

# Support

# Outreach

# Unity

# Respect

# Community

# Education

*Groups are facilitated by Rainbow Pride Youth Alliance with support from the Workforce Education and Training program with Riverside University Health System-Behavioral Health. Groups are offered in partnership with First Congregational Church of Riverside.*

*The SOURCE curriculum was commissioned by Riverside University Health System-Behavioral Health. Any presentation of these materials should be with permission and must be accompanied by an acknowledgement of RUHS-BH. **Special thanks to Landon Martin, LCSW, for his significant development of and contribution to this curriculum!***

## What is the Youth SOURCE Group?

The Youth SOURCE group is a community support group. SOURCE stands for Support, Outreach, Unity, Respect, Community, and Education. SOURCE is NOT a therapy group. Instead it is a prevention and early intervention program for youth ages 12-17. It is a welcoming and safe space for youth of diverse experiences regardless of sexual orientation or identity.

The focus of the group is to assist youth with identifying cultural strengths that build resiliency and to provide psychoeducation that allows youth to make informed choices regarding their own behavioral health and development.

## Facilitating the Youth SOURCE Group

The first half of group is peer run. The second half of the group is topic-oriented and can be facilitated by behavioral health professionals to provide education.

The SOURCE curriculum is designed to be used in a group setting for educational purposes. The material is divided into ten major topics, with several lessons under each topic. Presenters should follow the materials.

Much of the subject matter can evoke strong feelings. We encourage facilitators to attend Mental Health First Aid and SAFE talk courses. We also invite consultations with Workforce Education and Training (951-358-4834) if questions arise regarding the group or facilitation of any of the topics.

The following lessons require a behavioral health professional be present due to the intensity of the issues explored:

- Lesson 18: Keep Your Finger Off the Trigger!
- Lesson 22: Self-Injurious Behavior
- Lesson 23: LGBT Suicide and Warning Signs
- Lesson 26: The Grieving Process
- Lesson 27: The Stages of Grief
- Lesson 28: Grief Sentence Completion
- Lesson 29: Writing a Goodbye Letter
- Lesson 35: What is anxiety?
- Lesson 36: Coping with Stress and Anxiety
- Lesson 37: Identifying Triggers for Anxiety
- Lesson 38: Social Anxiety and the Avoidance Ladder

Participants in need of non-emergency mental health care can call 1-800-706-7500. For emergency mental health issues, call 911. Questions about the group? Call 951-358-4834.