

Goals and Outcomes

Youth

- Create a vision for their life
- Discover their gifts
- Make better choices
- Better understand themselves and others
- Develop belief in themselves
- Discover their power
- Create principles to live by
- Learn communication skills
- Take responsibility for their choices
- Learn conflict resolution skills
- Learn to deal with peer pressure
- Reduce or stop drug and alcohol use
- Develop self esteem
- Stop hurting themselves and others
- Learn healthy ways to take care of needs
- Improve school attendance
- Improve grades
- Graduate from high school
- Seek higher education and other viable options

Adult Volunteers

- Learn who youth really are
- Contribute to youth in their community
- Learn and grow from the youth
- Develop better communication skills
- Experience making a difference



Is Effective

Verified Results

- Grades improved an average of one grade level
- School suspensions decreased by 85%
- Fighting with family reduced by 85%
- Truancy decreased by 81%
- Use of alcohol decreased by 64%
- Drug use decreased by 62%
- Number of arrests decreased by 90%

Call Us

For more information, to volunteer, or to contribute, contact us at 247-4375, or send an email to cterrell001@yahoo.com or bchnlfr1@hawaii.rr.com. Visit our website: breakthroughshawaii.org.

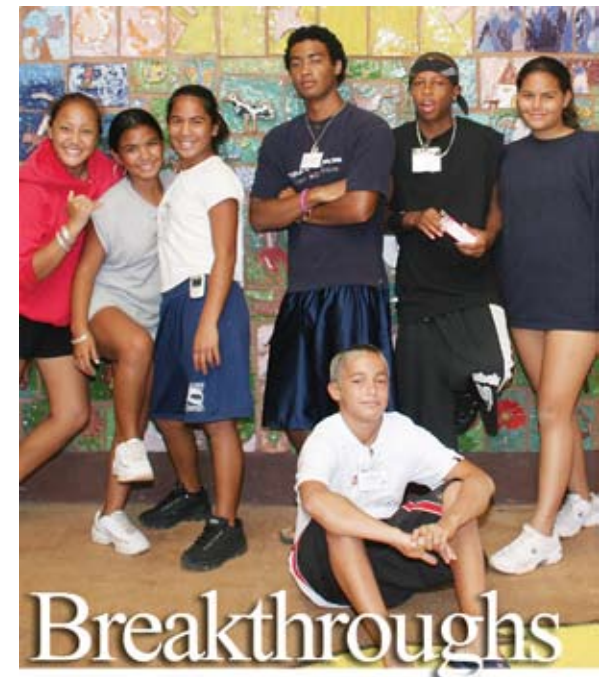


Breakthroughs
Helping Youth
Discover Their Full Potential

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Breakthroughs is a 501.c.3
non-profit organization.

CFC #13965



Helping Youth Discover Their Full Potential

Youth

- see they have choices
- make positive, healthy choices
- overcome vulnerabilities
- change behaviors

Parents

- discover there is an answer

Volunteers

- discover they have something to contribute

Professionals

- learn new ways to work with today's youth



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Programs That Work

There is a Great Need

On Oahu, 14,924 out of 83,354 students in secondary education (18%) have been identified as at-risk, based on attendance, grades failed, disciplinary referrals, repeating grades, adjudication, pregnancy and teen parenting.

Breaking Through, Healing

Breakthroughs program consists of an intensive youth development course, and an aftercare that includes adult mentoring. The course works on altering the attitudes and core beliefs 'opio (youth) have about themselves, others, and their future. The program is a form of ho'oponopono. The 'opio begin the work of becoming pono, restoring lokahi, (balance and harmony), in their lives and 'ohana relationships.



Activities For Success

"The program ... was an answer from heaven. I am extremely pleased by the results and enthusiastically recommend this program to anyone."

*Barbara Teruya
former principal of Castle High School*

Program Components

- Enrollment
- Parent Workshops
- Mentor Training Workshops
- Intensive Youth Development
- Follow-through Sessions



Mentors
Bring Hope



Volunteers
Support

Mission Statement

To positively alter the beliefs, attitudes, behaviors of youth in order for them to develop healthier, more productive relationships with themselves, their families and the community.

Issues Addressed

- Parent separation or divorce
- Self esteem
- Anger, aggression
- Shyness, insecurities
- Anxiety and fears
- Assertiveness
- Responsibility
- Abuse
- Internal motivation
- Alcohol, tobacco, drugs
- Learning disabilities
- Loss, death, grief
- Peer pressure
- Healthy 'ohana

Methods & Activities

- Safe, nurturing learning environment
- Experiential processes
- Large group guided discussions
- Small group feedback sessions
- Social interaction activities
- Team building: low ropes
- Individual achievement: high ropes
- Dyad and triad exercises
- Guided visualizations
- Meditation and focused awareness
- Use of Hawaiian cultural elements