

Better Me Program

School based Targeted Intervention



Supporting students in Primary and Secondary settings

The Better Me Program is designed to work with young people with deregulation in behaviours and emotions to learn about strategies to better cope, enhance awareness, build resilience and regulation.

Students will be able to learn how to identify and recognize issue occurring at home, self-regulate when distressed, identify emotions, make respectful relationships, and respect authority and basic skills on how to keep safe. And much more....

The targeted intervention aims to work with primary and high school age students by using evidence-based practices based on positive Psychology, Dialectical Behavioral Therapy and Cognitive Behavioral therapy - implemented via play-based activities and engagement.

The **Intensive** program will run over two weeks with 2-hour sessions over 3 days - for a combined year level at 20 students max. Based on our current model - refer to the current outline.

\$3,200 excluding GST. We charge \$50 an hour if we travel over 30 min each way*** this can change based on the location we are driving to.

The **supported** program will run over a term which will consist of a 2-hour session each week for 8 weeks - for a combined year level of 20 students max.

\$5,800 excluding GST. We charge \$50 an hour if we travel over 30 min each way*** this can change based on the location we are driving to.

Targeted Interventions to support schools with challenging students:

- Disengagement from school
- Behavioural issues
- Lack of emotional regulation and/or distress tolerance
- Incidents with suspension or disciplinary measures
- Low educational achievement
- Personal and family issues (such as: family violence, substance issues, mental health etc)
- Unable to work in groups or with peers
- Lack of respect for authority



Contact Us

For further information about our services, program, or fees:

Phone: 03 5996 3804

Email: admin@cramli.com.au Website: www.cramli.com.au



Funded by SCHOOL FOCUSED YOUTH SERVICES

CONTACT US

03 5996 3804

'Here with you every step of the way'



Program Outline:

Healthy Relationships

- Managing conflict (Recognizing and responding to unsafe situations family violence and issues at home)
- Make and maintain positive friendships.
- Develop empathy and communication skills.
- Increase resilience and be assertive.
- Develop teamwork and leadership skills.
- Safe zones (Boundaries, unwanted touching, coercion, and manipulation)

Respect

- Recognizing and respecting authority
- Recognizing and understanding gender equality
- Improve on attitudes and interpersonal skills.
- Social media (respecting each other - communication)
- Recognizing and responding safe and unsafe situations
- Communicating and managing conflict

Choices

- Analyze influences and reasons why people choose to use or not to use drugs.
- Influences on drug and alcohol use including the media.
- Coping strategies and managing pressure
- Making smarter choices

Regulate

- Resilience, and self-esteem
- Confidence and self-awareness
- Techniques and strategies for coping and de-escalating.
- Emotional and cognitive intelligence
- Perseverance, problem solving, critical consciousness

Anxiety and Worries

- Regulation and managing distress
- Mood management
- Proactive and reactive strategies
- What it is and how to cope during difficult times

About CRAMLI.....

The team at CRAMLI Counselling and Wellbeing Services has over 15 years of experience combined, and we offer therapeutic and evidence-based counselling to assist cognitive, emotional and behavioural concerns. We specialize in cognitive behavioural therapy to address peoples negative thought patterns and alter changes in their behaviour. CCWS focuses on providing strategies to assist with reducing symptoms of mental health, increasing emotional intelligence, emotional regulation and building an understanding of their triggers and early warning signs.

We offer:

- ✳️ Counselling: we offer therapeutic and evidence-based interventions where emotional, behavioural and developmental concerns are present.
- ✳️ Consulting and Coaching: Support and one-on-one coaching available to organizations that require individualized consultation and support.
- ✳️ Customized Training: We offer training programs tailored to the specific development needs based on your organization's needs, interest, growth, and goals.
- ✳️ Course and Program Development: Designing and developing programs and courses that address the gaps and needs in the community.

REVIEWS

Nadine - "Our school engaged in a PD on Building Resilience and Enhancing Wellbeing. The content was perfect particularly under the current circumstances. Our facilitators were engaging, well researched and helped to assist staff in moving both students and staff forward supporting mental health and wellbeing and fostering resilience".

Bhatia - "sally and her team are highly experienced, compassionate and competent in this work, generous with her time and commitment to supporting others. Well respected in this field and provides insightful positive pathways in a complex world that continues to make ever

increasing demands upon individual and organization. I would highly recommend Sally and her team and the services that they provide. Thanks for a wonderful session". 😊

Atong - "CRAMLI joined our Afri-Aus Care Basketball Program team back in January working with our youth at risk boys. Sally is amazing, very professional, friendly and the boys love her. Furthermore, Sally works wonderfully with the families of the boys from our programs as well. I would recommend CRAMLI Counselling and Wellbeing Services to many people. I love the service provided'.

***Program can be customised to the needs of the school**