

I AM : THE EMPOWERMENT PROJECT™

WHO WE ARE

At I AM Training and Consultation Group LLC we provide comprehensive training programs for youth serving organizations, as well as, larger child welfare and juvenile justice agencies. Our programs are designed to enhance staff and agency competencies in addressing issues inclusive of, but not limited to, sexually exploited youth, the impact of institutionalized racism, and youth violence. Our primary training goals are to increase staff efficacy in assessing and more importantly, addressing those issues in a manner that achieves permanency, safety and well-being for all youth and families.

In addition to the innovative trainings provided, we offer services for adolescents, young adults, and families under the umbrella of I AM: The Empowerment Project. The heart of the empowerment project is the Building a Healthy Female Identity and Building a Healthy Male Identity programs. The goal of these programs is to uplift the young men and women who participate to the extent they are able to make healthier choices in the relationships they have in their lives and paths they find themselves on.

SERVICES INCLUDE:

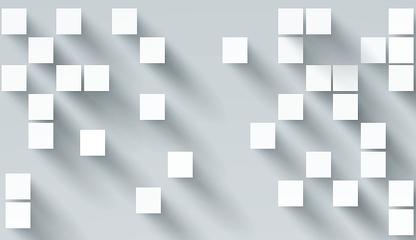
I AM: The Empowerment Project	Facilitator Workshop	Supplemental Sessions and Adaptations	Companion Mentoring Guide	Support and Model Fidelity
Building a Healthy Female Identity	Two Day Curriculum Walkthrough	Gang Involved Youth	Two Day Mentor Workshop	Technical Support and Fidelity Workshop
Building a Healthy Male Identity	One Day Facilitator Needs Assessment	I AM: Her Hero Program	One Day Facilitator and Mentor Planning	Technical Assistance Consultation Visits
		I AM : His Mentor Program		Facilitator Efficacy Workshops

I AM: Her Hero and I AM: His Mentor are companion programs designed to engage fathers and mothers who are incarcerated or have been absent in their child's life. The companion program allows the identified parent to participate in the empowerment project with their child in a meaningful way, provides parent/child teaching moments that have otherwise not been available and is meant to enhance participant learning and growth. Most importantly it serves as a mechanism for bridging broken relationships that many youth selected for this program long for and an opportunity for parents who have demonstrated parenting deficiencies to shine.

WHO WE REACH

I AM: The Empowerment Project has been designed to work with adolescents and young adults who are at a greater risk of being victimized or becoming perpetrators of violent and non-violent crimes. Often these are youth that find themselves marginalized due to their race, gender, socioeconomic status, may be lost on the cradle to prison pipeline, are overrepresented in child welfare/juvenile justice systems, and have experienced complex trauma throughout their lives.

The Empowerment Project can be offered as a ten-week prevention group, as stand-alone sessions for transient, homeless youth that are not seen on a consistent basis or as a ten session 1:1 facilitated dialogue tool for providers and clinical staff to utilize with youth. In addition, we offer individualized agency program adaptations to fit population served needs through committed, personalized consultation. Further information is available upon request.



- ∴ EVERY YOUNG PERSON HAS WORTH
- ∴ KNOW THE JOURNEY
- ∴ HONOR THE STRUGGLE
- ∴ TEACH NOT LECTURE
- ∴ SHARE EXPERIENCES
- ∴ BE HUMBLE



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Two of the most powerful words. For what you put after them shapes your reality.

I AM

I AM BUILDING A HEALTHY MALE IDENTITY

The I AM program for young men infuses life experiences to reach youth and is designed to create an environment where youth can safely explore how the mass marketing of hyper-masculinity, conditions of poverty, and disparate treatment of young men of color are linked to issues including, but not limited to, sexual exploitation. The program is designed to impact the decision making of young men who may have perpetrated someone or is a risk for becoming a perpetrator of crime, violence, sexual assault, intimate partner violence, and/or sexual exploitation.

Curriculum discussions include, but are not limited to:

- ▶ Building a sense of belonging and healthy peer connections
- ▶ Violent Masculinity and associated crimes
- ▶ Personal and Professional resource discovery
- ▶ Media messaging and influence
- ▶ Sex Trafficking/Exploitation
- ▶ Understanding consent
- ▶ Action impact on self and others
- ▶ Protective Factor building

I AM BUILDING A HEALTHY FEMALE IDENTITY

The I AM Program for young women infuses real life experiences to connect with youth, and is designed to create an environment in which participants can safely explore societal pressures, subliminal conditioning, and popular culture imagery that compromise the self-esteem and healthy development of our youth. The program is designed to work with young women who are at an increased risk for becoming a victims of violence, sexual assault, intimate partner violence, and/or sexual exploitation.

Curriculum discussions include, but are not limited to:

- ▶ Building a sense of belonging and healthy peer connections
- ▶ Media messaging and damage to self
- ▶ Personal and professional resource discovery
- ▶ Sex Trafficking/Exploitation
- ▶ Self-discovery and self-love
- ▶ Understanding consent
- ▶ Creating safe spaces
- ▶ Bullying



“The I AM Training and Consultation Group has become an excellent resource for professionals and youth alike. Prevention is the cornerstone of success in the anti-trafficking movement and the Empowerment Project meets this critical need by reducing vulnerability factors in youth that allow them to become victims or perpetrators.”

~ Elizabeth Scaife
Shared Hope International

“We invite Stefania and Bryan to Kentucky every chance we get, especially when we need someone to really understand how victims experience human trafficking. They are a fabulous training team. Our audiences are transfixed every time!”

~ Eileen Recktenwald, MSW
Executive Director Kentucky Association
of Sexual Assault Programs



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