

At ETHOS we help to facilitate your emotional and social growth.

We are here to guide you in using positive resources that lead to a healthy and productive life.

Our service is guided by the following beliefs:

1. Lives can be changed when help is sought and given.
2. Engaging in partnerships fosters trust and resilience.
3. Optimizing personal skills can create positive life outcomes.
4. High self-efficacy can turn dreams into reality.
5. Once you are empowered, even the biggest obstacle can become small.



EMPOWERMENT THROUGH
HEALING OURSELVES



The main goal of ETHOS is to help youth to return to their highest level of function and to return to their home/school environment with the skills to improve their behavior.

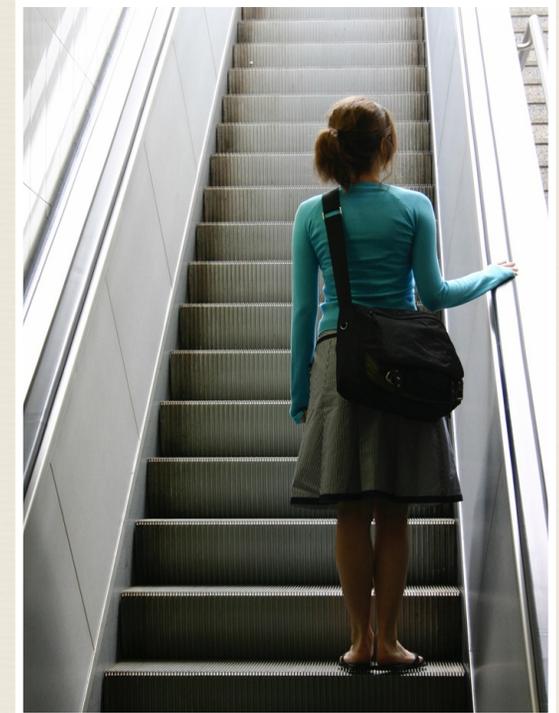
To facilitate this, we provide intensive individual, group and family therapy, as well as innovative behavioral interventions.

The ETHOS Project is for youth who are actively experiencing acting out behaviors that may place themselves or others at risk for dangerous situations. We continuously evaluate, treat, and teach our youth, while providing a supportive environment, which infuses youth with support and empowerment during their time of need.



ETHOS

An Alternative to Short-term
Suspension Program



Ethos is a behavioral health organization serving children, adolescents, and adults.

ETHOS LEADERSHIP PROJECT, LLC

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ALTERNATIVE SUSPENSION PROGRAM

Our program is currently designed for youth, in 4th to 8th grades, who are experiencing difficulty maintaining normal interpersonal relationships, which results in their being at risk due to conflict within the school or family environment. Within our program we offer youth the opportunity to maintain their academic requirements during the time of suspension.



The ETHOS Project leadership team is scientifically grounded and clinically amenable to facilitate growth and change. Dr. Gomes is a nurse

research clinician who understands and embodies sound research and evidenced based mental health practice principles and she will use her research and clinical training to design and facilitate stimulating and rewarding programs designed to empower youth toward a positive trajectory.

Mr. Gomes is an engaging and astute mentor/facilitator and he will use his community participatory development skills to facilitate relationship building among youth and their families. Our vast experience is in alignment with the needs of students in the Hampton City Schools who may be struggling with behavioral and emotional challenges.

Our expertise will serve to provide the youth with strategies embraced within The ETHOS Triangle concept, developed by Dr. Melissa Gomes (Empower, (authority), empowerment (strength), empowering (development)).

Through an examination of these interactions, the ETHOS triangle will propel the youth to develop their best, empowered self.

Time	Activity
7:00 am – 7:30 am	Team meeting
7:30 am – 8:00 am	Welcome Youth
8:25 am - 8:30 am	Daily Empowerment Message
8:30 am – 8:40 am	Review Empowerment Quotient
8:45 am –9:45 am	*Building esteem & efficacy through education/ Individual Therapy
9:45 am – 9:55 am	Break
10:00 am – 10:55 pm	Session I: Building Biopsychosocial knowledge/practicing psychosocial skill development/Developing your Ethos footprint
11:00 pm – 11:30 pm	Group lunch
11:30 pm – 12:30 pm	Group Therapy—working it out together
12:35 pm – 1:35 pm	Session II: Building Biopsychosocial knowledge /practicing psychosocial skill development —The Clubhouse
1:40 pm – 2:00 pm	Wrap up: ETHOS Triangle Reinforcement

