



Chic Behavioral Health and Community Services

Changing Health In Communities

Chic (chique) Behavioral Health and Community Services is a 501(c)(3) nonprofit youth organization dedicated to providing resources and services to youth and their families. Chic utilizes a trauma informed care approach and a prosocial approach to serve our community. We realize the widespread impact of trauma and understand potential paths for recovery; recognize the signs and symptoms of trauma in clients, families, staff, and others involved with the system; responding by fully integrating knowledge about trauma into policies, procedures, and practices; and seeks to actively resist re-traumatization. We utilize a prosocial approach to offer natural ways to learn, practice, and strengthen life and social skills. These essential skills can boost mood and overall mental health and well-being. Prosocial activities can also have positive implications on self-esteem, the ability to collaborate, problem solve, building empathy toward self/others, and resilience.

We Offer:

- **Youth programs** are an intentional, prosocial approach that engages youth within their communities, schools, organizations, peer groups, and families in a manner that is productive and constructive.
- **Meeting Facilitation** a Solution Focused Meeting (SFM) are meetings used for deciding on a plan that is in the child's best interest, brainstorming solutions, adjusting case plans and assigning tasks and deadlines.
- **Group Sessions** empowers young women to achieve self-sufficiency, building a better future one girl at a time.
- **BHIS** (Behavioral Health Intervention Services) is a service that offers tools and support to families so they can create a supportive environment at home through skill building.

**Full descriptions are included in this document.*

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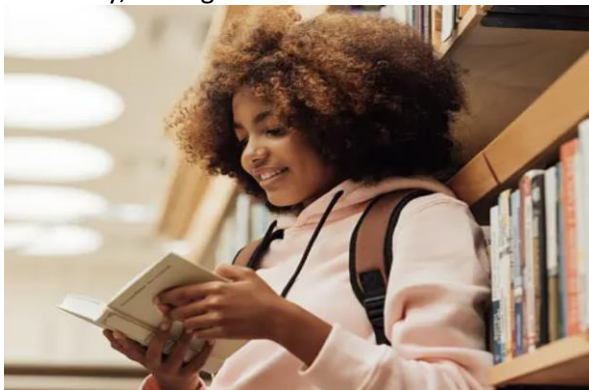
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Programming

Girls Group (DIVAS) is a girl's group that will provide a supportive environment where youth will learn how to boost self-confidence, strengthen interpersonal relationships and cope more effectively with daily stressors. This group is designed to help teen girls to become all they are meant to be through an educational and experiential approach to improving decision-making, developing coping resources, managing stress, and increasing self-esteem. Participants will learn coping strategies in a safe and supportive environment to help build a skill set to better manage the everyday challenges of being a teenager. Timely topics addressed in this group include Body Image, Race, Racial Equity, Hygiene, Peer Relationships, Dating and Sex, School, Family Issues, Drugs and Alcohol, Self-Esteem, Self-Care, Anxiety and Stress.



Youth Development provides programs, curriculum, and presentations that will help them grow and develop the skills and connections young people need to take part in society and reach their full potential. Youth development is about young people gaining a sense of contributing something of value to society, feeling of connectedness to others and to society.



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Meeting Facilitation for Families is a way for the family to work together with DHS to make plans and decisions about how to help the family. It draws upon a family's strengths, experiences, knowledge, and resources that provide for the safety and well-being of children in the family. These confidential meetings are an important first step to helping families get the services, resources and support they need to create a safe, stable, and nurturing home environment.



BHIS (Behavioral Health and Intervention Services) is for youth aged 4–18. In order to qualify, clients are required to have a prior assessment completed, and should have a mental health diagnosis and be involved with mental health therapy services. Medicaid (title19) is excepted for services. Private pay services are also available. We provide services to youth who struggle with severe behavioral and emotional issues by learning coping strategies in a safe and supportive environment to help build a skill set to better manage the everyday challenges. Skills include coping skills, communication skills development, social skills development, anger management, problem-solving skill development, etc.



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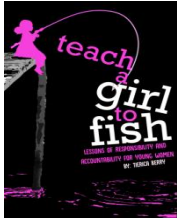


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Materials by Tierica Berry

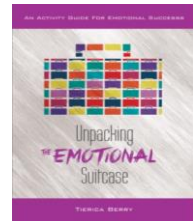
Teach a Girl to Fish



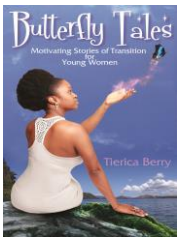
TAGTF takes a holistic approach to youth development understanding that no sustainable learning can take place until we address the social and emotional needs of our students. The lessons shared in this book are designed to help readers overcome emotional, relational, aspirational, belief, and personal barriers. By teaching girls to think critically, problem solve, and make sound decisions we equip them to reach their full potential. Give them the tools. Teach them the skills. Watch them thrive.

Unpacking the Emotional Suitcase

Unpacking the Emotional Suitcase is a fully comprehensive activity guide designed to provide strategies to help individuals cope with emotional trauma and process the feelings that stem from those traumatic experiences. Unpacking the Emotional Suitcase can be used personally to help you achieve emotional success or professionally to facilitate the emotional development process of the population you serve.



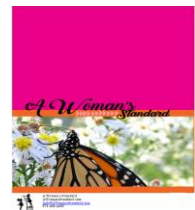
Butterfly Tales



Butterfly tales is a compilation of motivating poems and stories of trials, tribulation and triumph for girls and the ones that care for them. Butterfly tales uses the life cycle of the butterfly as an analogy to illustrate real life issues our young women are faced with daily as they transition from childhood to womanhood. Each reader will witness the journey of the slow, insecure, shy caterpillar fumbling through challenges and trying to find herself. While in her cocoon stage she becomes aware of herself and sheds her insecurities and low self-esteem to find her voice. Finally, she gains her confidence as she completes her last stage of metamorphosis transitioning into the strong, confident, intelligent, and beautiful butterfly she was destined to be.

Standard of Excellence Curriculum

The curriculum is comprised of lessons that get the students out of their seats, gives opportunity for healthy debate, and utilizes relevant scenarios to help ladies apply the lessons to their personal lives.



Think It Over Pink Think It Over is a competitive card game that infuses Social and Emotional Learning with healthy debate to deepen student engagement. Great for small groups or team mode for peer collaboration. All lessons are aligned to SEL competencies and defined in the T.I.O student handbook. We believe student outcomes improve when we teach them how to... Think It Over!

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