

Torch Leadership Academy's (Incomplete) Guide to Leadership Development & Impact

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1. Introduction

Welcome to the Torch Leadership Academy's Guide to Leadership Development & Impact. This guide is designed to support your growth into a capable, ethical, and visionary leader. Whether you are a student, a professional, or a community member aspiring to make a difference, you'll find valuable resources and insights here to aid your journey. Each section is tailored to help you explore and enhance your leadership skills through practical experience and inspirational knowledge

Email info@torchleadershipacademy.org to add to this list! We know it's incomplete and could use some help filling in the blanks.

This guide is committed to inclusivity and accessibility for all readers. We strive to follow the latest Web Content Accessibility Guidelines (WCAG) to ensure it is accessible to individuals with disabilities. Translations of this guide are available in other languages upon request.

2. Nonprofits, Leadership, & Social and Environmental Impact Opportunities

In this section, we delve into opportunities where you can practice servant leadership and make a tangible impact. The organizations listed here offer diverse avenues for involvement, from community service to international aid. Explore these opportunities to understand the various contexts in which leadership skills can be honed and utilized, and how you can contribute meaningfully to causes you care about.

American Red Cross Youth

The American Red Cross Youth Program offers diverse volunteer opportunities for young people to engage in community service and leadership development. Youth volunteers can join or start Red Cross Clubs, participate in disaster response, and support international humanitarian efforts, enhancing their skills while contributing to significant causes. [Visit the Red Cross Youth](#)

AmeriCorps

AmeriCorps provides a broad array of opportunities for individuals eager to make a difference through service, addressing community needs in areas such as education, health, and disaster response. You can choose to serve in various capacities, allowing you to align your service commitment with your personal goals and lifestyle preferences. AmeriCorps offers the chance to join a network of over a million alumni dedicated to civic engagement and community improvement. [Learn more about AmeriCorps](#)

Atlantic Center for Independent Living

The Atlantic Center for Independent Living, Inc. provides essential services such as life skills training, peer support, and advocacy to empower individuals with disabilities in Atlantic County, NJ. Their mission focuses on enhancing independence and community integration through education and personalized support. [Explore Atlantic Center](#)

The Arc of Cape May County

The Arc of Cape May County is committed to supporting and enhancing the lives of individuals with intellectual and developmental disabilities. They provide a range of services aimed at promoting the full inclusion and participation of these individuals in the community, ensuring their rights and improving their quality of life through advocacy, direct services, and various support mechanisms. [Visit The Arc](#)

AVANZAR

Avanzar, previously known as The Women's Center, focuses on empowering individuals and families by ensuring their safety, well-being, and freedom through various support services. They provide comprehensive programs targeting domestic violence, sexual assault prevention, and a range of support services for individuals seeking economic equality and self-sufficiency. [Get involved with AVANZAR](#)

The Bonner Program

The Bonner Program provides scholarships to college students who commit to extensive community service, fostering their growth into community leaders and agents of social change. This program integrates academic and co-curricular learning with community service, emphasizing student development and community impact. For further details, you can visit the Bonner Program's official page [here](#).

Boys and Girls State

New Jersey Boys and Girls State programs, facilitated by The American Legion and its Auxiliary, offer high school juniors an intensive week-long, hands-on experience in state and local government operations. Participants engage in role-playing political campaigns, elections, and legislative sessions to cultivate a deeper understanding of democratic principles and civic responsibility. For further details on specific programs, you can visit the [American Legion's official page](#).

Boy Scouts/Girl Scouts of America

The Boy Scouts and Girl Scouts programs in the United States offer diverse activities that promote character development, leadership skills, and outdoor adventures. The Boy Scouts of America (BSA) provides programs like Cub Scouts for younger children, Scouts BSA for those aged 11-17, and Venturing for older teens, all emphasizing ethical decision-making and community involvement. Similarly, the Girl Scouts organization encourages girls of all ages to grow their skills in leadership, problem-solving, and teamwork through varied programs tailored to different age groups. For more detailed information on the programs and how to join, you can visit the official websites for [Boy Scouts of America](#) and [Girl Scouts of the USA](#).

Camp Fire USA

Camp Fire USA is deeply committed to environmental stewardship, offering programs that immerse young people in nature and teach them about conservation and the importance of caring for our planet. Their initiatives encourage participants to connect with the outdoors through activities that foster an appreciation for the environment and equip them with the skills to protect it. For more detailed information on Camp Fire's environmental programs and how to participate, visit [Camp Fire USA's official website](#).

CONTACT Cape-Atlantic

CONTACT Cape-Atlantic is committed to providing vital community support and daily reassurance calls to older adults and individuals with disabilities in Atlantic and Cape May counties. Their services include the Gatekeeper Program, which trains community members to identify and assist at-risk individuals, and a Telephone Reassurance Program that ensures the well-being of clients, helping them maintain independence and feel connected to their community. For more information on their programs or to get involved, visit [CONTACT Cape-Atlantic's official website](#).

Career Opportunity Development (CODI)

CODI is a private, nonprofit 501(c)(3), social service organization fully accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). Accreditation provides assurance that CODI uses sound administrative practices, delivers services consistent with best practice standards, measures and achieves positive outcomes, conducts a continuous quality improvement process, and manages funds wisely. CODI is actively looking for volunteers for a variety of projects, and has two levels of volunteers. CODI also takes interns. Website: www.njcodi.org

Habitat for Humanity

HFH is a global nonprofit housing organization working in local communities across all 50 states in the U.S. and in approximately 70 countries. HFH welcomes all people— regardless of race, religion, ethnicity or any other difference—to build simple, decent, affordable houses with those who lack adequate shelter. Volunteers work alongside the homeowners in building and renovating these houses. Website: www.habitat.org

Hugh O'Brian Youth Leadership (HOBY)

This program enrolls understanding high school sophomores who meet with recognized leaders in the business, government, science, and education professions to learn how to become catalysts for positive change in their communities. Seminars take place at the community, state, and international levels. Participants are expected to provide at least 100 hours of service. Website: www.hoby.org

Interact

This Rotary sponsored service club gives young people ages 14-18 an opportunity to participate in fun, meaningful service projects while developing leadership skills and meeting new friends. Through service activities, Interactors learn the importance of: developing leadership skills and personal integrity; demonstrating helpfulness and respect for others; and advancing international understanding and goodwill. Website: rotary.org/en/get-involved/interact-clubs

International Youth Foundation (IYF)

IYF is working in nearly 100 countries and territories to improve the conditions and prospects for youth people where they live, learn, work, and play. IYF has helped millions of young people gain access to the life skills, education, job training and opportunities critical to their success. Website: www.iyfnet.org

Junior State of America

Through school based chapters, regional conferences, and academic summer programs, this student run organization helps youth learn how to actively participate in public affairs. JSA helps students build leadership skills, learn civil debate, and strengthen their engagement through activism. Website: www.jsa.org

Key Club (Kiwanis Educating Youth)

Key Club is a coeducational service organization for high school students, organized and sponsored by local Kiwanis clubs. A self governing organization, it elects its own officers, determines its own service activities, and establishes its own dues structure. Some objectives include: developing initiative and leadership; serving the school and community; and developing a more intelligent, aggressive and serviceable citizenship. Website: www.keyclub.org

National Honor Society

The National Honor Society (NHS) and National Junior Honor Society (NJHS) recognize outstanding high school and middle level students. More than just an academic honor roll, NHS and NJHS honor students who demonstrate excellence in the areas of leadership, service, and character (and citizenship for NJHS). School-based chapters often sponsor tutoring and other service activities. Website: www.nhs.us

The Nature Conservancy

As an international non-profit, The Nature Conservancy aims for a harmonious coexistence of humans and nature. They design a spectrum of initiatives to protect

nature while promoting human prosperity. For involvement, students can contribute through donations, participating in environmental projects, or joining educational programs. Website: www.nature.org

New Day Family Success Center

New Day Family Success Center is a community-based, family-centered neighborhood gathering place where any community resident can go for family support, information, and services. The Family Success Center's goal is to enrich the lives of children and adults by making families stronger and empowering them to succeed. At the Family Success Center you can learn new skills, share your talents, participate in activities, lead workshops, and meet others in your community. The center offers a variety of FREE educational workshops and activities for all ages in Atlantic County. www.newday-fsc.org

New Jersey Future

A vanguard organization for sustainable development, New Jersey Future bridges the gap between environmental protection, social equity, and economic vitality. It fosters comprehensive understanding and cooperation in land development matters, enabling high school students to participate in relevant initiatives, contribute to policy advocacy, or attend enlightening events.

Website: www.njfuture.org

Points of Light Global Network

Points of Light and their global network's mission is to engage a wide range of people in volunteer service to help solve serious social problems and make a positive difference in the world. This organization, which engages more than 5 million people per year, matches volunteers with community groups seeking help. Website: www.pointsoflight.org

Students Against Destructive Decisions (SADD)

SADD is a youth organization that promotes teen empowerment and uses peer influence to spread the message of positive decision making. The SADD organization is comprised of thousands of high school and middle school chapters that embrace a "No Use" policy

and help educate other students about potentially destructive decisions regarding underage drinking, impaired driving, drug use, violence and suicide. www.sadd.org

United Nations Association of the United States of America

Model United Nations is an authentic simulation of the U.N. General Assembly and other multilateral bodies, catapulting students into the world of diplomacy and negotiation. Participants have to learn about international issues and then work with other “delegations” to try to solve them. Website: www.unausa.org/model-un/

The Wild Center’s Youth Climate Program

This program is dedicated to empowering the youth to act against climate change. They engage students worldwide, providing them with tools to become climate leaders through their unique Climate Summit Toolkit. Ways to participate include attending summits, implementing Climate Action Plans, or using their toolkit to host a summit. Website: www.wildcenter.org/youth-climate-program

YMCA Teen Leadership Programs (Youth and Government)

YMCA programs help teens learn how to express themselves, come together for a common cause, and be active and informed citizens. Leaders Clubs involve teens in community service projects, and the Youth and Government programs involve students in hands-on activities that teach them about issues affecting their state and encourage them to think about possible legislative solutions. www.ymca.net/education-leadership

YouthActionNet

A dynamic website created by and for young people, YouthActionNet spotlights the vital role that youth play in leading positive change around the world. Launched in 2001, YouthActionNet serves as a virtual gathering place for young people looking to connect with each other – and with ideas for how to make a difference in their communities. Website: www.youthactionnet.org

Youth Service America (YSA)

YSA is a resource center that partners with thousands of organizations committed to increasing the quality and quantity of volunteer opportunities for young people in America, ages 18-25, to serve locally, nationally, and globally. YSA's mission is to strengthen the effectiveness, sustainability, and scale of the youth service through awareness, service, advocacy, and philanthropy. Website: www.ysa.org

Youth Venture

Youth Venture helps to empower young people ages 12-20 by providing them all the tools to create civic minded organizations, clubs, or businesses. They strive to reach and support any young person nationwide who has a dream about how to make a difference and the dedication to make it happen. Website: www.youthventure.org

3. Inspirational Quotes

Leadership is as much about motivation and inspiration as it is about guidance and support. This collection of quotes from thinkers, leaders, and activists is meant to spark your imagination. Reflect on these words as you navigate your own leadership style and consider how these insights can influence your approach.

- *"Never doubt that a small group of dedicated people can make a difference – indeed, it's the only thing that ever has."* **Margaret Mead**
- *"Leadership is not about being in charge. It is about taking care of those in your charge."* **Simon Sinek**
- *"Whatever you can do, or dream you can... begin it. Boldness has genius, power and magic in it."* **Goethe**
- *"While we might feel small, separate, and all alone, our people have never been more tightly tethered. The question is not if we will weather this unknown, but how we will weather the unknown together"* **Amanda Gorman**
- *"The young man who has not wept is a savage, and the old man who will not laugh is a fool."* **George Santayana**
- *"Would we humans knew our hearts in truth, nothing on earth would be impossible for us."* **Paracelsus**
- *"I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can."* **George Shaw**

- *"Where there is no vision, people perish."* **Proverbs**
- *"It's not about earning a paycheck, it's about doing something good that you believe in."* **Adam Kinzinger**
- *"I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence."*
Frederick Douglass
- *"If you're walking down the right path and you're willing to keep walking, eventually you'll make progress."* **Barack Obama**
- *"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*
Maya Angelou
- *"Leadership is the capacity to translate vision into reality"* **Warren Bennis**
- *"Life's most persistent and urgent question is, 'What are you doing for others?'"* **Dr. Martin Luther King Jr.**
- *"Do not follow where the path may lead. Go instead where there is no path and leave a trail."* **Ralph Waldo Emerson**
- *"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."* **Mother Teresa**

4. Leadership Books

Arm yourself with knowledge and insights from some of the most effective leaders and thinkers. The books selected for this section offer a range of perspectives on leadership, from strategic thinking to personal development. Each book provides tools and theories that are essential for a developing leader. Use this curated list as a personal leadership library to guide and inspire your journey.

- **7 Habits of Highly Effective People** by Stephen R. Covey
- **Lead from the Outside: How to Build Your Future and Make Real Change** by Stacey Abrams
- **Year of Yes: How to Dance It Out, Stand In the Sun, and Be Your Own Person** by Shonda Rhimes
- **Dare to Lead: Brave Work. Tough Conversations. Whole Hearts** by Brené Brown
- **Leaders Eat Last: Why Some Teams Pull Together and Others Don't** by Simon Sinek
- **Awaken the Giant Within** by Anthony Robbins
- **Greatest Salesman in the World** by Og Mandino
- **How to Win Friends and Influence People** by Dale Carnegie
- **Magic of Believing** by Claude M. Bristol
- **One Minute Manager** by Ken Blanchard, et al
- **Power of Positive Thinking** by Normal Vincent Peale

- **Richest Man in Babylon** by George S. Clason
- **All About Love: New Visions** by bell hooks
- **See You at the Top** by Zig Zigler
- **Think and Grow Rich** by Napoleon Hill
- **Oh the Places You'll Go!** by Dr. Seuss
- **The Making of a Manager: What to Do When Everyone Looks to You** by Julie Zhuo
- **Invisible Women: Data Bias in a World Designed for Men** by Caroline Criado Perez

5. Resources for Young People Facing Mental Health Emergencies

If you or someone you know is experiencing a mental health crisis, several resources are available to offer immediate help and support.

Leadership also involves recognizing when to seek help, both for yourself and others. This section provides resources for immediate support during mental health crises. Knowing how to navigate these resources not only assists in personal crises but also equips you to support peers in distress, reflecting true leadership qualities of empathy, awareness, and responsibility.

988 Suicide & Crisis Lifeline

- Phone: 988
- Website: [Suicide Prevention Lifeline](#)
- Services Offered: 24/7 free and confidential support for people in distress, along with prevention and crisis resources for you or your loved ones.

PerformCare New Jersey

- Phone: 1-877-652-7624
- Website: [PerformCare New Jersey](#)
- Services Offered: 24/7 assistance for children, adolescents, and young adults up to age 21 seeking help with behavioral/mental health issues, intellectual/developmental disabilities, and certain substance use treatment services. This includes in-home services and urgent psychiatric screenings.

2nd Floor Youth Helpline

- Phone: 888-222-2228
- Website: [2nd Floor](#)

- Services Offered: A confidential and anonymous helpline for New Jersey's youth and young adults between the ages of 10 and 24, providing solutions for personal issues faced at home or school.

Saint Francis Community Center

- Phone: 609-494-1554
- Website: [Saint Francis Community Center Counseling](#)
- Services Offered: Sexual Abuse & Assault Program for residents of Ocean County and psychotherapy addressing a wide range of issues for individuals, couples, and families.

180 Turning Lives Around

- Phone: 732-264-4111 | Domestic Abuse: 1-888-843-9292 | Sexual Assault: 1-888-264-7273
- Website: [180 Turning Lives Around](#)
- Services Offered: Support and services for families and children exposed to domestic abuse or sexual assault.

NAMI Atlantic/Cape May

- Phone: 609-741-5125 | Crisis Phone: 609-344-1118
- Website: [NAMI Atlantic/Cape May](#)
- Services Offered: Advocacy and support for better lives for individuals with mental illness.

Additional Help Lines:

- Statewide Sexual Assault Hotline: 1-800-601-7200
- Sexual Assault Hotline: 1-800-656-HOPE (4673)
- Teen Dating Abuse Helpline: 1-866-331-9474
- Statewide Domestic Violence Hotline: 1-800-572-SAFE (7233)

- Child Abuse or Neglect: 1-877-NJABUSE (652-2873)

To request a service or resource for your child or family, please contact Central Intake Services at:

- Hunterdon, Middlesex, Monmouth, Ocean, and Somerset Counties: 1-888-551-6217
- Burlington County: 855-616-2227
- Atlantic & Camden Counties: 1-800-611-8326

More information available here: www.nj.gov/health/fhs/maternalchild/outcomes

These resources are crucial for providing the necessary support and interventions for young people in distress, ensuring they have access to the help they need to manage and overcome their challenges.