



Self-Care Guide

Dragon's Den

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Summary



Homestead



Steel

Homestead was once a major participant in the steel industry.



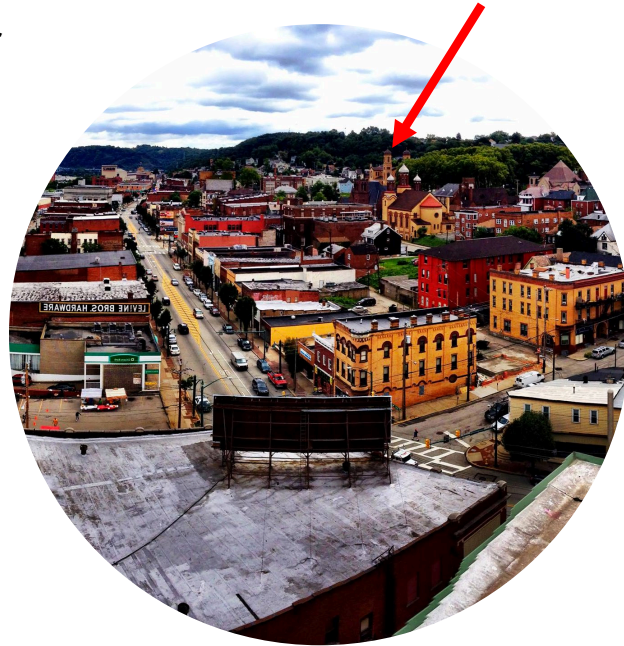
Demographics

Homestead is a predominantly Black community.

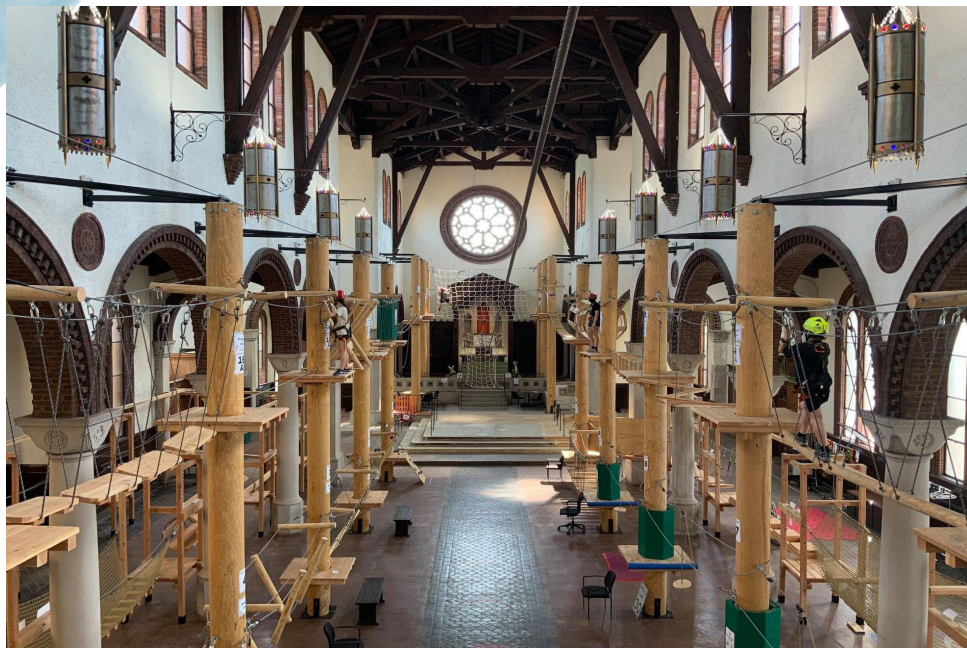


Current Adversities

Some adversities people may face in this community are poverty, violence, and theft.



Dragon's Den



- St. Mary Magdalene Church was refurbished into what is now Dragon's Den
- Ropes course serves as a therapeutic and educational learning environment
- designed to challenge and engage children “to overcome challenges in themselves, their communities, and the world.”
(Dragon's Den)

Mission of Dragon's Den

- ..promote the physical, emotional, social, intellectual and cultural development of all children and youth with different backgrounds and abilities.
- ..provide out -of-school programs in cooperation with local schools and community charitable organizations assuring the continued use and cultural appreciation of a certified historic structure in the Homestead community.
- ..engage all participants through the use of our challenge course and goal -oriented team building activities to push the boundaries of what they previously thought possible of themselves.

(Dragon's Den)



Project Description – Self Care Guide

Context – We wanted to do something for the kids of the Homestead community and extend it to all children at the summer camp.

Here is what we learned about some of their experiences:

- Issues surrounding extreme poverty, hunger, and unmet needs
- Sometimes without a loving connection with their parents.

Our goal - help them deal with stressful situations effectively without taking to self -harm or harming others in the process. We also want to encourage healthy behaviors with their peers.

Self-care guide for children

- A power point recording for the program counselors to work with children who are overwhelmed and need extra emotional support.
- Includes tools such as journaling, meditation and breathwork, and also fun activities
- These practices will benefit them even as adults

The self-care guide

Self-Care Guide

Liv and Shruti BTG interns 2023

Overview

- What is self-care?
- Why is it important?
- How can you practice self-care?
- Self-care activities
- Self harm and suicidal behaviors

Here's what else we accomplished!

1. **A guide for future interns**

A document for future interns highlighting our learning experience as interns and what can they expect from their time at Dragon's Den.

2. **Pamphlets about weekly summer camp activities**

This is a detailed brochure which was handed out to parents highlighting detailed activities for each week of camp.

3. **Phone calls with parents**

We contacted several parents to understand the barriers they face when sending their children to Dragon's Den and asked for other ways that Dragon's Den can help their families.

Community Cultural Wealth Model

Linguistic Capital – discussions surrounding emotions and trauma.

Cultural Capital – strong community in Homestead, and Dragon's Den has been welcomed in!

Social Capital – connections to organizations, community, and people

Navigational Capital – providing childcare, education, and social -emotional tools



Project evaluations

- The self-care activity guide will enable children to cope with their emotions in an effective and meaningful way.
- Counselors will help children work through difficult emotions
- Children will learn to write/talk about their feelings and ask for help
- The phone calls with parents will help Dragon's Den understand common barriers for parents to send their children to after-school care
- Addressing the barriers will increase attendance

Summary

Our biggest takeaways were what we learned from the kids:

- How adversities that most directly impact adults also impact kids
- The importance of role models for kids
- How to bond with a child who has trauma
- How to be a space where a child can be emotionally available

Additional Takeaways:

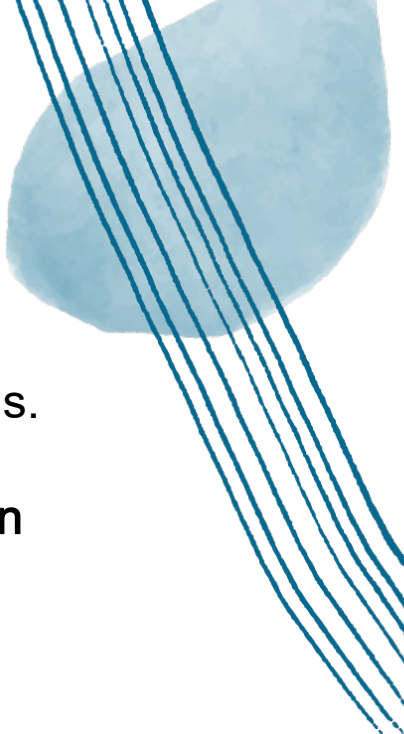
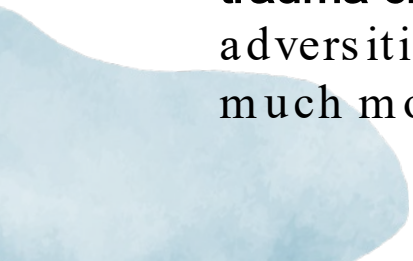
- Learned of challenges that some children with special needs have and potential ways to work with them
- Learned what needs to be done in order to run a non-profit, to run a summer camp, and how to organize a large group of kids



Personal Reflection - Shruti

"This is my first time working in a space where there are children who come from affluent backgrounds, and children who live in poverty. Then there are children with special needs. It's a mixed group of fun -loving kids and being with them reminded me of what it means to be a child. **Just being out in the park seeing them play was a message for me to stop being an adult who's sometimes disappointed and to feel excited about small things in life.**

Moreover, for the first time in my life, **I truly realized the trauma children that can undergo** because of the adversities they experience growing up. It made me want to do much more than this."



Personal Reflection - Liv

"Working at Dragon's Den this summer taught me many lessons about the world we live in and what it means to truly support a child. Before working with Dragon's Den, I was not around children often. I am the youngest of my family, and I often thought to myself, "What do you even talk about with a kid? Are they going to be open to interacting with a stranger that is not from their background?". I was a bit apprehensive at the start, but every week my heart grew for these kids more and more. *I learned not only how to talk with kids, but how to hold space for them to be vulnerable, how to teach them about tools needed to work through their emotions, and simply how to support a child who is living with so much trauma.* They truly just want someone to hear them and be there for them. The opportunity to be that support for children is something that I will never forget, and it not only felt fulfilling, but it also connected me to my own inner child and her unresolved hurt."

Thank You!

Thank you to everyone that contributed to Bridging the Gaps this year!

Thank you to Thistle, Brandi, Sheila, Sadiya, and all the Bridging the Gaps interns!

Thank you to our mentors, Ives and Sharon!

Thank you to the Dragon' Den staff!

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