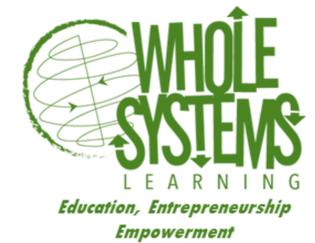


Project: Turning Resilience into Brilliance for Eternity (T.R.I.B.E. Program)

Whole Systems Learning



LOCATION

Riverside, CA
Los Angeles, CA



GROUPS SERVED

- African American Males
- Urban Settings
- Transition-Age Youth (ages 14-24)
- Foster Care / Probation/Parole Experience

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OVERVIEW

TRIBE is an African-centered program for African-American youth, ages 14-24 who are or have been in foster care or on probation or parole

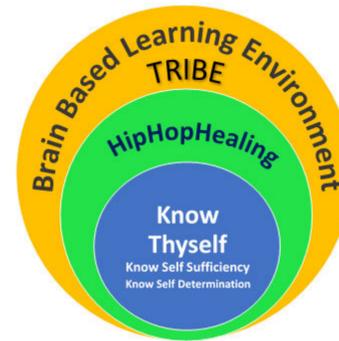
TRIBE addresses the root causes of disproportionate African-American representation in prison and homelessness on both individual and structural levels. It does so by focusing on the trauma suffered by our youth, and how to reduce and heal trauma symptoms, both during and after traumatic life experiences. **TRIBE techniques** include:

HiphopHealing is a trauma therapy that uses treatment approaches for Complex-PTSD, implementing it through culturally relevant storytelling of filmmaking, music production, poetry workshops, and activism.

Know Thyself is a brain-based behavior change model that increases resilience by enhancing protective factors.

Know Self-Sufficiency through Employment: Career training/College, work experience, and career employment and entrepreneurship.

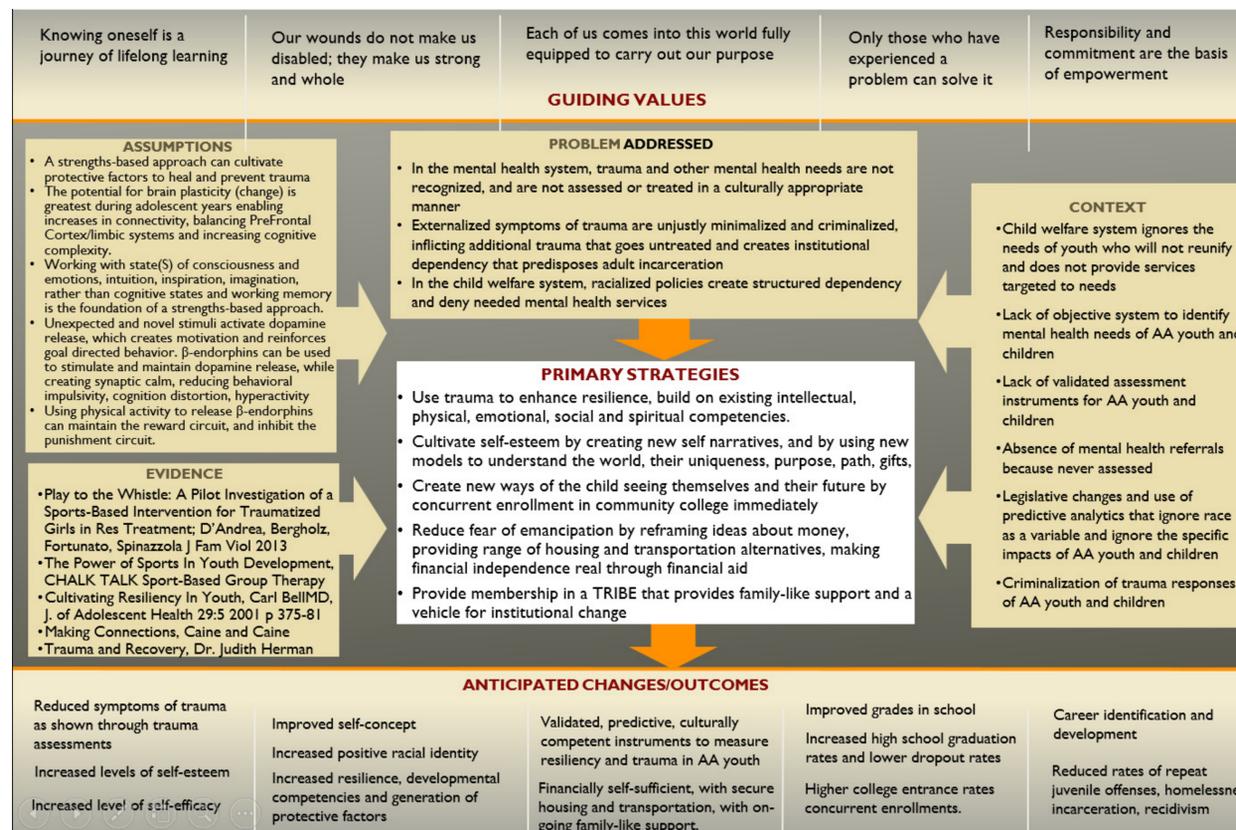
Know Self Determination: Housing, Transportation, Life Skills and Legal services and skill-building.



KNOW SELF-SUFFICIENCY

KNOW SELF-DETERMINATION

THEORY OF CHANGE



PROGRAM ROLLOUT HIGHLIGHTS



- Enrollment in 3 12-week workshop series: HipHopHeals, Know Thyself Cultural Identity, Entrepreneurship in cohorts of 10 2x/year
- TRIBE members are trained as program facilitators
- Life Skills and MindShift



T.R.I.B.E. TURNING RESILIENCE INTO BRILLIANCE FOR ETERNITY

I AM TRUTH: I am here for a purpose. My life experiences are preparing me for greatness, and this is only the beginning. My actions may have hurt others and myself, but every experience has served a good and right purpose. I am not a mistake. I am worthy

I AM RESPECT: I am a genius. I am respecting my brilliance, dreams and emotions.

I AM SEEING the gifts in my wounds: My rage leads me to transform as I understand that people are who they are and not who I want them to be. I can ask: what's good about it.

I AM COMMITMENT. I am where I should be. I commit to stand and face my fears here, and run toward the roar

I AM POWER. I will not give up my power to others by blaming or following. I look past ALL obstacles, and take ALL responsibility to get what I want.

I AM RICH. Abundance is within me, in the creative ideas that pour out of me every second. I will invest in my dreams and in my own idea of success.



OUTCOMES

- Youth who started the program on probation are no longer on probation
- Emancipated students and probationers living independently in their chosen housing, attending college or working in careers



FUTURE DIRECTIONS

Long-term goals of the project include:

- Institutional partnerships to identify and work with juvenile/adult probation, parolees
- Community partnerships to promote policy change
- New culturally competent instruments to assess trauma, resilience, protective factors for nationwide use
- EBP on BBR-T and effectiveness of physical activity for AA program to reduce trauma responses (for example: fight/flight/freeze) through somatic feedback and resiliency reinforcement