rebalance

YOUTH FOR CHRIST SOUTHWEST MICHIGAN
GIVE LIFE TO YOUR STORY

Rebalance is a holistic, trauma-informed intervention program designed to help all youth develop essential life skills and resilience. Guided by trained coaches, the program uses **Trust-Based Relational Intervention (TBRI)**, **Motivational Interviewing**, and **RoundTables** to build trust, foster motivation, and encourage positive change. The program is aligned with CDC prevention strategies for Adverse Childhood Experiences (ACEs) to strengthen emotional regulation, decision-making, relationships, and resilience, and also centered around the Five Pillars of Social Emotional Learning (self-awareness, self management, social awareness, relationship skills, and responsible decision making).

2025 Rebalance Impact

Rebalance was independently evaluated by the Social Research Lab at the University of Northern Colorado showing consistent and measurable growth.

Student Voice

Students consistently describe Rebalance as safe, supportive, and transformative:

- *"Rebalance was a safe place to tell stuff about."*
- *"It helped me get out of a tough spot in my life."*
- *"I learned how to control my emotions and get along with people."*
- *"It showed me that life is not all bad."*
- *"It has helped me change how to react in a stressful situation."*

Confidence & Personal Growth

- **74%** better identify their strengths
- **70%** believe they can do difficult things
- **63%** believe they can try new, challenging tasks

Students are not only learning skills — they are developing confidence to apply them.

Trusted Adults & Belonging

- **100%** gained a trusted adult they did not previously have
- **93%** report a greater sense of belonging and connectedness

Strong relationships are one of the most powerful protective factors for trauma-impacted youth. Rebalance is closing relational gaps for every participating student.

Character & Relationship Development

- **82%** agree kindness is a strength
- **78%** try to show gentleness toward friends and family
- **85%** believe patience is important
- **70%** learned relationship-building skills

Rebalance is strengthening empathy, patience, and healthy peer dynamics within schools.

Decision-Making & Self-Control

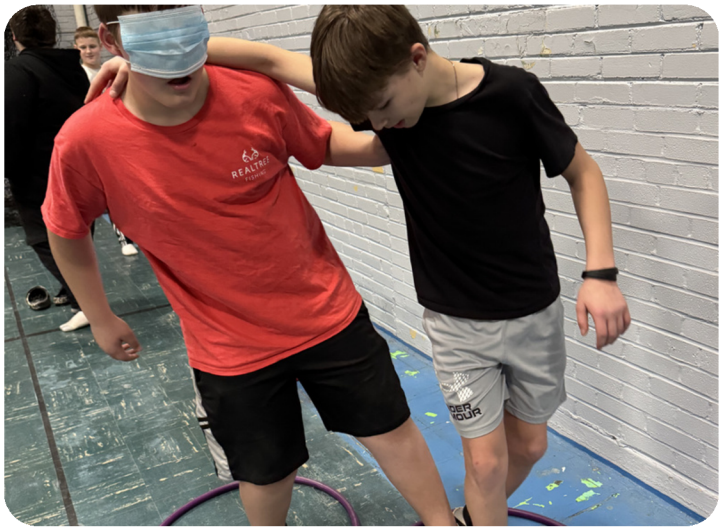
- **85%** learned to think through their actions before deciding
- **77%** report improved decision-making skills
- **78%** believe they are in control of their thoughts and actions
- **74%** use self-control skills daily

These executive-function skills are strongly connected to improved behavior and long-term life outcomes.

Emotional Awareness & Regulation

- **93%** can identify anger; 89% sadness and happiness
- **96%** can identify key people's emotions
- **74%** learned practical calming skills (breathing, journaling, talking through emotions)
- **67%** can recognize when they are feeling stressed

Students are gaining emotional literacy and regulation skills essential for classroom focus, conflict resolution, and healthy peer relationships.



What This Means for Our Community

The 2025 evaluation confirms that Rebalance is more than an enrichment program. It is a preventative, trauma-informed intervention that:

- Connects students to trusted adults
- Increases belonging and school connectedness
- Strengthens emotional regulation and executive functioning
- Builds resilience and confidence

Rebalance is producing measurable, meaningful change for students who need it most — strengthening both individual lives and the broader school community.

Learn more or sign up for a class here:
yfccampuslife.com/rebalance