

Drug free.
Resilient.
Connected.
Equipped.
Healthy.



WORKING HAND IN HAND WITH SCHOOLS TO SEE A **BETTER OUTCOME** FOR EVERY STUDENT.

WE PROVIDE

support and resources to middle and high schools to excel their Prevention Education, Social Emotional Learning, and Positive Behavior Interventions Supports (PBIS) initiatives.

THROUGH

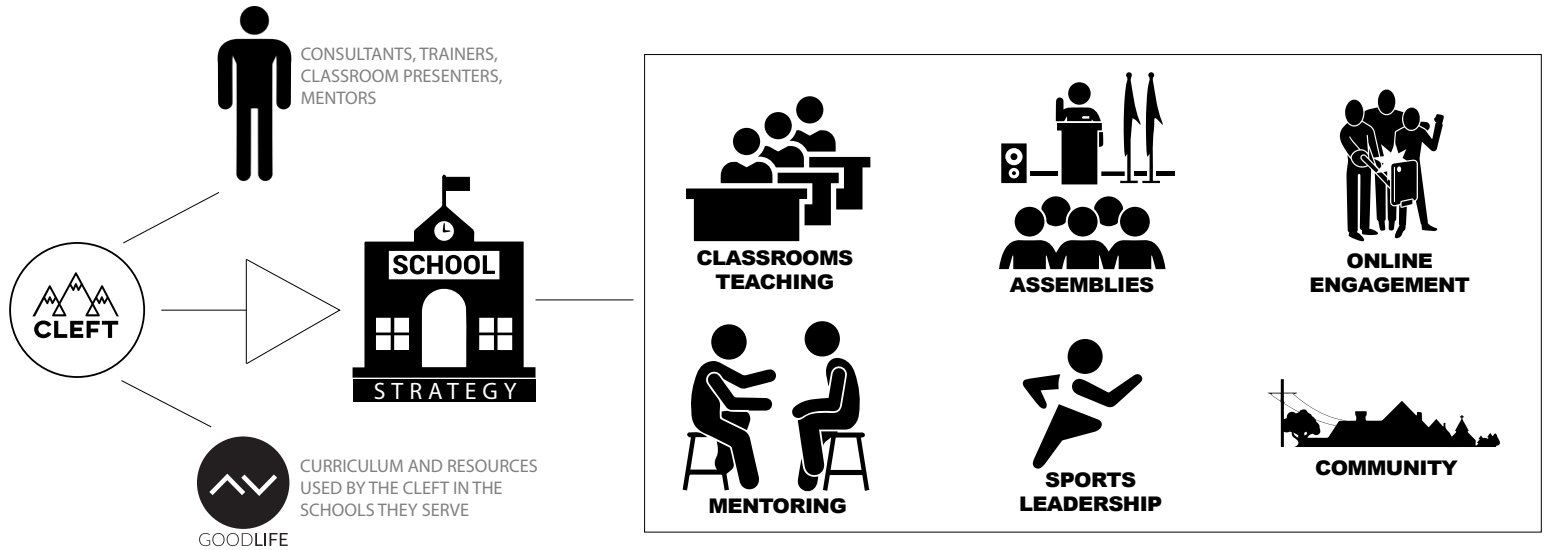
Guided Mentoring

Targeted Class Room Interactions and Strategic Assembly Messaging

Sports Leadership Training for Student Athletes & Coaches

Unique Student Experiences, Community Engagement Projects, and Access to Supportive Resources

Access to "GOODLIFE Curriculum" an evidence-based prevention and resiliency program



EVERY STUDENT. EVERY CAMPUS. EVERY COMMUNITY.



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CLEFT is local strategy designed to **ILLUMINATE POSSIBILITY** for
EVERY STUDENT, ON EVERY CAMPUS, IN EVERY COMMUNITY.

Often, school staff members find it difficult to adequately address the life challenges that face students in today's world with the significant demands of teaching and meeting academic requirements. CLEFT works hand-in-hand with your school to build a custom strategy using the GOODLIFE intervention educational curriculum that improves the **Social Emotional Learning** skills of middle and high school students and supports your **PBIS** plan through:

- > Guided Mentoring
- > Targeted Class Room Interactions and Strategic Assembly Messaging
- > Sports leadership training
- > Unique Student Experiences, Community Engagement Projects, and Access to Supportive Resources

Studies CONFIRM that a teenager who wrestles with the effects of abuse, neglect, addiction, life-altering trauma, or who's trying to discover how to experience fulfillment and meaning in life often needs additional resources and connection to cope or experience that fulfillment they seek. Sadly, society has often left those challenges and outcomes to the current school infrastructure and other traditional connections, and extracurriculars. CLEFT comes alongside your school's administrators, teachers, coaches and volunteers to assist in addressing these challenges while empowering ALL with , evidence-based, research proven informed tools that address the traumas and create opportunities for new ways of thinking and living.

Our CLEFT staff assumes an active role to partner **WITH** you to implement a strategy and prevention curriculum program designed to improve the **social-emotional** competencies of middle and high school students that can be integrated into **PBIS**.



THE CLEFT, INC IS A 501(C)(3) NON-PROFIT ORGANIZATION

WORKING TOGETHER CLEFT CAN...



SUPPORT AND PARTNER WITH YOUR PBIS TEAM

BUILD PARTNERSHIPS WITH THE COMMUNITY

BUILD A SCHOOL ASSEMBLY PLAN TOGETHER

PROVIDE SEL CLASSROOM TEACHING & CURRICULUM

PROVIDE TEACHER IN SERVICE SUPPORT

PROVIDE MENTORING PLAYBOOK AND TRAINING

PROVIDE SPORTS LEADERSHIP RESOURCES

Your school can choose the menu items above that will help you the most.

EVERY STUDENT. EVERY CAMPUS. EVERY COMMUNITY



GOODLIFE is a Tier 1 and 2 prevention and intervention educational curriculum that improves the Social Emotional Learning skills of middle and high school students. It does not accomplish this in a vacuum rather it integrates into PBIS in schools.

GOODLIFE resources include:

- > The GOODLIFE Mentoring Playbook
- > The GOODLIFE Classroom Playbook
- > The GOODLIFE Sports Leadership Playbook

GOODLIFE prevention curriculum has been architected using several evidence-based prevention frameworks including: the Search Institute's 40 Developmental Assets. These are fundamental to the four core areas of GOODLIFE.

GOODLIFE also leverages the well-known Risk and Protective Factors Framework. This provides the GOODLIFE with its learning and mentoring backbone!

It is **EVIDENCE INFORMED**

It was designed using the 2015 CASEL Guide to Effective Social Emotional Learning Programs, applying their systematic framework in the development. <http://secondaryguide.casel.org/casel-secondary-guide.pdf>

Therefore...

It is **ROOTED with RESEARCH**,

And...

It is **CRAFTED with CARE**

By paying special attention to developing an individual's resilience via a BIO, PSYCHO, SOCIAL, SPIRITUAL behavioral health approach.

Lastly...

It is **CONSTRUCTED with COMMUNITY** in mind...

Strategies for connection to the community, mentors, siblings, parents, and other adults have been considered and incorporated



IT WORKS!

Research shows that mentored youth are less likely to skip school or engage in drinking, drugs, and violence. Mentoring also reduces risks of early antisocial behavior, alienation, family management problems, and lack of commitment to school. Finally mentoring helps to promote healthy beliefs, creates opportunities for involvement, and reinforces prosocial behavior. (www.crimesolutions.gov/PracticeDetails)

GOODLIFE's CREATORS understand that today students face unprecedented distractions, barriers, and challenges. We also BELIEVE that this generation not only DESERVE our engagement but are SEEKING IT!

GOODLIFE provides the PLATFORM for CARING ADULTS to effectively connect to today's youth with confidence knowing that what they are using to mentor and empower youth has been curated with the best tools and methods available.

GOODLIFE ALSO PROVIDES:

- > an online community for retention and reinforcement
- > a growing, evolving, healthy collaborative community of on-going engagement



STUDENT STORIES

I think me and pretty much everybody ever is at least a little bit guilty of doing something because someone else was doing it. The GOODLIFE lessons you taught helped me be me.

-Evan
GOODLIFE Classroom Student

Most of the time I will listen to someone's advice and not really do it because it doesn't seem helpful, but I have taken everything in the GOODLIFE teaching to heart. I am very thankful that you came to our class.

-Acaysia
GOODLIFE Classroom Student

The most impactful lesson you taught was about how relationships can make you or break you. I've had a pretty rocky road with my Dad for a while and your talk helped me realize that I should talk to him. I bottle up how I feel a lot until I snap which has happened a lot more this year than I would like and your talks helped me relieve a little bit of that.

-Zoey
GOODLIFE Classroom Student

about  GOODLIFE

**SCHOOL WIDE
MONTHLY THEMES**



EVERYTHING BEGINS
WITHIN



RELATIONSHIPS
CAN MAKE YOU
OR BREAK YOU



CHOICES
DETERMINE
OUTCOMES



THE PATH OF
POSSIBILITY

AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER



JANUARY



FEBRUARY



MARCH



APRIL



MAY





GOODLIFECODE

We live by the code



EVERYTHING BEGINS
WITHIN

// WE LIVE LIKE WHO WE ARE MATTERS MOST.

// WE EMBRACE THE TENSION THAT MAKES US BETTER.

The inside you that no one can see will determine
the outside you that everyone can see.

THEMES ADDRESSED

Self Awareness, Understanding & Regulating Emotions, Decision Making, Confidence, Self-Motivation, Internal Reflection, Integrity, Honesty, Peer-Pressure, Restraint, Resistance Skills, Personal Power, Self-Efficacy, Managing Stress, Sense of Purpose, Positive Behavior, Problem Solving, Perseverance, Positive Thinking



RELATIONSHIPS
CAN MAKE YOU
OR BREAK YOU

// WE BECOME THE KIND OF FRIENDS WE'D LIKE TO HAVE.

// WE INVEST INTO THE RELATIONSHIPS THAT HELP US GROW.

The life we want will hinge on the friends we have.

THEMES ADDRESSED

Empathy, Relationship Skills, Conflict Resolution, Sensitivity, Communication, Bullying, Trust, Social Competence, Cultural Competence, Interpersonal Competence, Equality, Social Justice, Caring, Support, Listening Skills, Respect, Cooperation, Encouragement, Service to Others, Relationship Boundaries, Positive Peer Influences



CHOICES
DETERMINE
OUTCOMES

// WE MAKE DECISIONS TODAY THAT WE'RE STILL GLAD WE MADE TOMORROW.

// WE LIVE LIKE EVERY DECISION MATTERS.

Freedom is the power to own your life story.

THEMES ADDRESSED

Decision Making, Self-Efficacy, Responsibility, Self-Control, Evaluation of Consequences, Personal Power, Perseverance, Boundaries, Personal Development, Overcoming Obstacles, Positive Thinking, Planning, Sense of Purpose, Ethical Standards, Safety, Social Norms, Well-being of Self, Managing Stress, Goal Setting, Achieving



THE PATH OF
POSSIBILITY

// WE DO THE SMALL THINGS THAT MAKE BIG THINGS HAPPEN.

// WE LEVERAGE WHAT WE HAVE FOR THE SAKE OF OTHERS.

What is, is not all there is.

THEMES ADDRESSED

Goal Setting, Self-Motivation, Gratefulness, Celebration, Success/Achievement, Positive Consequences, Encouragement, Affirmation, Support, Positive Values, Responsibility, High Expectations, School Engagement, Discipline, Career Exploration, Perseverance, Positive Habits, Sense of Purpose
