

With the sustained and overwhelming need for mental health supports for children and youth in this moment, and especially as in-person education and youth development programming resumes, we're exploring the possibility of creating a **Toxic Stress Workbook** for all Youth-Serving Professionals, that can help them:

1. **Recognize the potential symptoms of toxic stress** exposure in their students and themselves,
2. **Pinpoint key practices** within their existing program structure **that can serve as therapeutic supports** (minimizing the potential risks associated with toxic stress exposure), and
3. **Provide simple frameworks to guide activity and lesson planning** that embed these practices in program implementation.

Are you interested?

If this sounds like something you'd like to participate in, we are looking for participants in the following capacities:

- **Youth-serving thought partners** looking to participate in the **creation and design** of the workbook
- **Trauma-conscious advisors** to **champion** our workbook in their networks
- **Funding sources** to support the development of the toolkit or workbook allowing us to **pay our thought partners and pilot professionals**

[Please click here to view our full proposal.](#)

[Click here if you're interested in participating.](#)

