

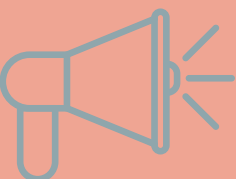


# HAVEN OVERVIEW AND TIMELINE

Helping to Alleviate Valley Experiences Now (HAVEN) helps Black churches leverage a strong history of supporting community youth to promote mental health in Black youth. HAVEN fosters social connections and enhances coping skills to prevent problems like depression and suicidal behaviors.

## STEP 1: CHURCH LEADERS AND HAVEN =CONNECT COLLABORATION

- Church leaders and HAVEN personnel plan for implementing HAVEN into existing church activities, structures, and strengths.
- Two "champions" from the church are identified to lead planning.



## STEP 2: INTRODUCTION OF HAVEN =CONNECT TO CHURCH COMMUNITY

- Introduce HAVEN concepts during a sermon
- Facilitate interest and participation in the trainings

## STEP 3: =CONNECT TRAININGS

- **Strengthen key resiliency factors** of Kinship, Purpose, Guidance, and Balance, both individually and within the church community.
- Focus on **peer sharing** and building up **connections** within the group.



CONNECT Training	Participants	Details
Youth	<ul style="list-style-type: none"> <li>• 9th grade-recent HS graduates</li> <li>• 2-4 Adult Facilitators from church to participate</li> </ul>	<ul style="list-style-type: none"> <li>• Three 1.5 hour sessions</li> <li>• Pre-training and follow up meetings for Adult Facilitators</li> </ul>
Adult	<ul style="list-style-type: none"> <li>• Ages 19+</li> </ul>	<ul style="list-style-type: none"> <li>• 2 hour training</li> <li>• Follow-up booster training (optional)</li> </ul>

## STEP 4: INTEGRATION INTO CHURCH COMMUNITY

Continue to integrate the 4 Cores into naturally occurring church activities such as bible studies, Sunday school lessons, sermons, and community activities.

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