



# Program Outline

Edwards Air Force Base,  
California

# Mission Statement

SOAR offers a safe space & community for teens by providing education, unique resources & teen led working groups to protect their mental health & prevent suicide through peer to peer relationships & adult mentorship.

# Vision Statement

To prepare today's teens for their future by cultivating capabilities to grow into resilient individuals.

# Introduction

SOAR was created in an effort to provide targeted mental health resources to our bases teens. We wanted to create a community group that could help provide:

- ▶ a safe place for teens to share their ideas and help seeing them to fruition
- ▶ resources that target specific mental health needs requested by teens and parents of teens
- ▶ Provide ways for teens to interact with their peers safely and feel connected to their community

# Meetings

- ▶ SOAR adult meetings 2x/month virtually
- ▶ SOAR teen meetings 1x/month in person
  - ▶ Date determined by availability of teens
  - ▶ Frequency can be increased as needed for events

# Events

- ▶ Resiliency education is led by adults & helping agencies once voted on by the teens
- ▶ Working Groups are teen led but an adult is assigned who can help push events along and assist teens as needed

# Partnerships

- ▶ Installation Community Support Coordinator
- ▶ Family Advocacy
- ▶ Airman & Family Readiness Center
- ▶ Master Resiliency Trainers
- ▶ Installation Private Organizations
- ▶ Teen Center Director
- ▶ School Liaison Officer
- ▶ Mental Health
- ▶ Housing Resident Advocate
- ▶ Base Exchange

# Partnerships (Continued)

- ▶ Civ-Mil Not for Profit Organization
- ▶ Marshmallow's Hope Not for Profit Organization
- ▶ Public Affairs
- ▶ Behavioral Health Optimization Program (BHOP)
- ▶ Youth Military Family Life Counselor (MFLC)
- ▶ Violence Prevention Integrator
- ▶ Youth & Child Services Flight Chief
- ▶ Key Spouses
- ▶ First Sergeants
- ▶ Leadership Spouses



# Communications Methods

- ▶ Facebook, Instagram, TikTok, Twitter (Advertisement/Recruitment)
  - ▶ Ran by teens & adults
- ▶ Slick Text (Info/Event subscription for community)
- ▶ Gmail (Team continuity binder)
- ▶ Slack App (Communication with teens/organization)
- ▶ Zoom (virtual meetings)
- ▶ SurveyMonkey (teen/teen parent surveys)
  - ▶ Results of surveys provide input for targeted future goals/initiatives
- ▶ FSS Marketing/Local Magazine (Advertisement/Recruitment)

# Administration Work

- ▶ Each teen has a file in Google Docs with the following:
  - ▶ Teen Agreement/Information Form
    - ▶ Teen Contact Info
    - ▶ Primary Parent Info
    - ▶ Secondary Parent Info
    - ▶ Teen Agreement
    - ▶ Parental Consent/Media Release

\*Example form on next slide

# Teen Agreement/Info Form Example

## SOAR Teen Member Agreement and Information Form

Please fill out the following information and email back to soar.edwards@gmail.com.

### TEEN CONTACT INFORMATION

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Email: \_\_\_\_\_ Birthday: \_\_\_\_\_

If you live on base, what neighborhood? \_\_\_\_\_

If you live off base, what city? \_\_\_\_\_

What time frames are you typically available for meetings during the week? (Write time frames next to the days of the week you are available. Leave unavailable days blank.)

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_

### PRIMARY PARENT INFORMATION (This should be the parent who we will primarily correspond with.)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Email: \_\_\_\_\_ Mobile Number: \_\_\_\_\_

Are you Military, Civilian, or a Contractor? Y N

If Military, please state branch, rank, and unit. If a Civilian or Contractor, please state unit of affiliation:

Would you like to be added to SOAR's email distro list? Y N

### SECONDARY PARENT INFORMATION

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Email: \_\_\_\_\_ Mobile Number: \_\_\_\_\_

Are you Military, Civilian, or a Contractor? Y N

If Military, please state branch, rank, and unit. If a Civilian or Contractor, please state unit of affiliation:

Would you like this parent's email to also be used for normal correspondence regarding the team? Y N

Would you like this parent's email to also be added to SOAR's email distro list? Y N

### TEEN AGREEMENT

By signing below, I understand that I am agreeing to be an active member of the SOAR Team and will do my best to be present and on time for team meetings. I will behave in a way that promotes respect for others, positive leadership, and good character. I understand that my position as a team member may be revoked at any time as a result of improper behavior.

Teen Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Teen Name: \_\_\_\_\_

### PARENTAL CONSENT

Please check one:

- I give my child permission to attend an initial in-person, socially-distanced get-together with the new teen members of the team in an outdoor setting in order for them to meet and get to know one another.
- I do not give my child permission to attend an initial in-person gathering; however, he/she may be called in virtually via Zoom.

Media release:

- I allow SOAR to photograph my child during SOAR-related activities and for those photos to be used on their public Facebook page.
- I do not allow SOAR to photograph my child.

By signing below, I agree to allow my child to join the SOAR Team and understand the expectations listed in the above Teen Agreement. I confirm that the above contact information is correct and will update any future changes with the team.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Parent Name: \_\_\_\_\_

# Adult Projects

- ▶ Teen Mental Health Kits
  - ▶ Sponsored by local private org
  - ▶ Kits include journals, positive words of affirmation, chocolate, stress ball, pen, dialectical behavioral therapy (DBT) cards
- ▶ Parenting classes geared towards teens
  - ▶ Partnership with Family Advocacy
- ▶ Teen life skills classes
  - ▶ Four Lenses
  - ▶ RTA training (BOUNCE curriculum)
  - ▶ Dealing with anxiety, managing stress, depression, body image/self love, dealing with military life
- ▶ Big Brother/Big Sister
  - ▶ Partnered with Marshmallow's Hope Not for Profit
- ▶ “Real Talk” Sessions for Teens

# Teen Projects

- ▶ Month of the Military Child Events
  - ▶ Kid craft, banners for elementary schools, wall mural on base, etc.
- ▶ Clubs
  - ▶ Community Service Club
  - ▶ Video Games Club
  - ▶ Art Club
  - ▶ Photography Club
  - ▶ Gardening Club
  - ▶ Board Games Club
  - ▶ Reading/Book Club
  - ▶ Writing Club
  - ▶ Any interests the teens in SOAR have

# Conclusion

If there are any questions, please contact SOAR at:

**soar.edwards@gmail.com**

