

Logic Model

Outcomes

- Participants will develop skills to better emotionally regulate, increase levels of critical thinking, and better navigate conflict (i.e., conflict resolution and conflict management).

Outputs

- Unfortunately, how participants of the program are recruited, and the turnover rate, it was difficult to obtain concrete data. In terms of data collection, related to improvement, progress was assessed by staff members, coordinators, and the executive director of the Jefferson Country Family Resource Center.

Activities

- Initially, participants were going to participate in weekly support groups, but as the project progressed, and the social climate in Birmingham, my services transitioned to more individual sessions. During our sessions, we identified feelings and the cultural impact of how feelings are viewed, different experiences related to conflict, and better ways to resolve conflicts.
- In addition to working at the program, with the individuals who are not incarcerated, I provide similar services to individuals who are currently incarcerated. Session contain the same tenants that I address with the ones who are not incarcerated, but the focus shifts from their behaviors when they are released to their behaviors, mindset, and beliefs while they are still incarcerated.

Inputs

- The RESTORE program provides transportation services to participants, as well as mentors and coordinators who are easily accessible via cellphone provided by the Jefferson County Family Resource Center.

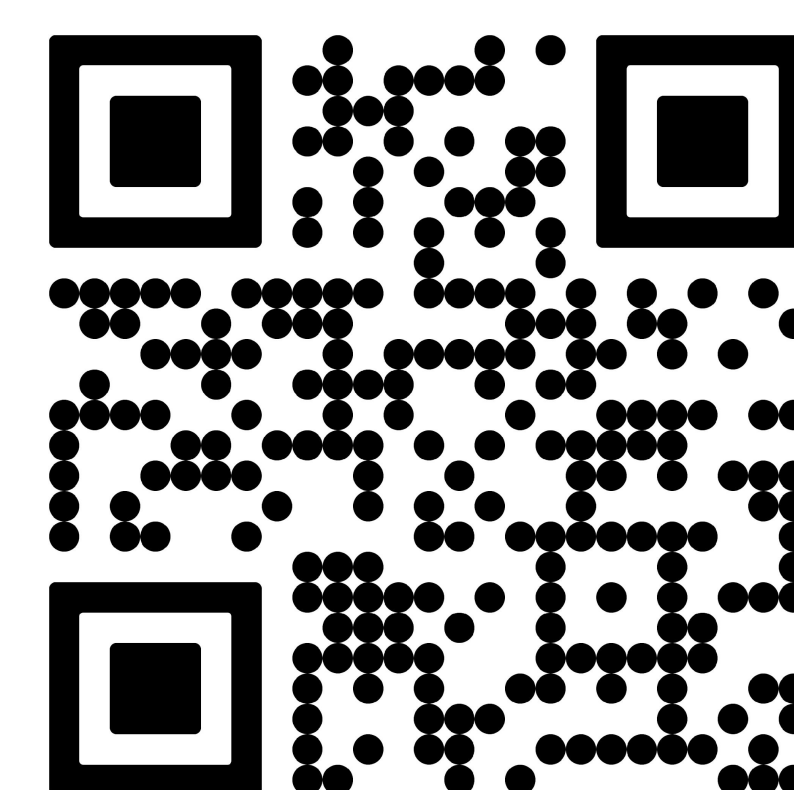
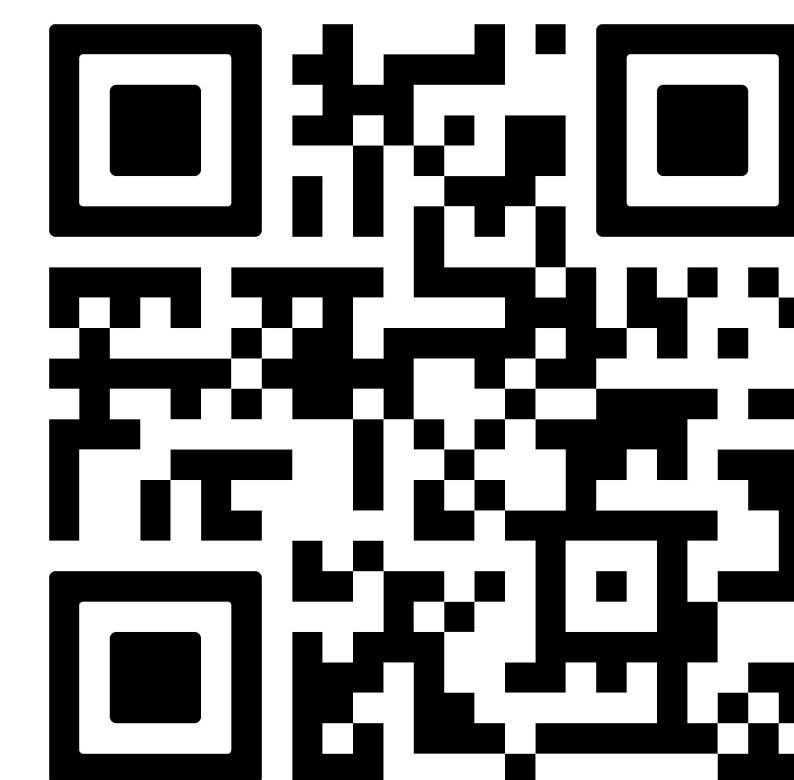
Acknowledgements

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Introduction

In partnership with the RESTORE program in Birmingham, Alabama, Jamal provides psychoeducation, emotion identification competency, and conflict resolution strategies, to young black men who are mandated by the Birmingham Family Court, to participate in the program. Ultimately, through group counseling, situational reenactments, and assessments, the program will allow the individuals participating to enhance their abilities to healthily resolve conflict.

Children in the inner-city of Birmingham, and surrounding areas that have low socioeconomic status (SES), are at a higher risk of experiencing violence within their community (i.e., gun violence, gang violence, physical abuse, emotional abuse, etc...). In 2022, 15.89% of victims of juvenile crimes were the age of 17 (Hundall et. al., 2024). Roughly 38% of these crimes committed against juveniles were committed by acquaintances. Although there is insufficient research surround the concept of emotional intelligence and the impact on that is has on black males, an article, called Healing the Hurt: Trauma-Informed Approaches to the Health of Boys and Young Men of Color, explains that oftentimes black men were not taught to recognize, regulate, or express their emotions (Davis, 2020).



Impact

Recognizing that the results, and the effectiveness and impact of the project, relies in subjective and anecdotal experiences, responses could potentially contain bias. The executive director, program director, and supporting staff indicated that the participants that have been met with have experienced a positive change in their perspective(s) on their lives, and what they want to do moving forward.

- "Self-worth"
- "Self-esteem"

Regarding sustainability, a new job position was developed to continue to build onto the foundation of the mental health emphasis. In this position, the individual's responsibilities would be to conduct individual and group sessions, with an emphasis on the same tenants (i.e., emotional identification, emotional regulation, conflict management, conflict resolution, and critical thinking skills), and to recruit future interns that have interests in working with this population.

Critical Assessment

After analyzing my experience as a fellow, and successfully completing my project, I learned that I have the ability and the resilience to manage much more than I thought I could. Originally, I had an idea of what I wanted my project to be, and the population that I wanted to serve, but it did not fall into place the way that I wanted to. Connecting to the RESTORE program, I was able to discover my purpose.

References

