



Rebalance is a holistic, trauma-informed intervention program designed for youth, and it is especially effective with young individuals who may have encountered notable challenges in their lives.

### Key Components

**Trauma-Informed Approach:** Rebalance integrates Trust-Based Relational Intervention® (TBRI), an evidence-based practice designed to help youth rebuild trust in adults. It addresses the core needs of at-risk youth, promoting emotional regulation, resilience, and positive relationships.

**Evidence-Based Practices:** Two other practices are implemented in the program to achieve the holistic approach. These practices are RoundTables® and Motivational Interviewing.

**SEL Integration:** The program focuses on the five pillars of SEL: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. These are essential for mitigating the long-term impacts of ACEs and supporting overall mental health.

**Flexible Activities:** Rebalance offers a variety of engaging activities like skateboarding and obstacle courses, designed to meet youth where they are and provide healing experiences through creative and recreational outlets.

**Structured Format:** The core of the Rebalance program consists of 12 sessions, each lasting 100 minutes. These sessions include both physical and mental exercises, facilitated discussions, and character-building activities.

**Community Engagement:** Through partnerships with schools, judicial systems, and community organizations, Rebalance creates a supportive network around each participant, ensuring that youth have access to resources like counseling, career development, and educational opportunities .