

Xaviera Shedrick-Owens

Project Description & Definition

March 9, 2024

## **Project THRIVE!**

### **Project Description**

The purpose of this project is to successfully equip the youth and adults connected to the youth at St. Peter's College to be more equipped in nuances of mental health so that as a whole they will be able to support the youth and the structures around them.

### **Purpose**

South Africans and Africans as a whole are subjected to disproportionate rates of poverty and the stressors that individuals encounter can seem mounting—this occurrence does not leave the youth unscathed. In fact this reality exacerbates it. Youth find themselves trying to navigate life but without the scaffolds to do it successfully. This is in part due to the fact that South Africans do not have regular and affordable access to mental health professionals. By bringing the professionals and training the community we will indeed grant them access.

### **Goals and Objectives**

To provide training and workshops around the community identifiers within mental health.

After training youth will be able to:

- Understand the importance of a *growth mindset*
- Practice *gratitude*
- Identify a sense of purpose to life that aligns to their values through *value affirmations*

After the project youth will demonstrate:

- Reduced emotional stress
- Better relationships with peers and parents
- Better academic performance
- Better decision-making and critical thinking
- Improved self-esteem and confidence

## **Success Criteria**

Prior to the project the students/youth will complete an assessment that examines the baseline levels for mental health. The assessment will be completed again at the end of the 4-week implementation period. We suspect that these levels would be more positive towards the end. Additionally, we expect to see more changes that impact their ideas of self and translate into improved levels of depression and anxiety.

## **Stakeholders**

Program Lead- Xaviera Shedrick-Owens is responsible for overseeing the project.

Program Supervisors- Maureen Nyaka, Colleen Deiner, Michelle Boulleurs, Des D. and Elaine Putter will be tasked with overseeing the fellows and providing low-touch psychosocial support to the students at Saint Peter.

Program Fellows- There will be 10 fellows that will be responsible for implementing the program at schools.

Students and administrators at Saint Peter Christian College will be responsible in participating in the program.

Shamiri Institute- responsible for training and providing resources as they are needed as well as answering questions that pertain to the implementation of this project.

## **Scope Specifications**

There are job descriptions for each party involved that will be attached to this document.

### **Organizational Scope**

- The project will focus on providing training and workshops within the community, specifically targeting youth.

### **Process Scope**

- Training sessions and workshops will be designed to cover key aspects of mental health, emphasizing the development of a growth mindset, practicing gratitude, and identifying a sense of purpose aligned with personal values through value affirmations.

### **Systems Scope**

- The project will utilize a structured training program, potentially involving educational materials, interactive sessions, and possibly online resources.

### **Functional Scope**

- The training program will aim to achieve the following functional outcomes for the youth:
  - Understanding the importance of a growth mindset

- Practicing gratitude as a daily habit
- Identifying a sense of purpose through value affirmations

**Out of Scope Specifications**

We will not take on initiatives like community gardens where we look at the importance of facilitating nutrition in the homes of our students. We will also not be responsible for the financial costs associated with other hospital costs or health care costs in general. We will not look at further development as far as running Project THRIVE! as a separate entity or business. But we will facilitate support for community members to do that.

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Work Breakdown Structure (WBS)

March 17, 2024



### Project THRIVE!

Project THRIVE! Phase 1 (Pilot)	
Partners <a href="#">Lead</a> Training	
	a. Sign <a href="#">NDA</a> with Shamiri and Dr. Jill Bloom
	b. Begin training on Talent LMS
	c. Complete 7 modules and pass test (2 weeks)
	d. Pass Project Lead EOT Assessment and Evaluation
	e. Complete 12 modules of the Supervisor training (2 months)
	f. Upload all downloadable content onto Box (virtual cloud)
	g. Print material for running weekly in-person sessions with supervisors (listed throughout modules)
	h. File all documents in folder by module (0-11)
	i. Find venue for training
	j. Recruit supervisors
	k. Get confirmation of involvement and get email addresses
Train THRIVE! <a href="#">Supervisors</a>	
	a. Attend orientation Zoom call with Raj, from Shamiri Complete 12 modules over 2 months
	b. Attend 6 weekly in-person sessions
	c. Recruit fellows
	d. Train fellows (3 weeks)
	e. Supervise fellows
Train THRIVE! <a href="#">Fellows</a>	
	a. Recruit (plan, advertise & source, <a href="#">screening</a> )* and <a href="#">interview fellows</a>
	b. Build a pool of qualified fellows
	c. Qualified applicants fill out contracts
	d. Assign to specific supervisor
	e. Decide on venue
	f. Arrange and plan meals (call caterer)

Commented [XS1]: Decide in advance who will you reach out to for advertising...universities etc.

	g. Give fellows t-shirt and materials (book)
	h. Pre-training assessment
	i. Go through (2) 5-hour training session <ul style="list-style-type: none"> <li>• Intro to Shamiri (sliddeck)</li> <li>• Expectations</li> <li>• Counseling &amp; group leadership skills</li> <li>• Relationship management</li> <li>• Roleplays</li> </ul>
	j. Roleplay assessment
	k. End of training assessment
	l. Post-program evaluation
	m. Post-program assessment
	n. Assess and evaluate the training
Show efficacy of the project (curriculum)	
	a. Print out booklet for students
	b. Print questionnaire with respective QR codes
	c. Administer questionnaire
	d. Scan prequestionnaires into PaperSurvey
	e. Run 1 hour 4-week curriculum
	f. Administer questionnaire
	g. Scan postquestionnaires into PaperSurvey
	h. Do data collection of post assessments/questionnaires
	i. Analyze findings
	j. Compile visualization
	k. Write data story or report