

Transitioning

THE SKY IS THE LIMIT



Education is the Key

Gaining the tools for success:

- Learning needed life skills
- Finishing school
- Choosing a career path
- Gaining employable skills
- Building community support



- Learning to live in society
- Job Training
- Finding and maintaining a job
- Budgeting and banking
- Utilizing resources
- Enrolling in College

Our Team

Jacqueline Bosby

(jdbsby@gmail.com)

Executive Director

PROJECT DEVELOPMENT TEAM

Perry Kirkpatrick

(osirissystemscorp@yahoo.com)

Alternative Learning & Strategy Director
Workforce Development Coordinator

Dr. Demetria Hill

Teletherapy Service Director
Assessment & Diversion Coordinator
(dhcann.09@gmail.com)

JaTaryia Thomas

South Georgia Field Director
Workforce Development Coordinator
Finance/Financial Literacy
(mentalwealthcenter@gmail.com)

Field Workers

Mill Davis

Treyvon Baker

Ashley Bosby

QuiJarra Thomas

Ashanti Wills

Chyna Hill

Jawan Harris

Express H.O.M.E. Program, Inc.

Helping Others Magnify Education



Achieving Reachable Challenges & Heights

Anger Management

MENTAL WEALTH CENTER

Dr. Dementria Hill

(229) 375-0560

Approved Service Providers

Developed by: Express H.O.M.E. Program (JBosby) 1/29/21 Revised 1/7/23

Proud Members of Joynt Production Network

ARCH Anger Management Program

Meet



Dr. Demetria Hill
Teletherapy Service Director
Assessment & Diversion Coordinator
dhcann.09@gmail.com

Supervises the Rehab Service Coordinators in the South Region

The Coordinator's assist underserved teens and young adults cope with life challenges as they transition into the next phase of their lives through anger management techniques.

Our Coordinators have background in Psychology, Sociology, Social Work, Therapeutic Recreation or any form of Rehabilitation Therapy

Other Services Available

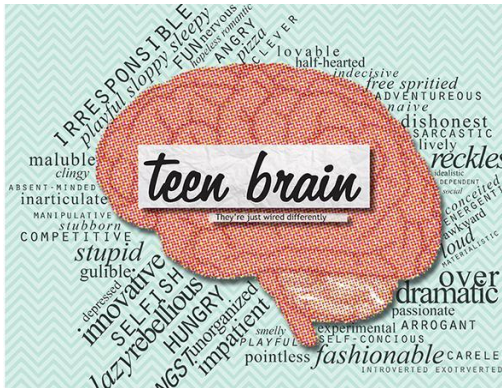
Monitoring & Recording Participants
Observing Behaviors & Concerns
Developing goal setting plans
Help with various activities of daily living as needed, services can be implemented through individualized services or in a Group Support Session

Anger Management

Even though anger is a normal and healthy emotion, it seems teens take it to another level. Anger isn't the problem; it's knowing how to deal with it.

Through the ARCH Program we will teach how to cope with anger and how to express it in a socially appropriate manner.

The ARCH Program will establish behavioral guidelines, and positive solutions.



ARCH will address anger management as well as self-redirection, below are a few of the key components of anger management and self-redirection expectations:

- Anger vs. Aggression
- Assertiveness Skills
- Physical Signs of Anger
- Self-Directed, Time-Outs
- Acceptable Coping Skills
- Problem-Solving Skills
- Role Modeling

During this process ARCH will introduce Boxing as a form of releasing Anger

Boxing Program



Anger has no gender or nationality...
And nor do Boxing

Benefits of utilizing Boxing

ARCH sees and uses Boxing as an Anger Management Tool

Boxing has many benefits besides knowing how to protect one's self, for an angry teen

It can build self-confidence as much as physical strength

It can teach them a lot about themselves

Through our program when boxing, they will never be alone, making it a great motivator for those that feel alone

It's an excellent form of stress relief and stimulates endorphin production

Boxing can help switch off from the pain of the outside world and allow them to present in the moment

The ARCH Development staff sees this as the greatest benefit and the asset of the process.....

It can help manage anger and overcome it.

Our Rehab Service Coordinator can get you started if anger management is recommended, or a teen feel they need it.