

ALL IT TAKES

MISSION

All It Takes is a non-profit organization that equips youth with essential emotional intelligence skills to successfully navigate their lives and support their communities.

VISION

A world where all youth create safer, inclusive communities by choosing to be responsible for themselves and others.

“It has been argued that achieving above average mental or physical health is not the province of medicine, but of education.”¹⁰



ALL IT TAKES

IS **SELF WORTH**
I MATTER.

YOUTH WHO UNDERSTAND THEIR SELF WORTH
REPORT BETTER RATE OF SELF-ESTEEM THAT HAS
BEEN LINKED TO A BETTER QUALITY OF LIFE.¹



ALL IT TAKES

IS CONNECTION
MORE THE SAME THAN DIFERENT.

YOUTH WHO FEEL CONNECTED TO THEIR SCHOOL, PARENTS, OR COMMUNITY HAVE A LOWER RISK OF ENGAGING IN VIOLENT BEHAVIORS AND INTERNALIZING MENTAL DISORDERS.²

VALUES

All It Takes is Communication

We believe engaging in authentic communication develops courage, self care, and care of others, while cultivating heart-centered listening and compassionate sharing.

All It Takes is Confidence

Recognition of individual value and purpose develops as confidence increases through personal insight and appreciation, both given and received. We believe greater confidence leads to compassionate, purposeful, and meaningful action that serves self and others positively.

All It Takes is Accountability

Every attitude, word and action has an impact. We believe personal power comes from ownership of that impact and developing a desire to purposely decide the impact we create for ourselves and others.

All It Takes is Teamwork

We believe powerful gains, both individually and collectively, are made when teamwork is practiced, a process of consensus is used, and individuals experience both contributing and being contributed to.

All It Takes is Leadership

All of us are constantly 'influencing,' through our words, actions, moods, attitudes, and beliefs. Although not all of us will take on traditional leadership roles, we believe understanding this influence empowers us to decide what kind of leader we want to be for others and ourselves.

ALL IT TAKES TRAINING PROGRAMS

Social-Emotional Literacy (SEL) Development for youth and youth influencers.

Youth Programs

- **Legacy Leadership Summit**, AIT's flagship program, 3 nights - 4 days uniquely designed to include students from diverse social, economic, ethnic and global backgrounds. In the mix is the magic.
- **SEL Leadership programs by grade or school**: Designed for immediate, concentrated impact, for a single school site, supporting students and staff. On site, offsite, overnight, full day, ½ day, +.
- **Youth Leadership Certification Training**: 2 night / 3 day advanced training for AIT mentors and students in active leadership programs in their schools and communities.

Youth Influencer Programs: educators, parents, youth organizations:

- **Staff Development**: interactive SEL development with your youth is critical, fun, and illuminating - for them and you. No worksheets here!
- **Leadership Development Through Physical Education (LDTPE)**
For teachers, coaches,+. Utilizing experiential and language-based curriculum to add SEL training to existing PE and sports programming.
- **Youth Influencer Summit**: Overnight **intensive** for all youth influencers. Build positive relationships with youth by empowering them to be their greatest, most responsible selves, while renewing your passion for career and LIFE. This is where the best of us comes out to play ~ the best 3 days of your year!

AIT Online - COVID-19 Critical Response - coping with anxiety for youth, adults, families

Online portal for educators, parents, and youth with access to materials and webinars centered on a variety of social-emotional literacy concepts. Seamlessly integrate SEL skill development in the comfort of your own home.

AIT By Design for youth and adults

Customized social emotional intelligence programs for the unique needs of your school, club, or organization.



ALL IT TAKES

IS **SUPPORT**
SEEK, OFFER, RECEIVE.

YOUTH WHO HAVE HIGH SKILLS IN RECEIVING AND GIVING SUPPORT ARE MORE LIKELY TO HAVE POSITIVE MENTAL HEALTH BOTH IN THEIR YOUTH AND IN LATER LIFE.²



ALL IT TAKES

IS RESILIENCE
I'VE GOT THIS.

**RESILIENCE IS A PROTECTIVE FACTOR AGAINST
DEVELOPMENT OF MENTAL DISORDERS
AND A RISK FACTOR FOR A NUMBER OF
CLINICAL CONDITIONS, E.G. SUICIDE. ²**

EXPERIENTIAL LEARNING

Hear something... slim chance of applying it.

Hear & Do something... better chance of applying it.

Hear, Do & Feel something... impossible to forget and challenging to ignore.

All It Takes' distinguishing factor is our focus on experiential learning and the integration of our Notice Choose Act® framework. This framework teaches participants of any age how to make powerful and purposeful decisions guiding them in creating outcomes that they feel proud of. As a result critical and sustainable emotional intelligence skills are developed in areas including: resiliency, self-efficacy, self awareness, motivation, self-regulation, empathy, and acceptance, along with personal and social responsibility.

NOTICE. CHOOSE. ACT.®

YOUTH RISK FACTORS

- Disconnection/ Disengagement:** Bully and Unkind behaviors, Intolerance, and 'Blind Eye.'
95% of students report being bystanders ⁴
- Self Absorption:** Entitlement, Lack of Resiliency
45% of students feel positive entering the 'real world' ⁵
- Technology:** Lack of Personal Relationships
43% of students report being cyber-bullied during lifetime ⁶
- Clinical:** Drastic Increase in Anxiety, Depression & Mood Disorder diagnoses.
20% of adolescents have a diagnosed mood disorder ²
- Physical & Emotional Outcomes:** Abuse: interpersonal and substance;
Self-Harm Behaviors: everything from cutting to suicide;
Suicide increase, 1999 - 2018 suicide rates increased 35%, from 10.5 per 100,000 to 14.2. ⁸
- Involvement:** 18/82 Rule™ We have 18% of children's lives to prepare them to create and manage an emotionally, socially and professionally balanced and purposeful 82% of their lives.*
(*in a 100 year lifespan)



ALL IT TAKES

IS **ENGAGEMENT**
IN THIS TOGETHER.

ENGAGED STUDENTS ARE 4.5 TIMES MORE LIKELY
TO BE HOPEFUL ABOUT THE FUTURE THAN THEIR
ACTIVELY DISENGAGED PEERS. ³



ALL IT TAKES

IS UNITY
BUILDING BRIDGES.

SOCIAL FACTORS, WHICH CAN PLAY AN IMPORTANT ROLE IN CREATING, MAINTAINING, AND PROMOTING HEALTH, HAVE BEEN A MAJOR ROLE IN INCIDENCE, PREVALENCE AND PERSISTENCE OF THE DISEASE (MENTAL ILLNESS).⁹

MEASURABLE IMPACT

All It Takes is committed to program design and implementation that ultimately serves both individuals and their communities. These outcomes are measured for both immediate effect and long term sustainability. The five outcomes All It Takes currently measures for are:

- Participants gain greater confidence, self-efficacy and independent decision-making skills.
- Participants leave with the tools and commitment to engage in positive action to reduce unkind and hurtful behaviors.
- Participants have greater acceptance of others.
- Participants leave with a high level of empathy and engaged care for self, peers, families, communities, and their environment.
- School campuses and communities experience a significant reduction in unkind behaviors from participants and their influences.

Sundown Elementary school in Lancaster, CA. 2015-2019.

Sundown experienced a 75% decrease in suspensions with the implementation of All It Takes' Leadership Development Through Physical Education programming.

ALL IT TAKES

Mailing Address

Post Office Box 129
Simi Valley, CA
93062

Call Us: 310.746.5466

Email Us: AIT@allittakes.org

Visit Us: allittakes.org

Sources

- ¹ National Alliance on Mental Illness
- ² National Institute for Mental Health
- ³ Gallup
- ⁴ Pew Research Center
- ⁵ Youth Truth
- ⁶ Cyberbullying.org
- ⁸ NCHS Data Brief No. 362, April 2020
- ⁹ Cokrin R. In: Social Basics of Mental Diseases, 1997
- ¹⁰ World Psychiatry. 2012 Jun; 11(2)

