



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

