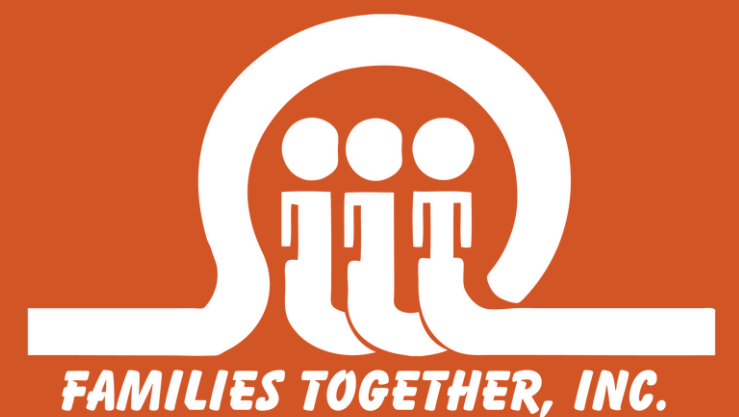


CHASE Program

Brad Girard, Program Director



What is CHASE?



**8-week
Mentoring
Program**



**Prosocial
Events**

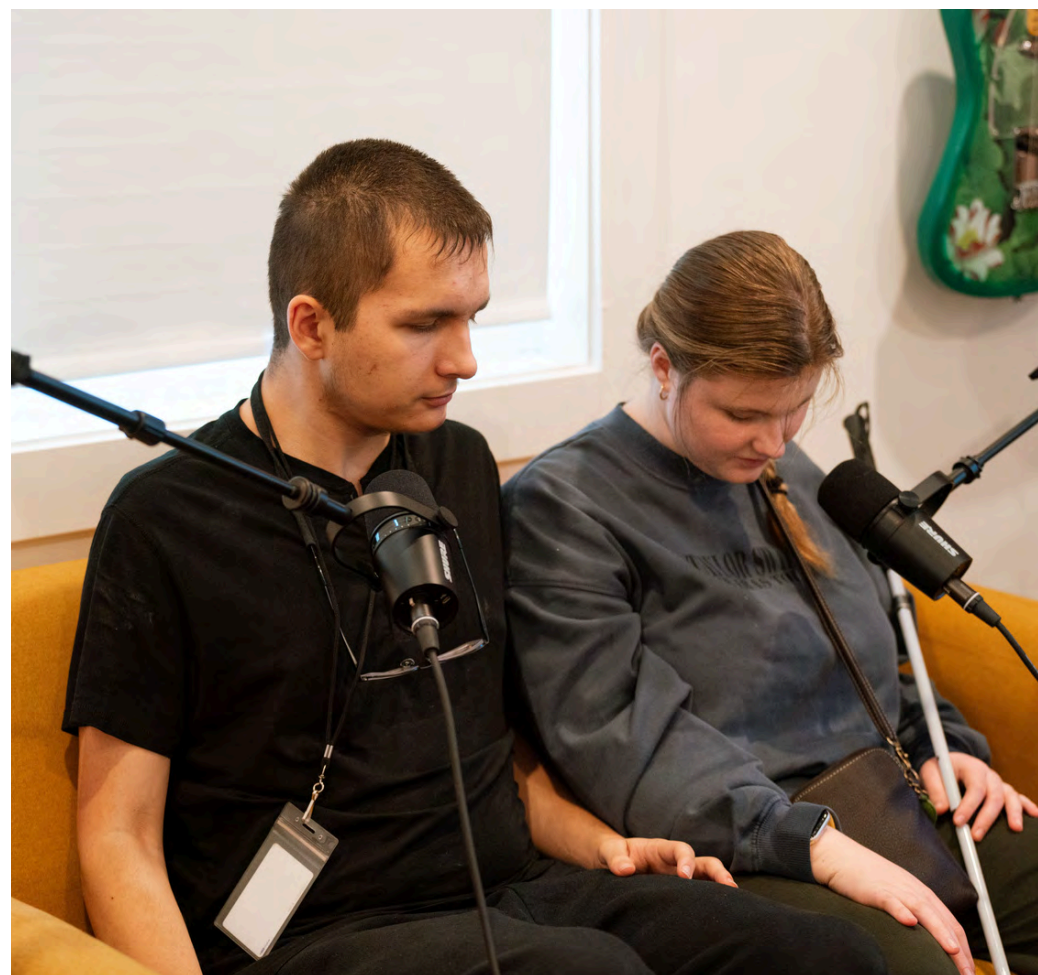


**Passionate
Team**



JAM Class

9-week music art arts program hosted at a KC alternative high school

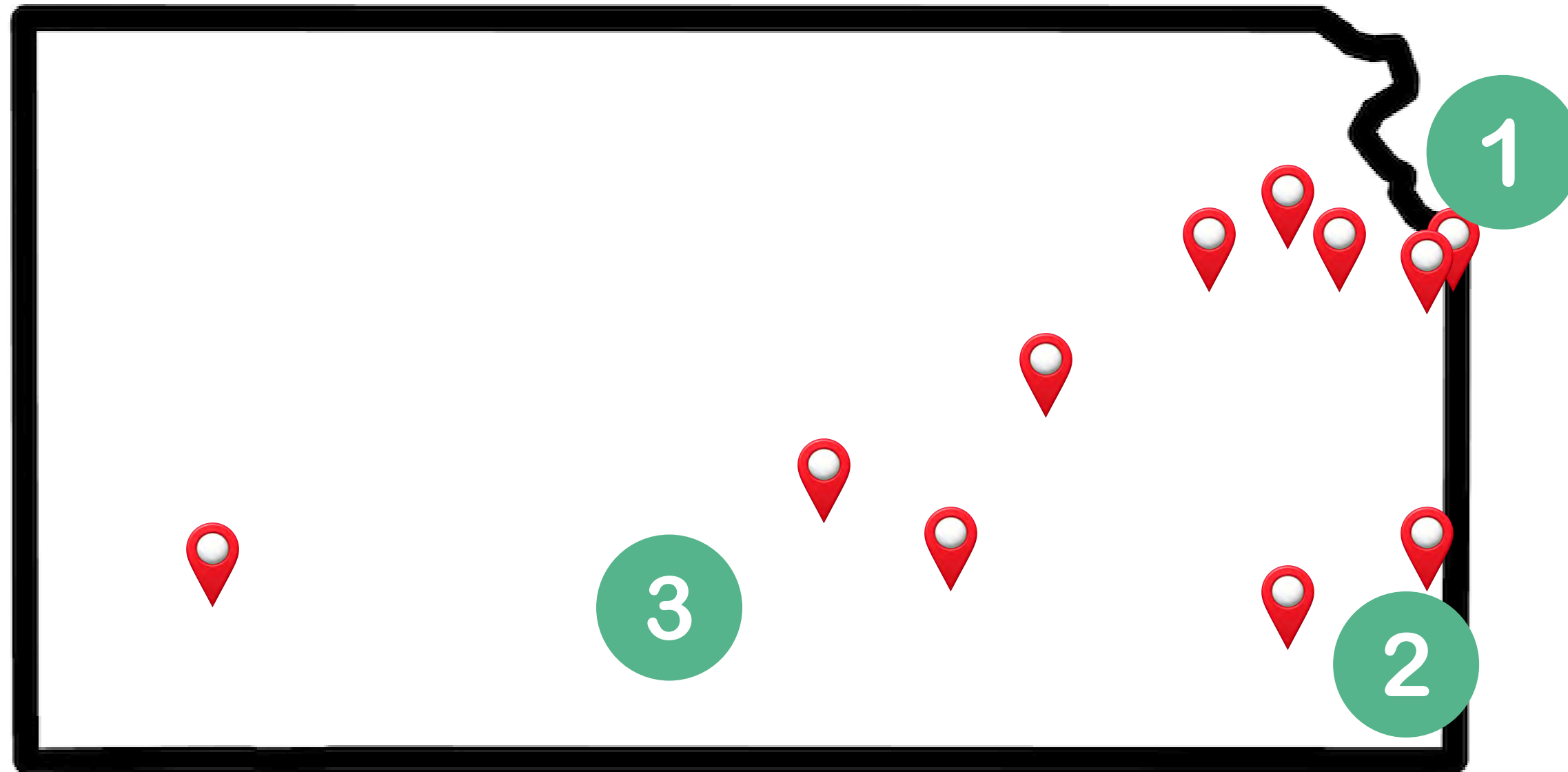


IEPodcast

A new and creative way for youth to self-advocate on their IEPs

**Other fun
stuff we do!**

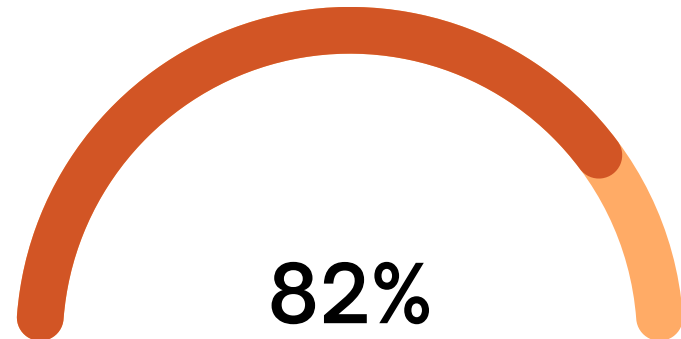
Our Growth



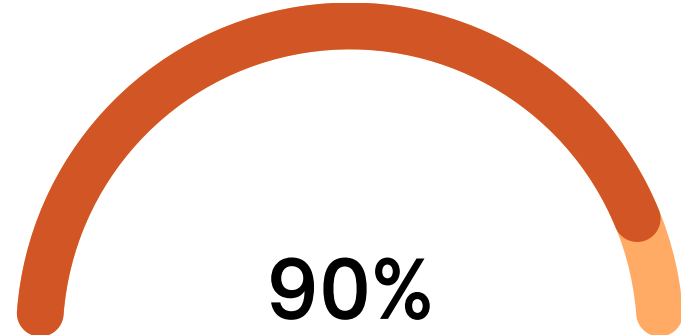
- Kansas City, KS
- Leavenworth
- Olathe
- Topeka
- Lawrence
- Manhattan
- Fort Scott
- Pittsburg
- Wichita
- Garden City
- Hutchinson
- Emporia

2021-2026

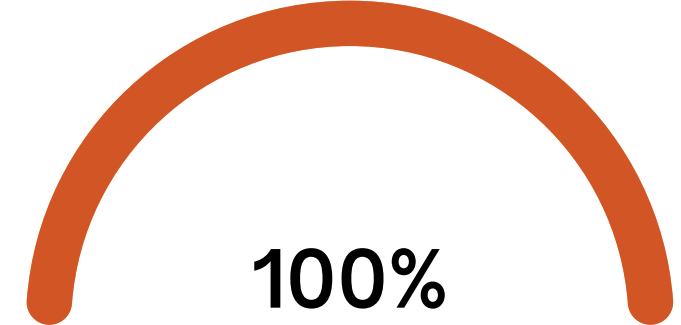
CHASE Data



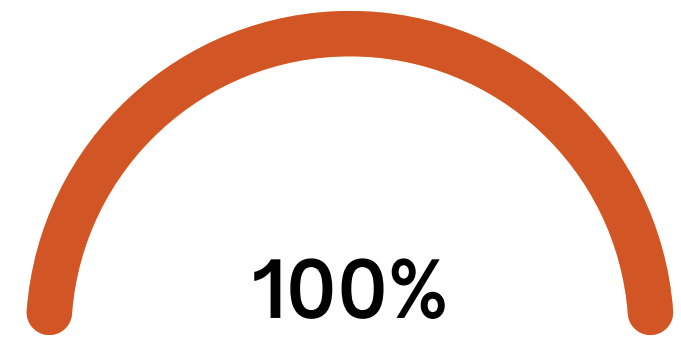
Better mental health



Higher confidence in ability to set goals



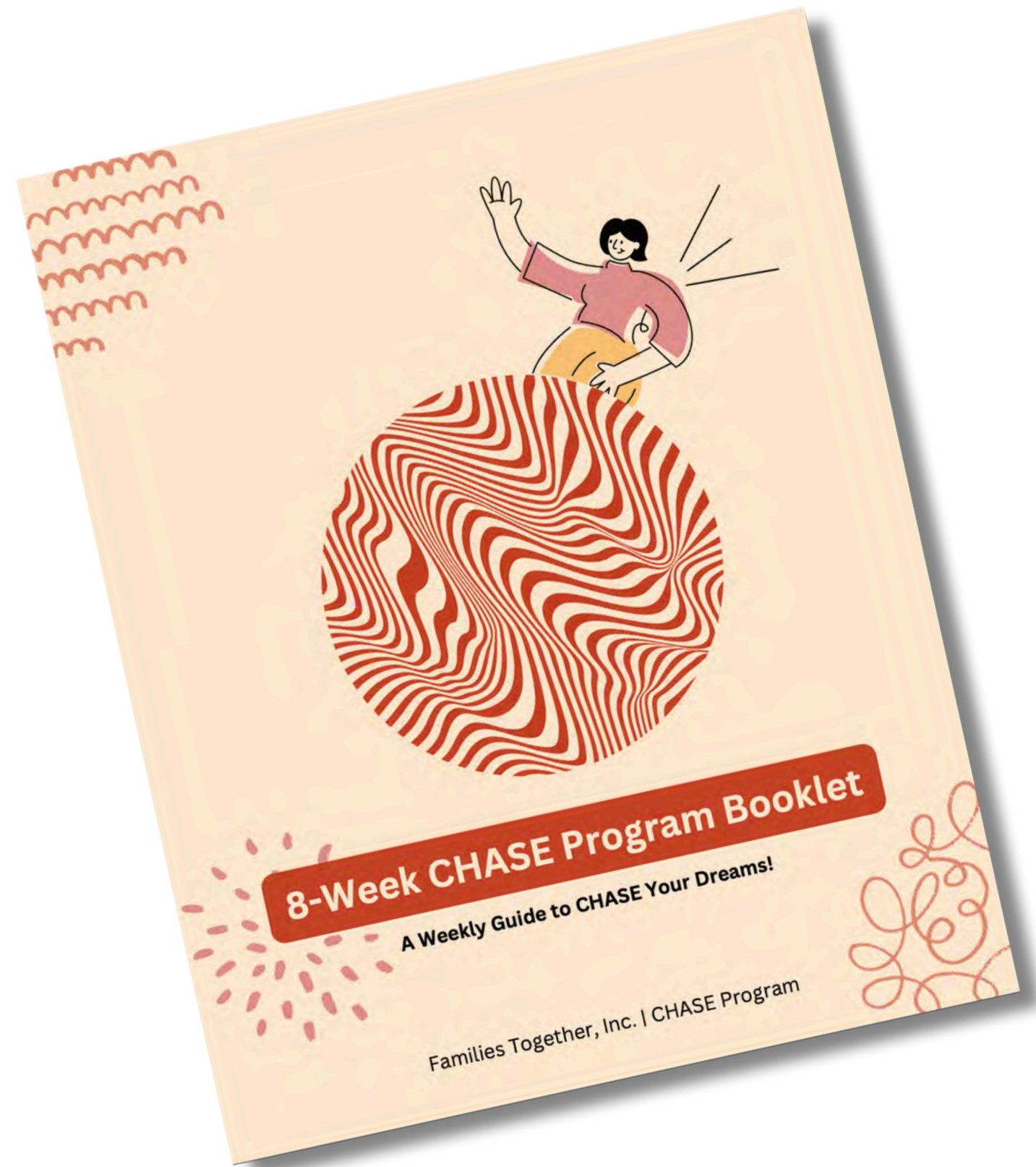
Feelings of greater self-worth



Feelings of more connectedness to others



8-Week Curriculum Topics



8 Weeks/8 Topics

Introduction & LifeCourse Trajectory

Self-Talk

Gratitude

Random Acts of Kindness

Square Breathing/Superhero Pose

Values Letter

Soul Goal

Program Completion/Celebration



WEEK 2: SELF-TALK

In order to build a great future, we need to focus first on laying a strong foundation. One of the most important keys to living our good life is developing a practice of positive self-talk.

Scan this QR code to listen to our podcast episode on self-talk, and complete the activity on the next page!



<https://bit.ly/3JehpBj>

WEEK 2: SELF-TALK

Name three examples of negative self-talk:

1.

2.

3.

Now, let's turn each one into a positive:

1.

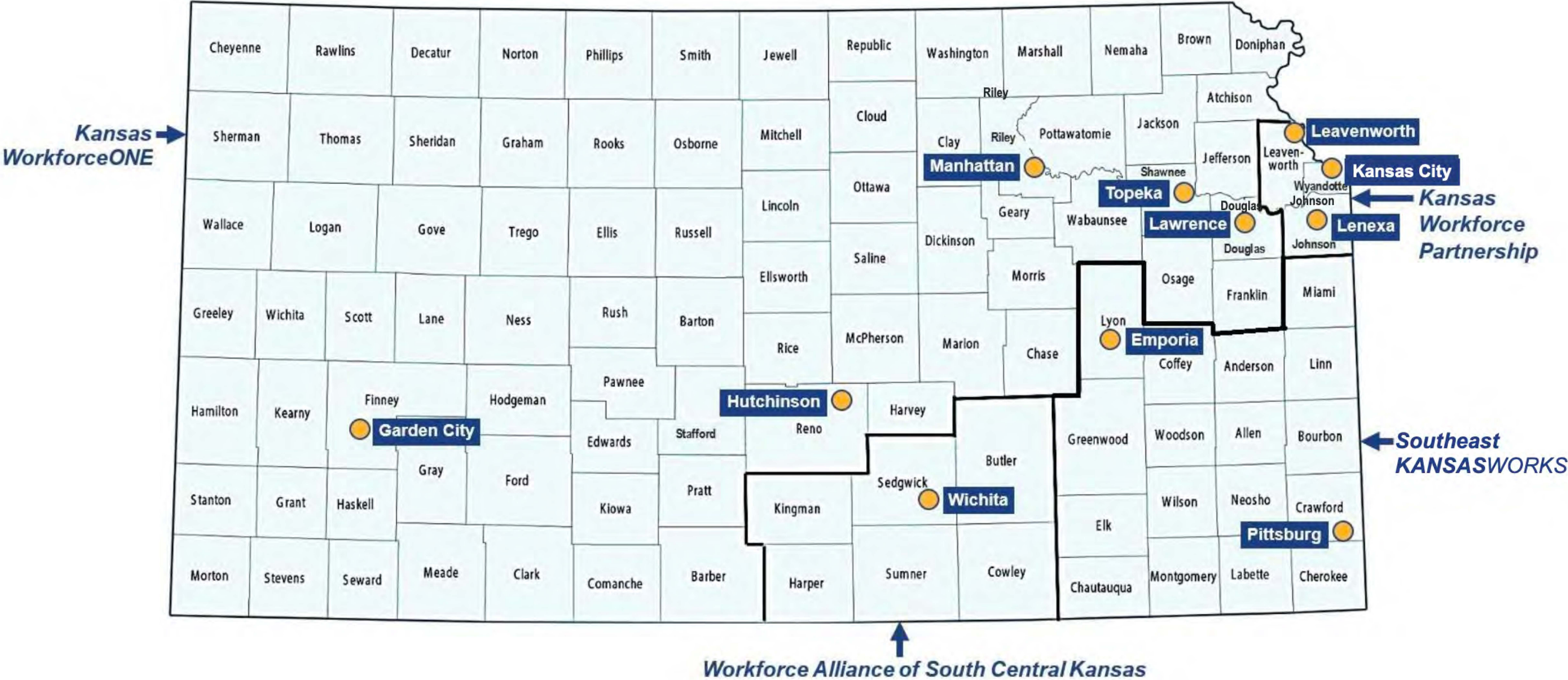
2.

3.



PowerCards!

knectY Program Locations



100+
enrollments

88 work
experiences



Kansas Network for Employment and Career Transition for Youth
Young adults with disabilities defining their future

Empowerment
CHASE is a Families Together program that serves youth and families across Kansas. Youth participants in CHASE complete an 8-week program, receiving 1-on-1 supports, including:

- Weekly 30-minute meetings
- Mental health and wellness tips
- Skills to build confidence and creativity
- Goal setting to fulfill dreams
- Community events

Contact: Brad Girard, CHASE Program Director, by phone at (913) 713-9551 or email Brad.Girard@families-together.org

Employment
Kansas WorkforceONE assists youth in achieving independence by offering:

- Career awareness
- Career coaching
- Community involvement and leadership activities
- Academic support
- Essential job skills training
- Job shadow and work experience opportunities

Contact: Kristin Doze, Workforce Development Coordinator, by phone at (620) 793-5445 or email kdoze@kansasworkforceone.org

Engagement
Engagement in education and community is an important aspect of supporting youth towards independence. Families Together, Inc. provides parents and guardians the following services:

- Facilitating connections to community supports
- Identifying and addressing individual concerns
- Providing assistance navigating school services including general education interventions, Section 504 plans and Individualized Education Plans

Contact: Shannon Ulrich, Family Resource Specialist, by phone at (785) 233-4777 or email sulrich@families-together.org

We have a dedicated Youth Behavior Specialist who can easily reach you.

Connect

Brad Girard

brad@familiesaltogetherinc.org

913-713-9551

