

## MEGAN MEIER FOUNDATION - THEORY OF CHANGE

**VISION:** Ultimately, we want for our youth what all parents want for their children, for them to grow up to be happy, fulfilled adults who achieve their full potential. We want them to have the courage to advocate for change, and the resilience and healthy coping skills needed to overcome the obstacles they encounter in life.

**PATHWAYS TO CHANGE:** Program participants grow and develop along three pathways, all uniquely positioned to provide vital supports. MMF believes that all three pathways, Education & Prevention, Intervention, and Resources & Support are necessary to achieve a brighter future for our youth. Not every child will need every service, but they all work in unison to bring about meaningful change.

**HOLISTIC APPROACH:** All programs are patterned after successful, evidence-based models including Social Emotional Learning (SEL), the Penn Resiliency Program (PRP), and Sources of Strength. Other bullying and cyberbullying content is based off of specialized, reputable sources including government and nationally recognized organizations and professionals in the field. Our services are tailored specifically to issues of bullying and cyberbullying, resiliency, and peer-to-peer conflict resolution. Peer-to-peer components and fostering empathy is critical to making an immediate and a lifelong impact on the youth we serve.

EDUCATION & PREVENTION	INTERVENTION	RESOURCES & SUPPORT
<p>MMF works to build positive concepts of civic-mindedness and upstander behavior through education and leadership. Programs are aimed at teaching youth to demonstrate tolerance and empathy, to develop leadership skills and to become positive agents of change. These programs encourage youth to take a pro-active approach to affecting change through creating an actionable plan.</p>	<p>MMF provides mental health counseling services, using evidence-based practices performed by licensed professionals, to youth coping with a variety of behavioral health issues. In order to increase access and participation, especially in marginalized communities, we provide this service free of charge, without requiring insurance, within the school or home setting to ensure transportation does not limit access.</p>	<p>MMF provides meaningful support and resources to youth and families coping with a variety of behavioral health issues including depression, suicidal ideation, self-harm, bullying-related trauma, anxiety, and lack of self-esteem. Through mediation, validation, advocacy, and therapeutic care, our program has been able to promote resiliency and recovery and improve the lives of the youth in our community.</p>

**LONG-TERM OUTCOMES:** The pathways culminate in three long-term outcomes: Youth are less likely to bully others and are empowered to “be the change” in their communities; Youth experience increased hope and reduced feelings of depression, anxiety, and thoughts of suicide; Youth and families are better equipped with skills and resources to cope with these detrimental issues. If these long-term outcomes are achieved, the Megan Meier Foundation will have made an important contribution to achieving our ultimate vision and ending bullying, cyberbullying, and suicide.

# THEORY OF CHANGE

