

UpPotential Youth Caring Program

Mission

The Youth Caring Program (YCP) helps students learn to manage stress and increase resilience to enhance mental wellness awareness, and we believe self-help skills can become a caring act for oneself and others. We educate and promote self-help skills as life-long skills for the youth to generate positive energy to lead a healthy, positive life.

“ *Prepare the child for the road,
not the road for the child.*”

Overview of Youth Caring Program

YCP aims to cultivate the wellness of oneself; strengthening resilience to turn challenges into opportunities and building a caring network in the school community. Through evidence-based in-school (offline) and online training free of charge to schools, YCP helps to build students' ability to learn independently and encourage them to use information technology for learning while increasing the capacity of parents and teachers to support their students' needs.

The Youth Caring Program Reaches:

Students

through the direct program and supports to enhance wellness and support each other

Teachers

through online/offline workshop trainings to build their capacity to support their students

Parents

through online/offline workshop trainings to support and build their interpersonal relationship with their children



Online Training

The Core Program is a stress management course based on Positive Psychology and Cognitive Behavior Therapy. Helping people at any stage of their lives cope with anxiety, stress and other life pressures by using self-help skills, the course includes lessons on the following topics:

Lesson 1: What, Why & How?

Lesson 2: Relaxation Exercises

Lesson 3: Breathing Exercises

Lesson 4: Nutrition

Lesson 5: Positive Self Talk & Cognitive Behavior Treatment

Lesson 6: Desensitization & Other Behavioral Therapy

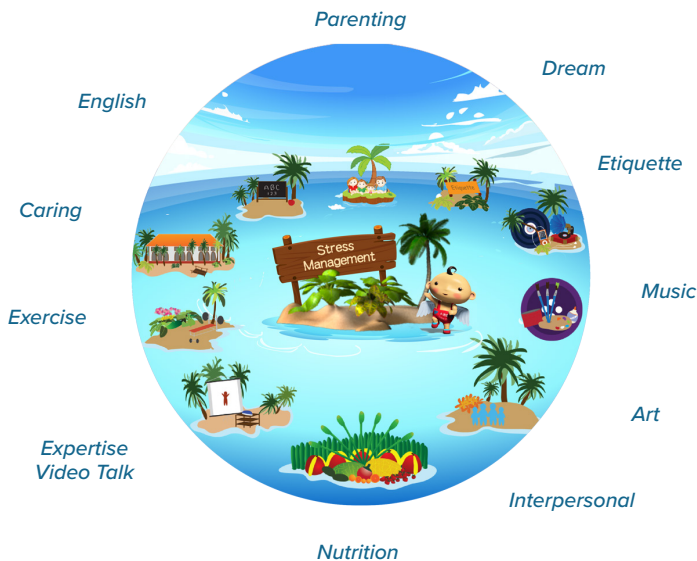
Lesson 7: Gratitude & Savoring

Lesson 8: Building Openness & Social Support

Lesson 9: Meaning, Flow, & Spirituality

Lesson 10: Good Sleep

Wellness Programs - Each UpPotential Island encompasses a theme to broaden student knowledge. Schools select 6 out of 11 themes for their tailored wellness platform.



Offline Training

The School Talk is an interactive presentation for the whole school at the beginning of the school year to give students a better understanding of the importance of self-help skills and to enhance their awareness of training support.

Training Workshops train students, teachers, and parents to facilitate in-class lessons, navigate the online platform, and act as student ambassadors.

In-Class Lessons at School consist of either six or ten lessons that are one hour each, or twelve lessons that are one-half hour each. Content, which is all provided by UpPotential, is based on the online stress management core program. Student coaches for the class will help develop positive energy among their peers.

Student Ambassador Training involves one hour of training at the beginning of the second term to motivate ambassadors to continue promoting self-help skills among their peers. It enhances students' self-esteem, confidence and leadership skills. The training includes unique online activities.

About

UpPotential

UpPotential provides culturally-adapted and research-based information, resources, and life skills training to enable individuals - regardless of age, gender, or ethnicity - to lead a healthy and constructive life.

Because we believe both physical and mental health are essential for an individual to achieve total wellness, our program features research-based stress-management programs. We advocate self-help skills and strategies, including assessment, analysis of personal profiles and lessons.

Partnerships & Supporting Organizations

UpPotential works with schools and healthcare organisations such as:

- The Hong Kong Regeneration Society
- Guangdong Nursing Education Centre
- The Hong Kong College of Mental Health Nursing
- Kiang Wu Nursing College of Macau
- Tsuen Wan Adventist Hospital
- The School of Continuing and Professional Studies—The Chinese University of Hong Kong
- Hong Kong Baptist Hospital

Schools/Educator Partnerships

To enable us to provide training, and ongoing support to schools and students, we are always looking to build our partnerships to continue to provide impactful programming to prepare the child for the road. If you are interested in partnering with UpPotential, please contact:

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