25 participants)

ARISE began its Girls Initiative by developing a Gender Awareness Training for the Department of Juvenile Justice staff who supervise young girls in detention and residential facilities. The Initiative was a partnership between ARISE and Vicki Lopez, a community volunteer who has worked with girls in the juvenile justice system for the last several years. Through our work with Mrs. Lopez, we realized that juvenile justice workers were treating boys and girls in the same ways which was having a negative effect on the girls in the system. To remedy this, we cover topics we find fundamental to addressing the current gender disparities in the juvenile justice system.



Your Instructor is Vicki Lopez who worked with ARISE to develop the ARISE Gender-Specific Awareness Training

Call 1-888-680-6100 for training
inquiries and fees or e-mail
yisaacs@arisefoundation.org

ARISE ACROSS THE USA

and beyond...

Click a state to see a list of organizations using ARISE Programs:

Alabama	Alaska
Arizona	Arkansas
California	Colorado
Washington DC	Delaware
Florida	Georgia
Hawaii	Idaho
Illinois	Indiana
Iowa	Kansas
Kentucky	Louisiana
Maine	Maryland
Massachusetts	Michigan
Minnesota	Mississippi
Missouri	Montana
Nebraska	Nevada
New Jersey	New Mexico
New York	North Carolina
North Dakota	Ohio
Oklahoma	Oregon
Pennsylvania	Rhode Island
South Carolina	South Dakota
Tennessee	Texas
Utah	Vermont
Virginia	Washington
West Virginia	Wisconsin
Wyoming	