



SPARCS

An Overview of the Program

SPARCS Cohort 9 Mini Session

17 March 2022



Our Commitment: Every Student
Collaborative ★ Competitive ★ Successful

What is SPARCS?

Structural Psychotherapy for Adolescents Responding to Chronic Stress

- SPARCS is a 16-week intervention filled with fun and group activities where students will practice the 4 C's
 - Cultivate awareness
 - Cope more effectively in the moment
 - Connect with others (communicate)
 - Create meaning



How?

Through learning mindfulness activities and strategies and by learning new terms such as

- MUPS: (Things that “Mess U Up”)
- “Let ‘M Go”
- “Make a Link”
- Emotion mind (hot), Reasonable mind (cold), and Wise Mind (warm; balance of the two)



Encouraging SOS-Slow Down, Orient & Self-Check

Try implementing meditation music or nature sounds to create a more calming environment for SOS! For an extra mindfulness moment, short deep breathing exercises can be found all over!

Examples: <https://vm.tiktok.com/TTPdBPsnBp/> or



Orienting Members to the Group

Group members may be uncomfortable entering a new group setting. Encouraging them to get to know each other through ice breaker activities can help them become more comfortable in engaging with each other during the learning process.

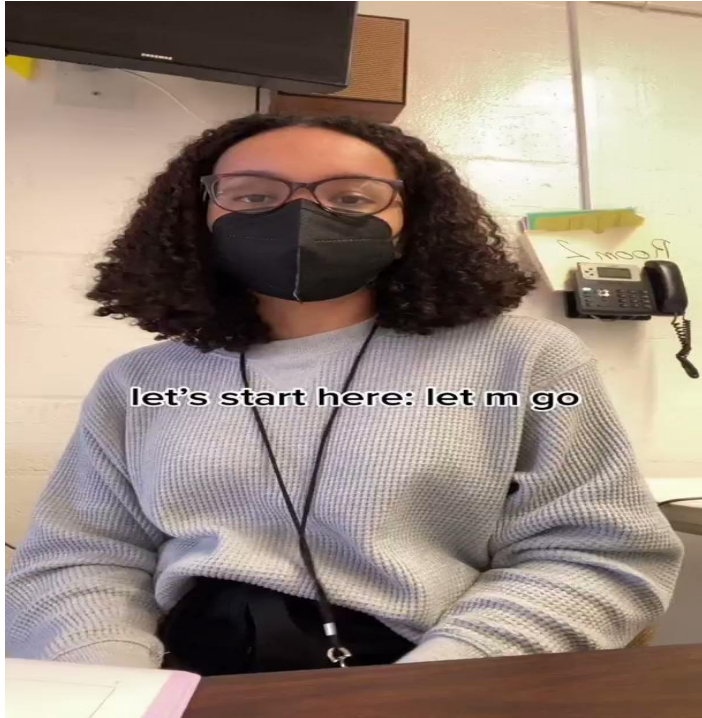
Fun icebreakers can be included in Session 0 and Session 1 to break up some of the uneasiness that new SPARCS members may be experiencing.

Icebreakers can be as simple as sharing three fun facts about themselves, or as in- depth and fun as giving the group 3 minutes to come up with 10 things that everyone in the group has in common.



Making the Content Relatable

Turning our SPARCS practices into interactive and attention grabbing videos like the ones our students often engage with on TikTok could be a great way to keep them interested and give something creative to reference!



Celebrate Progress and Achievements

Learning and implementing our SPARCS practices is a big deal and should be celebrated!

- Rewarding group members' progress and accomplishments is important.



Hopes for the Future

After the 16 weeks of fun, students will continue to practice strategies and techniques, and they will carry SPARCS with them!



Testimonials

“SPARCS keeps me out of trouble. I learned to think before I go off”

“I made some new friends”

“The fidget toys help me stay calm”

Testimonials

"I need someone to talk to so I like being in SPARCS"

"SPARCS is a safe place to express my feelings"

"I need help with my emotions"



References, Sources and Gratitude

- ★ Aaliyah R. Mathews, BS Human Development & Family Studies-
Student Services Assistant
- ★ NCTSN- National Child Traumatic Stress Network
- ★ Omni Youth Services
- ★ SAMHSA-Substance Abuse and Mental Health Services
Administration