

Natural Helpers®

Participant Learning Objectives

Module 2

Overnight Retreat Training

Session No.	Session Title	Summary	Participant Learning Objectives
1	Beginning Day 1	Participants get to know each other and learn about program goals, the training agenda, roles of Natural Helpers, and Ground Rules.	<ul style="list-style-type: none"> Identify the goals of the Natural Helpers program. Identify some of the roles of Natural Helpers. Share information with each other openly and honestly.
2	Qualities of Natural Helpers	Participants identify qualities in themselves and others that make them good helpers.	<ul style="list-style-type: none"> Identify qualities of Natural Helpers. Identify three people they go to for help. Recognize that Natural Helpers need to take good care of themselves.
3	Labeling	Participants experience and observe how labeling negatively affects communication.	<ul style="list-style-type: none"> Identify the harmful effects of labeling. Reduce labeling during the Retreat Training.
4	Trust and Teamwork	Participants experience and discuss trust and teamwork.	<ul style="list-style-type: none"> Express his or her own level of trust with another participant. Rely on a helping team in order to better help their friends and take good care of themselves.
5	Wrap-up Day 1	Participants review and express their thoughts and feelings about the day, and give feedback about the training.	<ul style="list-style-type: none"> Express their thoughts and feelings about the day. Give feedback about the training to the leaders.
6	Beginning Day 2	Participants review what they learned on Day 1 and identify some of the issues for Day 2.	<ul style="list-style-type: none"> Review what they learned on Day 1. Identify some of the issues they'll discuss during the day.
7	Knowing When People Need Help	Participants describe their friends' concerns, distinguish those they don't feel comfortable handling alone, and identify warning signs that indicate that people might need help.	<ul style="list-style-type: none"> Describe their friends' concerns. Identify warning signs that may indicate that someone needs help. Explain the importance of recognizing people's warning signs in order to help them.
8	Listening	Participants identify ways to show they're listening and then practice and discuss verbal and nonverbal listening skills.	<ul style="list-style-type: none"> Demonstrate verbal and nonverbal listening skills.

Continued

Overnight Retreat Training- continued

Session No.	Session Title	Summary	Participant Learning Objectives
9	The Helping Skill, Part 1	Participants observe and practice the Helping Skill using the most common concerns identified by the school.	<ul style="list-style-type: none"> Identify the goals of the Helping Skill. Identify and practice the steps of the Helping Skill.
10	The Helping Skill, Part 2	Participants observe and practice the Helping Skill using the most common concerns identified by the school.	<ul style="list-style-type: none"> Identify and practice the steps of the Helping Skill.
11	Limits and Strategies, Part 1	Participants learn to recognize their limits in helping their friends – limits within themselves as well as limits in the specific helping situation.	<ul style="list-style-type: none"> Identify their limits in helping their friends. Express his or her limits to a friend who needs help.
12	Limits and Strategies, Part 2	Participants learn strategies for helping in situations in which their help has limits.	<ul style="list-style-type: none"> Identify the obstacles that prevent them from helping their friends. Recognize his or her own limits. Express their limits.
13	Wrap-up, Day 2	Participants review and express their thoughts and feelings about the day, and give feedback about the training.	<ul style="list-style-type: none"> Express their thoughts and feelings about the day. Give feedback about the training to the leaders.
14	Sharing and Scrolls	Participants grow closer to each other by sharing something about themselves and writing positive messages to each other.	<ul style="list-style-type: none"> Form bonds with each other by sharing experiences and feelings. Write positive notes on each other's scroll.
15	Beginning Day 3	Participants review what they learned on Day 2 and identify some of the issues for Day 3.	<ul style="list-style-type: none"> Review what they learned on Day 2. Identify some of the issues they'll discuss during the day.
16	Making Referrals, Part 1	Participants recognize the importance of referring serious problems to professional helping resources.	<ul style="list-style-type: none"> Identify specific professional helping resources. Examine their attitudes about seeking help from adults. Identify warning signs that might indicate the presence of a serious problem. Discuss the consequences of referring serious problems to professional helping resources. Discuss the consequences of not referring serious problems to professional helping resources.

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Overnight Retreat Training – continued

Session No.	Session Title	Summary	Participant Learning Objectives
17	Making Referrals, Part 2	Participants discuss and practice how to refer a person to a professional helping resource, even if the person doesn't cooperate.	<ul style="list-style-type: none"> • Identify types of problems that require referral. • Refer his or her friend to a professional helping resource even if the friend doesn't cooperate. • Support his or her friend even if the friend has broken a promise of confidentiality.
18	Review of the Helping Processes	Participants review and strengthen their ability to help their friends in a variety of situations.	<ul style="list-style-type: none"> • Use the Helping Skill in a variety of situations. • Incorporate the Helping Skill into a total helping process.
19	Reentry	Participants discuss what to expect when they return to their homes and school, and how to take good care of themselves while helping their friends.	<ul style="list-style-type: none"> • Address some of their concerns about returning to their friends and families after the retreat.
20	Wrap-up, Day 3	Participants review and express their thoughts and feelings about the day, and give feedback about the training.	<ul style="list-style-type: none"> • Express their thoughts and feelings about the training. • Give feedback about the training to the leaders.

Ongoing Training

Session No.	Session Title	Summary	Participant Learning Objectives
*	Monitoring and Support Meetings	In these sessions, participants share information and work together on Natural Helpers topics.	<ul style="list-style-type: none"> • Discuss specific Natural Helpers issues with other Natural Helpers. • Get one-on-one consultation with the Natural Helpers leader. • Update helpers logs.
1	Back to School	In this session, participants reacquaint themselves with each other and with the Natural Helpers® program, as well as plan what they'll be doing for ongoing sessions.	<ul style="list-style-type: none"> • Adapt the Ongoing Training activities. • Begin notebooks that will include their Natural Helpers® materials.
2	Changing Norms	In this session, participants work in groups to assess the norms in their school or community and then either reinforce positive norms or discourage negative ones.	<ul style="list-style-type: none"> • Discuss the concept of norms. • Begin a group project to identify schools norms. • Construct a survey.
3	Helping Resources	In this session, participants identify and use criteria for assessing and selecting helping resources, and become familiar with local helping resources.	<ul style="list-style-type: none"> • Identify and use criteria for assessing and selecting helping resources. • Become familiar with local helping resources.
4	Flash Judgments	In this session, participants reinforce the idea that labeling others before getting to know them can be both inaccurate and harmful.	<ul style="list-style-type: none"> • Approach working with others without labeling them.
5	Coping with Stress	In this session, participants discuss the causes of stress, the signs of stress, and some ways to cope with stress.	<ul style="list-style-type: none"> • Identify some of the causes of stress. • Identify some of the signs of stress. • Identify some ways to cope with stress.
6	The Self-Helping Skill	In this session, participants identify problems they encounter when they try to help people and practice the Self-Helping Skill to solve these problems.	<ul style="list-style-type: none"> • Identify situations in which they need help. • Use the Self-Helping Skill in a variety of appropriate situations.
7	Depression and Suicide Parts 1,2,3	In this session, participants discuss and practice how to recognize friends who may be depressed or suicidal and how to refer them to professional helping resources.	<ul style="list-style-type: none"> • Identify that suicide is a poor choice. • Recognize when a person is depressed or suicidal. • Identify the steps to take with a person who is depressed or suicidal. • Ask for help when depressed or suicidal.

**A template for regular follow-up meetings.
Continued*

Ongoing Training -Continued

Session No.	Session Title	Summary	Participant Learning Objectives
8	Violence	In this session, participants discuss different types of violence and explore how they contribute to encouraging and discouraging violence.	<ul style="list-style-type: none"> • Explain the role of bystanders in violence. • Identify things Natural Helpers can observe to help their friends from becoming involved in violent situations. • Identify things Natural Helpers can do to prevent or reduce violence.
9	Enabling	In this session, participants examine what it means to enable and anticipate responses to enabling situations.	<ul style="list-style-type: none"> • Recognize and stop enabling behaviors.
10	Romantic Relationships	In this session, participants discuss the complexity of romantic relationships, the difficulty of forming romantic relationships, and the role of Natural Helpers in helping friends with problems over romantic relationships.	<ul style="list-style-type: none"> • Help their friends with troubled romantic relationships.
11	Family Relationships	In this session, participants role-play taking different perspectives in family conflicts and helping friends with family issues.	<ul style="list-style-type: none"> • Identify and discuss issues common to family relationships. • Use appropriate helping strategies with people upset about family issues.
12	Friendships	In this session, participants explore the nature of friendships and discuss what kinds of problems in friendships they might be called upon to help with.	<ul style="list-style-type: none"> • Discuss the complexity of friendships. • Help their friends with troubled friendships.
13	Conflict Resolution	In this session, participants learn and practice the Conflict Resolution Skill, and then discuss how to help others by telling them about the skill.	<ul style="list-style-type: none"> • Use the Conflict Resolution Skill in a variety of appropriate situations. • Tell their friends about the Conflict Resolution Skill.
14	The Effects of Using Drugs	In this session, participants discuss the short-term negative effects of using drugs, explore why some of their friends seems to ignore some of those effects, and identify signs of chemical dependency.	<ul style="list-style-type: none"> • Identify some of the short-term effects of using drugs. • Discuss how people are influenced to use drugs. • Identify signs of chemical dependency.
15	STDs	In this session, participants identify their standards relating to preventing sexually transmitted diseases and anticipate situations in which those standards might be challenged.	<ul style="list-style-type: none"> • Identify personal standards and how they might be challenged. • Discuss the consequences of not sticking to standards. • Practice expressing and sticking to standards.
16	A New Beginning	In this session, participants reflect on how they've changed as a result of Natural Helpers®.	<ul style="list-style-type: none"> • Discuss the impacts of the Natural Helpers® program on them.