



Programs for Students

Think On Point

Middle & High School students receive 5 - hours of wellness and critical thinking skills to avoid risky behaviors. Classes are age-appropriate and are led by trained Think On Point Educators. We partner with secondary schools through health and wellness classes either in-person or virtually. (Contact Tanea Marshall - tanea@liveonpoint.org; 423-899-9188 x 108)

Life On Point

Youth opt-in to these weekly groups offered in schools or community centers. Life On Point Facilitators utilize our evidence-informed *Life On Point Curricula* to cultivate whole-person development. Through the Program's foundations in Positive Psychology and Cognitive Behavior, students begin to discover their strengths, identify their positive support network, and start creating a vision for their future! *Life On Point's* outcomes were published in *The Journal of Adolescent and Family Health* in 2014. (Contact Terry Davis - terry@liveonpoint.org; 423-899-9188 x 107)

Graduate On Point

Partnering with school administrators, Graduate On Point Coordinators provide support for youth who need additional assets to graduate and be successful in college, work, and life. These supports include weekly check-ins, plugging students into Life On Point groups in their schools, assisting them with credit recovery, and facilitating healthy communication with their positive support network. Think of them as a student's Graduation Cheerleader! (Contact Ashley Walker - ashley@liveonpoint.org; 423-899-9188 x 105)

Community School

Piloting this program at select schools has allowed our Community School Coordinators to cultivate relationships with students and administrators alike. We work alongside school administrators and partners to meet needs such as Mobile Pantries, where families can pick up groceries in a drive-thru setting at the school, partnering with local businesses or nonprofits to meet student/family needs, and facilitating community celebrations to cultivate a positive support network, just to name a few. These Coordinators also provide a Life On Point group in the school they serve. (Contact Ashley Walker - ashley@liveonpoint.org; 423-899-9188 x 105)

Teen Advisory Board

High school student leaders serve as a voice both *to* us and *for* us. Students from public and private schools submit applications to join this leadership Board. The existing Teen Advisory Board conducts interviews and selects service-minded individuals to come alongside their initiatives. (Contact Mary Rausch - mary@liveonpoint.org; 423-899-9188 x 106)



Social-Emotional Learning (SEL) for Students

On Point offers stand-alone sessions or series on topics from our evidence-informed curricula and youth-centric programming. These sessions can be held in person or virtually. We have provided a list of SEL topics/sessions below. On Point can customize for your specific needs as well (Contact Terry Davis: terry@liveonpoint.org, 423-899-9188 x 107)

Bullying (including Cyber-bullying)

Building Asset-Rich Youth - Like our community workshop, this session is interactive and FUN! Students will explore their own positive support network and learn how to cultivate it. Games and brainstorming, in small groups, help to get the students thinking about what supports they have and what they need to grow.

DISC Assessment Student Workshop - This DISC Assessment is all about how we communicate! Each participant will receive an assessment to complete (either at the training or to complete prior to the training). We will explore how our particular style of communication interfaces with the other styles. Activities will assist youth in learning how to better communicate with each other and the adults in their lives! (*purchase of DISC assessments are necessary for this workshop)

Emotions as Indicator Lights/ Emotional Agility - Recognizing and taking responsibility for our own emotions; includes practices for dealing with difficult emotions.

Life On Point Refresher - a one-time presentation on a topic from our evidence-informed *Life On Point Curricula*. The session will be age-appropriate and can be tailored to your specific needs. (See Life On Point description above. Contact Terry Davis for a full list of Life On Point topics - terry@liveonpoint.org; 423-899-9188 x 107)

Mindfulness - These sessions can be customized to fit your needs. No need to have previous experience - we can all benefit from "Beginner's Mind!"

Social Media - Explores the way we interact with the latest social media technologies. Youth will consider ways to be tech-savvy and how to "pause before they post."

Think On Point Refresher - a one-time presentation of our critical thinking skills/risk-avoidance wellness program. The session will be age-appropriate and can be tailored to your specific needs. (Contact Tanea Marshall for a full list of Think On Point topics - tanea@liveonpoint.org; 423-899-9188 x 108)

Tactile Wellness - This session is about cultivating whole-person health; plus you leave with a plant to remind you of the session!



Yoga - These sessions can be customized to fit your needs. Mindful Movement, Restorative, Vinyasa, and Yin sessions are available. No previous yoga experience is necessary. All sessions are accessible for all skill levels.

*We have counselors, psychotherapists, mentors, mindfulness, and yoga practitioners on staff. We can customize sessions to fit your needs.

Programs for Adults

Social-Emotional Learning (SEL) for Professional Development

We know just how important it is to place the oxygen mask on yourself before helping others! You are part of the positive support network for our community's youth. It is crucial to seek our own social-emotional health in order to serve youth effectively. At On Point, we prioritize and cultivate the social-emotional health of our team.

It is out of our own practices that we offer both stand-alone sessions or series on topics from our evidence-informed curricula and youth-centric programming geared toward adults. These sessions can be held in person or virtually. We have provided a list of SEL topics/sessions below. We can customize for your specific needs as well. (Contact Tracy Cunningham: tracy@liveonpoint.org; 423-899-9188 x 110)

Anger's Relationship to Loss and Grief - Exploration of the Grief Cycle; mindfulness practices to support your mental/emotional health.

The Art of Peace and Presence - Understanding stress and the nervous system. Techniques for creating calm and focus.

Disconnect to Reconnect - Discovering the freedom in Healthy Boundaries; calming and focusing techniques.

Emotional Agility - In this session, we will explore how some very simple practices can help us take back our emotions and navigate our days with a bit more peace and grace!

Emotions: the Indicator Lights - Explore Rational-Emotive Theory (the connection between what we believe, what we think, how we feel, and how we behave.)

Healthy Relationships - In this session, we will explore how "the stories we tell ourselves" can lead us on a wild goose chase and how we can bring clarity to our relationships.



Mindfulness - These sessions can be customized to fit your needs. No need to have previous experience - we can all benefit from "Beginner's Mind!"

Rhythms of Life - Participants will explore what steps they can take each day for sustained whole-person health.

Self-Discovery/ Loving, Valuing Yourself - Cultivating curiosity and loving-kindness toward yourself and others.

Tactile Wellness - This session is about cultivating whole-person health; plus you leave with a plant to remind you of the session!

Yoga - These sessions can be customized to fit your needs. Mindful Movement, Restorative, Vinyasa, and Yin sessions are available. No previous yoga experience is necessary. All sessions are accessible for all skill levels.

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DISC Assessment Workshop

This DISC Assessment is all about how we communicate! Each participant will receive an assessment to complete (either at the training or to complete prior to the training). We will explore how our particular style of communication interfaces with the other styles. Activities will assist your team in learning how to better communicate with each other! (Contact Tracy Cunningham: tracy@liveonpoint.org; 423-899-9188 x 110) (*purchase of DISC assessments are necessary for this workshop)

Building Asset-Rich Communities

One of our most highly-rated sessions, this workshop is interactive and FUN! Discover how you can be a part of the positive support network for youth in your community. This workshop is full of personal reflection, brainstorming, helpful tips and techniques, plus some interactive activities to get you laughing and remember what it was like to be a kid again! (Contact Terry Davis - terry@liveonpoint.org; 423-899-9188 x 107)

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