

# AT-RISK YOUTH RITE OF PASSAGE



## THE PROBLEM

**AT RISK YOUTH LACK  
CONSISTENT PLACES TO  
SLEEP, NUTRITIOUS MEALS,  
AND SUPPORT TO FOCUS  
ON SCHOOL, LEAVING THEM  
VULNERABLE AND  
DISCONNECTED.**

Many young people aged 12-17 in Los Angeles face unstable homes, often with parents battling drug addiction. These youth carry fears and traumas that prevent them from reconnecting with themselves. Though still children by law, they are old enough to make choices and need guidance to navigate this critical stage of life.

In the old days, villages provided the support these young people needed—mentors, community programs, and a caring network, but Los Angeles has long forgotten these village traditions. GCM aims to recreate this lost village, offering stability, mentorship, and a sense of belonging to help them thrive.

## OUR CADENCE

# WE'RE BUILDING A SUPPORT NETWORK THROUGH CIRCLE CEREMONIES AND MENTORSHIP

### 1 Circle Ceremony Every 3 Months

- Each circle ceremony will have a topic goal and teachings with mentors who can share stories of how they learned these same lessons as they reached independence
- The following circle ceremony will celebrate the passing of the past lesson and a new lesson to learn again with mentors who can share the stories of how they learned these same lessons
- At risk youth commit quarter by quarter and don't have to commit for the year
- Until the final ceremony at the end of the year will be a graduation for the 1 yr of learning together with the village circle. Youth will need to go for 4 quarters to graduate but it doesn't have to be consecutive quarters

### 1 on 1 mentorship 1-2 x per week for 1.5-2 hrs at a time

# MEET OUR PARTNERS

At the core of the circles will be the at risk youth members of Boys and Girls club ages 12-17 who have parents with drug addictions. We will provide a community of support mentors and volunteers who can help the at risk youth face their fears and learn from their traumas. Here are the groups involved.



**XANGARI  
INSTITUTE**

AMBITI~~ON~~



**NA  
RM**

# THE GUERRILLA COMMUNITY MOVEMENT

We harness the collective power of our community to overcome challenges and create positive change. We believe that by fostering unity and embracing diversity, we can heal and transform our local communities. Through innovative projects and heartfelt services, we empower and uplift those around us, embarking on an inspiring journey of growth and transformation. [See here.](#)

GCM will provide a volunteer who represents an adult who's successfully risen past their at risk youth upbringing to conquer their fears and traumas to achieve life goals. This volunteer will be trained to be a basic level NARM Therapist

GCM will provide an at-risk young adult mentor who is a paid resource in training with Xangari and NARM. This mentor had faced similar adversities and traumas as the at-risk youth being raised by drug addicted parents. Part of his/her therapy will be to help other at-risk youth face their fears and traumas.

- Goal is to eventually pay the mentor \$50-100/ hr for their involvement in this program, \$400-\$2400 a month side income to be mentoring and managing per circle
- Expected to work 2-6hrs per week, 8-24 hrs per month per circle group.
- Goal is to get the at risk young adult mentor through the NARM program and become certified practitioners to help at risk youth which is a \$1600 4 month training program



# THE NEUROAFFECTIVE RELATIONAL MODEL

NARM is a method of psychotherapy specifically aimed at treating attachment, relational and developmental trauma, otherwise referred to as “Complex Trauma” (Complex-PTSD or C-PTSD). This developmentally-oriented, neuroscientifically-informed model is a powerful approach to addressing adverse childhood experiences and its long-term consequences, as highlighted in the [ACEs study](https://drlaurenceheller.com/).  
<https://drlaurenceheller.com/>

NARM will provide a trauma observation and escalation preliminary training and guide for all circle volunteers and mentors

NARM will provide a NARM practitioner who can be available to guide any trauma induced acting out or behaviors that need professional supervision

**NA  
RM**



## **BOYS & GIRLS CLUB**

The Los Angeles Boys & Girls Club provides a safe environment for kids ages 5 to 17.

They propel them to learn social skills, identify potential opportunities, as well as achieve personal, academic, athletic and other worthy goals.

Boys and Girls club will provide 2-4 at risk youth, along with a volunteer adult supervisor to oversee these youth to be present and available for this program.

## **XANGARI INSTITUTE**

Dedicated to preserving, promoting, and honoring ancestral wisdom and traditional knowledge from diverse cultures around the world. They believe in the importance of connecting with and learning from the wisdom of our ancestors. Their mission is to facilitate education, research, and community engagement with traditional knowledge and practices.

Xangari will provide a native indian elder to help facilitate the circle ceremony.

### **AHO-LIFE**

Developed by celebrity wellness coach and former pro-athlete, Paul M Vincent, Limit-

Less is a bio-optimization program systematically developed to teach you all the tools to optimize your health – in the most efficient way possible. Paul is also a Rite of Passage expert being initiated by 5 different indigenous tribes globally

### **XANGARI**

Xangari will provide ritual elders and leaders to facilitate the circle ceremony, offering valuable community guidance and wisdom.

### **NARM**

NARM will provide a trauma observation and escalation preliminary training and guide for all circle volunteers and mentors.

### **AMBITION**

nonprofit entrepreneurial program for disadvantaged youth. Its mission is to reframe their potential and to provide students with the support, access and resources necessary to reach their goals.

### **C2 ENERGY**

C2 Energy is a Qigong energy practice to help heal yourself from the inside out optimizing the mind, body and spirit



## **MENTORS**

Former at risk youth or trauma survivors who can be available 1.5-2 hrs per week or every 2 weeks to spend time with the at risk youth for 3 month commitments. Mentors will be paired up by the facilitator at the circle ceremony

## **VOLUNTEERS**

Dedicated village members who volunteer that support by: 1) Liaison to non profits and programs that could help the at risk youth, 2) Escalation for any issues and available to coordinate between organizations and people, 3) Pick and drop off of at risk youth and volunteers as needed, 4) Coordinate mentor sessions, 5) Coordinate for events as needed.

## **CIRCLE COACHES**

Village Coaches are community members with various skills beneficial for our at risk youth who will commit to spending 1.5-2 hours per week (or every two weeks) with at-risk youth for a 3-month period. Coaches will be thoughtfully paired with youth by the facilitator during the circle ceremony

## **NARM DEV. COACHES**

The NARM Coach is a trained developmental trauma coach who can be there to facilitate issues that arise during the ceremonies and 1 on 1 engagements. The coach is there to answer questions about trauma and how to deal with situations and escalations. The coach is also the liaison to professional therapists as needed.

# IMPACT GOALS

## GOAL 1

Show the at risk youth what a village family environment feels like and give them the support they need to thrive without being dependent on their parents

## GOAL 2

Help them face their fears in a loving, judgementless environment

## GOAL 3

Guide them to learn from their traumas in a healthy fashion

## GOAL 4

Help them dream again

## GOAL 5

Help them meditate and find peace when being alone

## THE ASK

# RESOURCES THAT MAKE A DIFFERENCE

### **\$24,000/YR CIRCLE**

\$2,000/month per circle  
Applied to GCM at-risk young adults to  
mentor the youth, NARM Supervisor,  
Xangari Ceremony Leader

### **\$1,600 SPONSORSHIP**

For sponsoring GCM at-risk young  
adults to be NARM practitioners

### **TEAM**

8-12 Mentors  
4-8 Volunteers

# **LEVEL 1 RIGHT OF PASSAGE**

- Focus on getting past fear and learning from traumas
- Topic suggestions:
  - What do your fears want to teach you?
  - Survival strategies of traumas
  - Cookie crumbs to follow your spirit guidance
  - Dreams to connect your soul
- NARM trauma therapy support heavy

# **LEVEL 2**

## **RIGHT OF PASSAGE**

- Focus on self healing and community healing
  - Yoga and Energy communities
  - Meditation and spiritual healing communities
- Topic suggestions
  - Healing through body movements, where is your trauma stored?
  - Energy movements to release trauma
  - Healing your energy to heal your body
  - Endurance race training
- Yoga and Energy teacher support heavy

# **LEVEL 3 RIGHT OF PASSAGE**

- Focus on energy and spiritual healing
- Topic suggestions:
  - Fire ceremony to cleanse past life traumas and hidden energies
  - Dreams to connect your soul
  - Astral natal chart exploration
  - Manifesting through Yin/ Yang energy
- Spiritual healer, Light worker, Shaman support heavy



**THANK YOU**