

APOST Fall Conference

Session 3



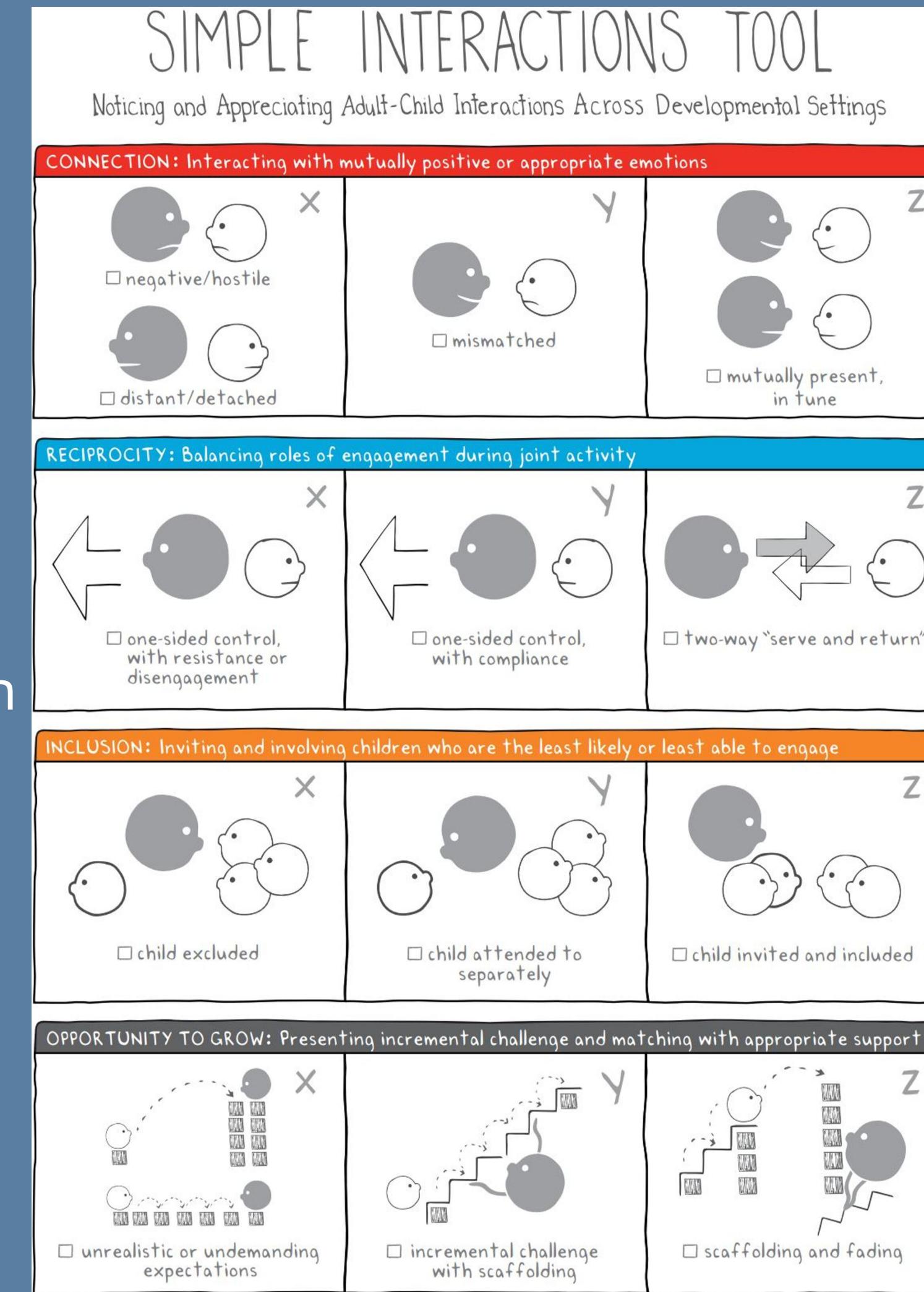
Project Improvide:
Working With
What You Have 2.0

Lori Crawford
@improviding
@the_luminary_collective



Thanks, Stephanie
& APOST!

Simple Interactions Leadership Program



STATUS

'IMPROVIDING' PARTICIPATION

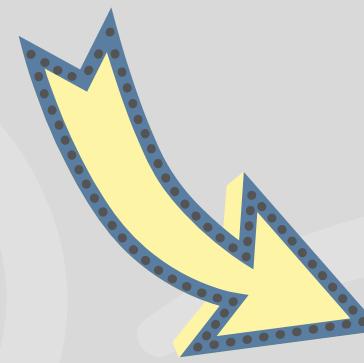
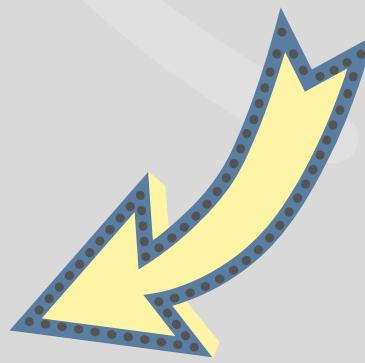
WITH THIS COHORT OF YOUTH I REALIZED A NEED TO 'IMPROVIDE' THEIR PARTICIPATION
==> AT THE START OF EACH SESSION I'LL READ THE ROOM, GAUGE YOUTH'S ENERGY AND FIND ORGANIC AND ENGAGING START TO FORMAL WORK, GIVING YOUTH ABILITY TO DETERMINE WHAT STICKS
==> REQUIRES ME TO IMPROVISE MY RESPONSE AND REDIRECT THEIR ABILITY TO PARTICIPATE THAT DAY BY PROVIDING TAILORED SUPPORTS AND APPROACHES

8 SESSIONS REMAIN:
WILL CONTINUE TO USE THIS APPROACH THROUGH END OF SCHOOL YEAR PROGRAMMING



Improviding =

Opportunistic Resourcefulness



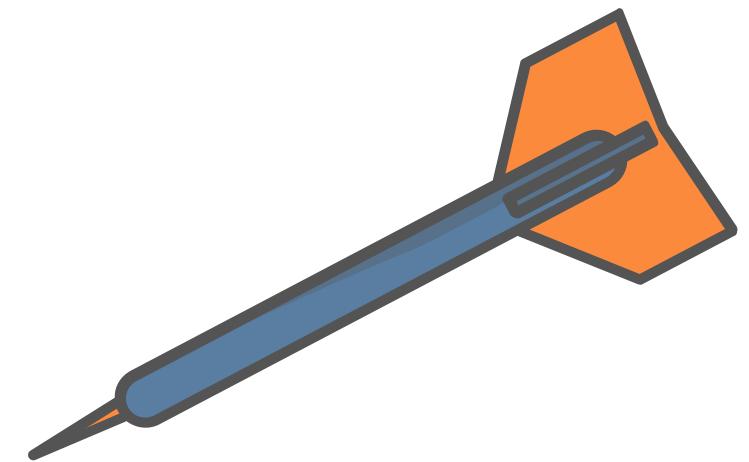
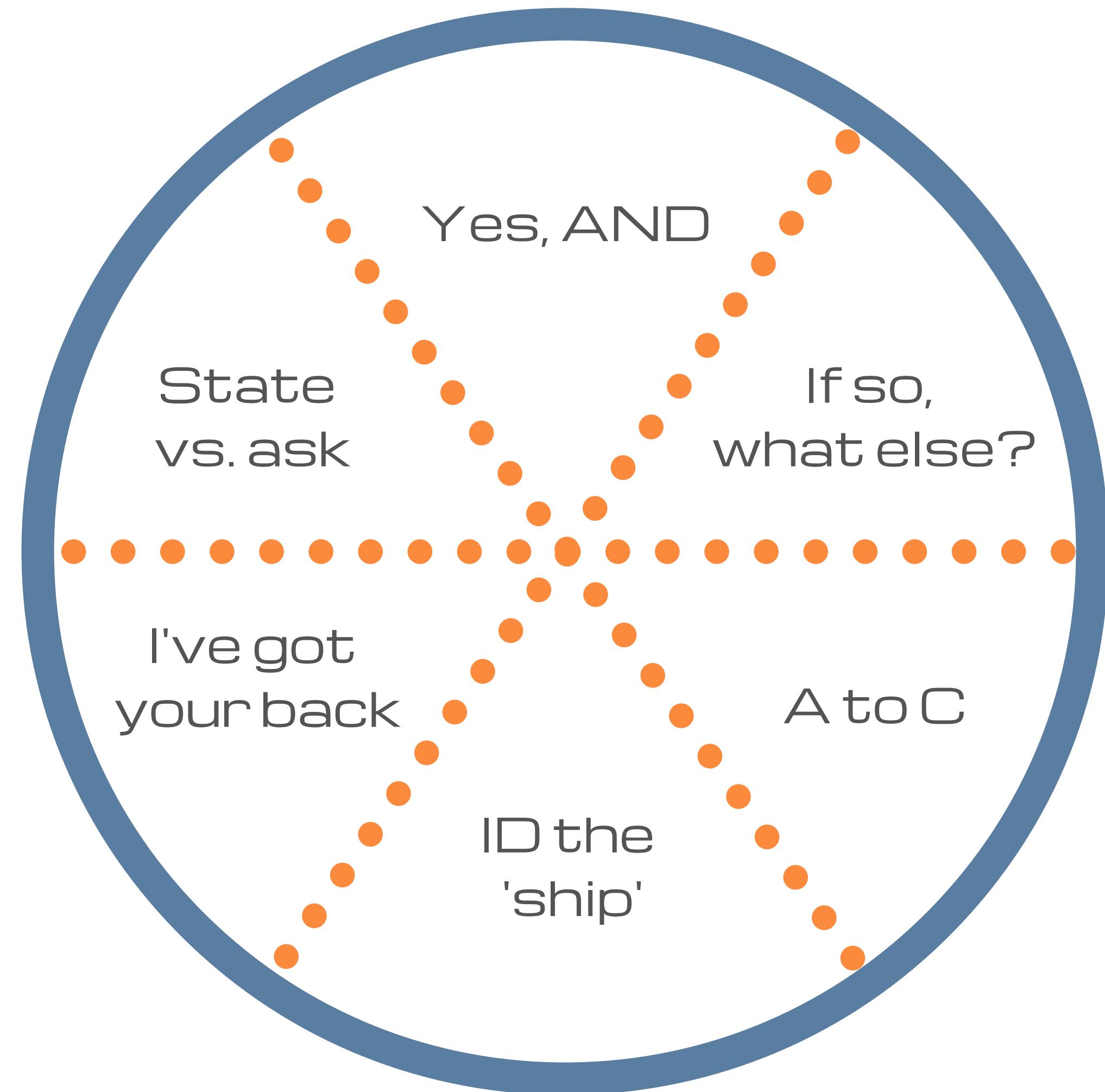
What youth convey:

- Energy
- Emotions
- Talents
- Personality
- Home Environment
- Behavior
- Barriers
- Social Influence

How adults respond:

- Time
- Connection
- Role Modeling
- Life Experience
- Boundary Setting
- Resource Provisions
- Professional Network
- Communication Style

• Improv Rules •



State vs. ask

Statements align,
questions overwhelm

- "I notice..." - deescalates tension
- "Why did you..." - escalates tension

I've got your back

What we give, we receive

Model love & respect, we increase odds youth does;
Seek power sharing, not overshadowing

Yes, And

How youth come into space is 'gift' if we know how to ID & utilize it

"Yes" means youth state is valid,
"And" means OSTP customize self-regulation supports

ID the 'ship'

Quality of relationship impacts intervention

Approach varies per youth:
Unpack power structures,
consider previous standing,
review trust levels, etc.

If so, what else?

The underlying causes of current symptoms matter

.....
Post interaction matters-
What wellness areas may need addressed? Food insecurity, sleep, housing?

A to C

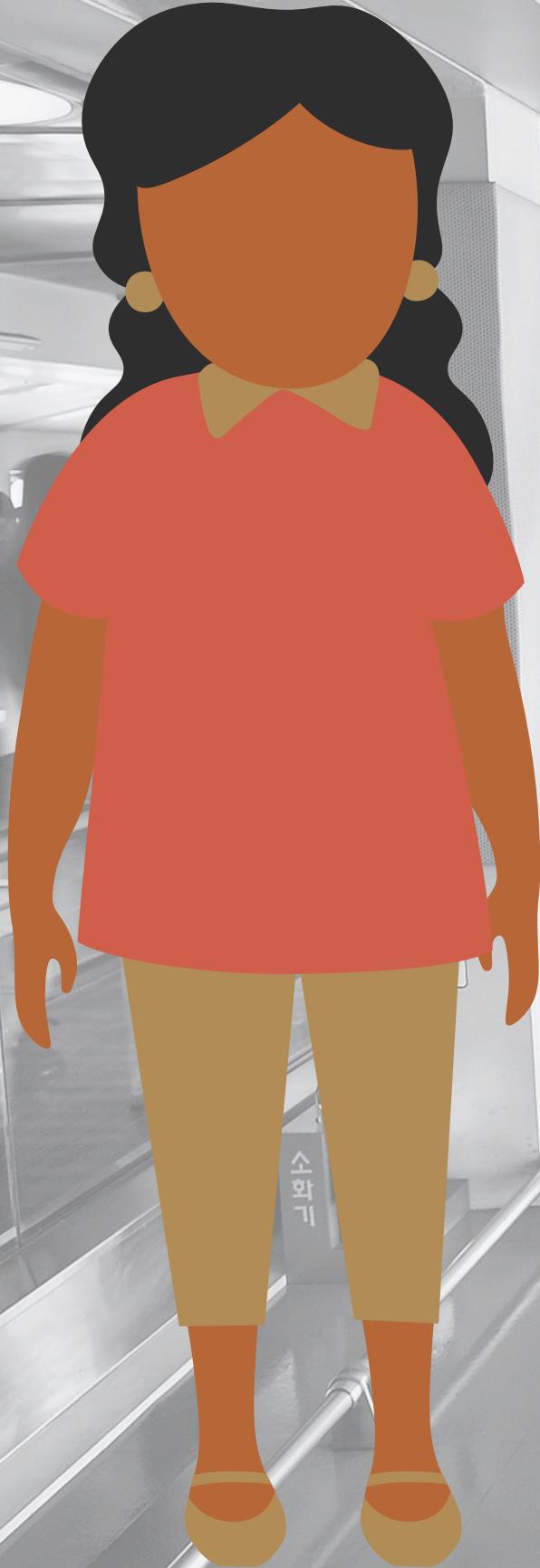
Slow down our responses

→ A - (our) Attitude ←

B - Barriers

C - Connection

Activity 1: Baggage Claim



Reflections

- > How did this activity feel?
- > What are your takeaways?
- > How else can you apply this approach?



Out of School Time Providers - In Real Life



Life Happens. Live Intentionally.

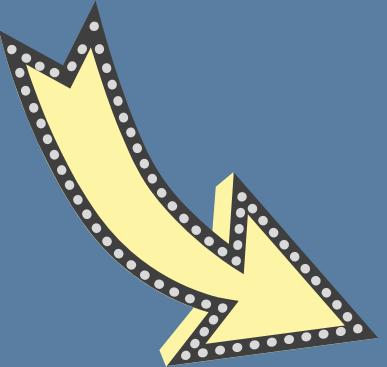
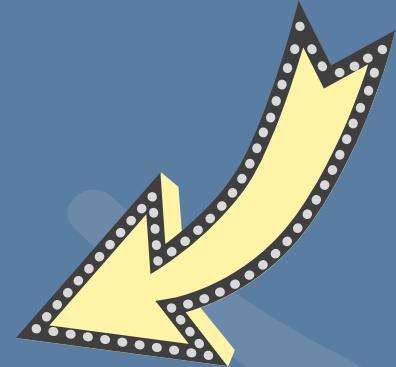
Unreasonable and unsustainable to expect that we can always and easily put youth baggage before our own

Improviding your own life = Claim and repack your baggage so you can model how to do so for youth



Improviding = Opportunistic Resourcefulness

@improviding



What moments invite
our adaptability?

Receiving unexpected news

Exposure to ill-energy of others

Financial shocks

Schedule shuffles

Lifestyle changes

Assessing new offers

Comprehending social contexts

What factors can we mold
to meet the moment?

Our energy

Our emotions

Our intuition, wisdom, and skills

Our self care practices

Our use of boundary setting

Our resource allocation decisions

Our relationships and networks

How we use time

How we communicate

How we seek support

How we problem solve

Activity 2: Emotional Four Square

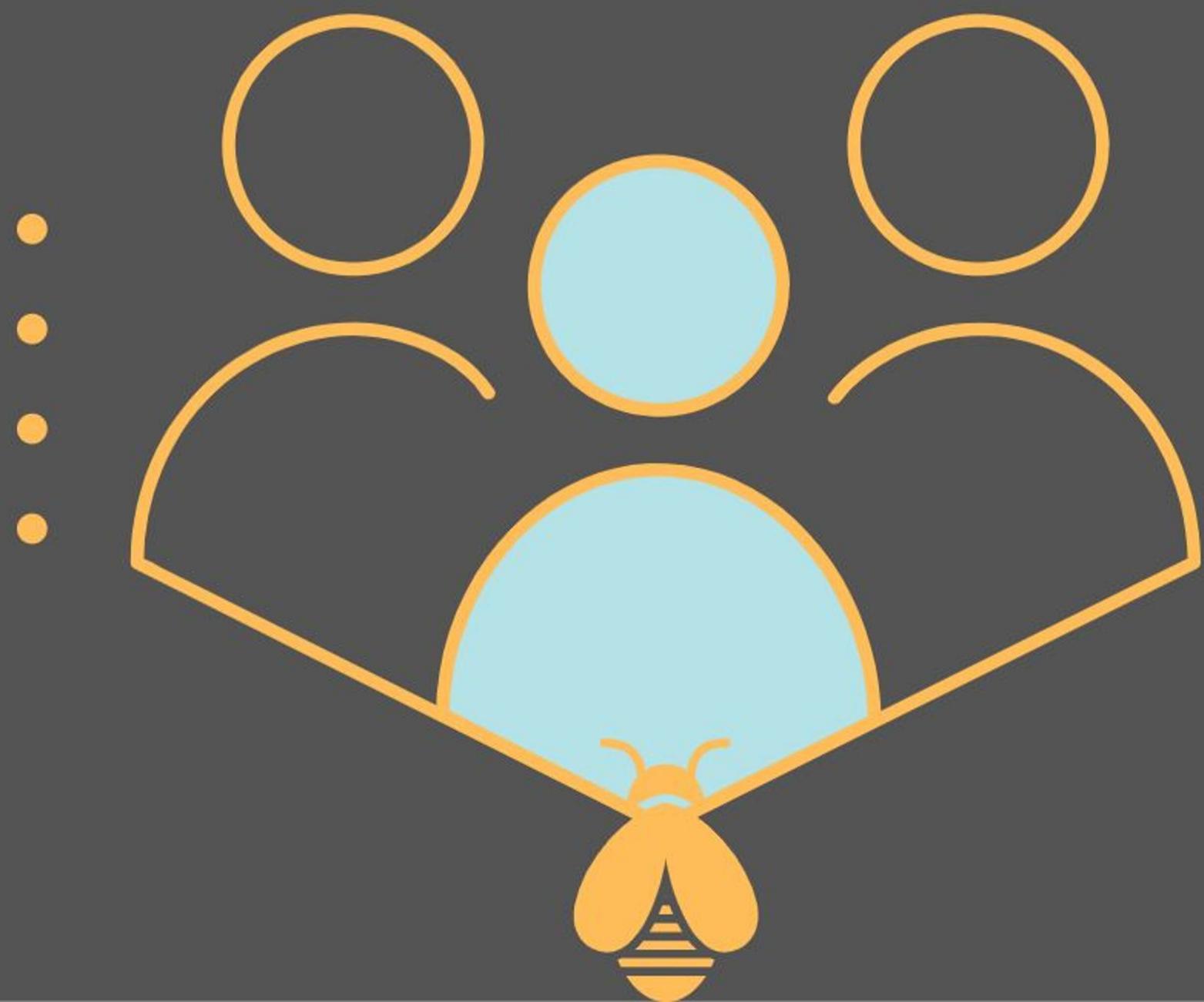


Reflections

- > How did this activity feel?
- > What are your takeaways?
- > What would it take for you use this technique?



The Luminary Collective



We all have our own
azzle dazzle!

Be a Luminary

Life Equity = Disrupting survival mode

Me4We Movement

I heal and build resilience in myself so
I am better able to collectively care

@the_luminary_collective



Fall In Self-Love Series



September 21-December 21
14 Weekly Prompts

Harvest Love for Your Truest Self
Sow Seeds for Collective Healing

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Resilience
building for
caregivers and
those who give a
sh!t about others

THANK YOU!

