

## COPE

Every child's path to adulthood—reaching developmental and emotional milestones, learning healthy social skills, and dealing with problems—is different and difficult. Many face added challenges along the way, often beyond their control. There's no map, and the road is never straight. But the challenges today's generation of young people face are unprecedented and uniquely hard to navigate. And the effect these challenges have had on their mental health is devastating. We know that mental health is shaped by many factors, from our genes and brain chemistry to our relationships with family and friends, neighborhood conditions, and larger social forces and policies. We also know that, too often young people are bombarded with messages through the media and popular culture that erode their sense of self-worth, telling them they are not good looking enough, popular enough, smart enough or rich enough.

Vivek H. Murthy, M.D., M.B.A.

Surgeon General of the United States.

LACAP is helping children with coping skills and strategies that will enhance their daily lives.

## ABOUT US

- LACAP has two offices located in Lake Providence and Monroe, Louisiana.
- Parishes Served: Seven (7) parishes in northeast Louisiana—Morehouse, Ouachita, Richland, Madison, East Carroll, Tensas, and Concordia.
- LACAP is governed by a Board of five (5) Commissioners.
- LACAP has built a collaboration with the schools, community, business leaders, law enforcement and churches to support its endeavor to bring a sense of hope and expectancy to an impoverished area.
- LACAP's goal for COPE is to help youth deal with anxiety, stress and depression by showing them how to develop the needed skills and strategies to stop negative thoughts and start thinking in more positive ways with regard to school, Covid, and life.

**Sponsored By:**  
**Senator Katrina R. Jackson**



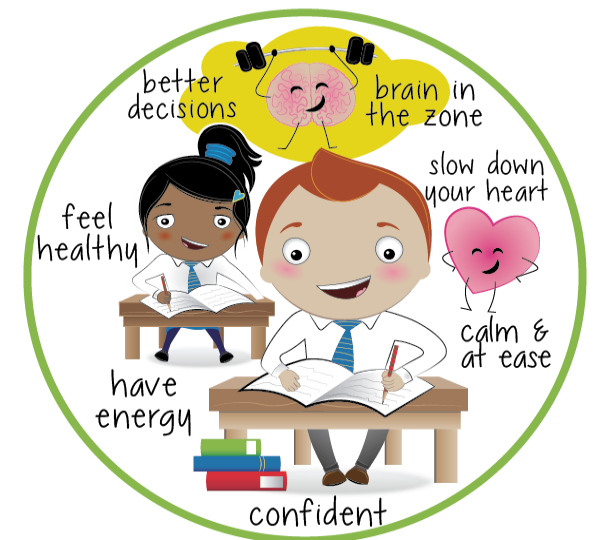
Louisiana Center Against Poverty-COPE

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# COPE EMPOWERMENT

When faced with stress,  
depression and anxiety,  
everyone needs help to COPE!



*Creating Opportunities For  
Personal Empowerment*



## Action Beats Anxiety!!!

Today, we are facing a global health crisis unlike any other in the United States — one that is killing people, spreading human suffering, and upending people's lives. But this is much more than a health crisis. It is a human, economic and social crisis and one that affect the livelihood of children, youth, and adults of all ages. “Interventions are needed to help us cope with stress, depression, virtual school and workplaces, social and economic hardships. (<https://www.un.org/coronavirus>)

Dr. Bernadette Melnyk took **action over anxiety** and developed a series of intervention programs called COPE (Creating Opportunities Personal Empowerment) to assist all individuals with the necessary skills and strategies needed to restore some normalcy to their lives.

*Center Outreach For Personal Empowerment* has joined over two dozen schools/districts in eight States and Canada to implement this program within its targeted areas.

## COPE Program Goals

- ⇒ **Teach children, teenagers and young adults that how they think is directly related to how they feel and how they behave.** Example: Emotional Awareness—what are you currently doing to identify and express your feelings positively—are you keeping an electronic journal or do you express your feelings through art/drawings/doodling?
- ⇒ **Teach children, teenagers and young adults about healthy lifestyle choices/behaviors and reinforces that everyone has stress that has to be dealt with.** Example: Self Soothing—comforting yourself through your five (5) senses— touch, hear, see, taste, smell—are you watching what you eat, what type of music are you listening to and how does it affect your life decisions—what are you following on social media and its impact on your personal ethics and beliefs.
- ⇒ **Teach children, teenagers and young adults how to easily manage and fine tune their cognitive behavior skills**— Example: solving problems and goal setting, coping with stressful situations, positive self-talk, communicating effectively, the meaning of half-empty/half-full, how to accept constructive criticism, etc.

**PUTTING IT ALL TOGETHER FOR A HEALTHIER YOU!!!**



“It’s up to you today to start making healthy choices. Not choices that are just healthy for your body, but healthy for your mind.” (*Healthy*

## COPE Program Format

Theodore Roosevelt said, “*Nothing worth having comes easy.*” (Paraphrased) The COPE program is well worth participating in and will prepare each participant to excel in all future endeavors— personally, mentally and educationally. The program format is simple and easy to follow along with an experienced and trained facilitator.

- ◆ This program is designed for **primary and secondary schools, universities, community outreach centers, and professionals.**
- ◆ **It’s instructor-delivered sessions will include active teaching, role-play activities, interactive learning/sharing, videos and relevant games.**
- ◆ **Students will be in small groups within a safe environment in the class room or gym.**
- ◆ **Sessions will be held during the school day at selected schools.**
- ◆ **Active participation is a must to ensure participants receive necessary skills and strategies to COPE with anxieties, stressors, and other difficulties in today’s society.**



**HOW ARE YOU COPING—0% - 25% - 50% - 75%?**