



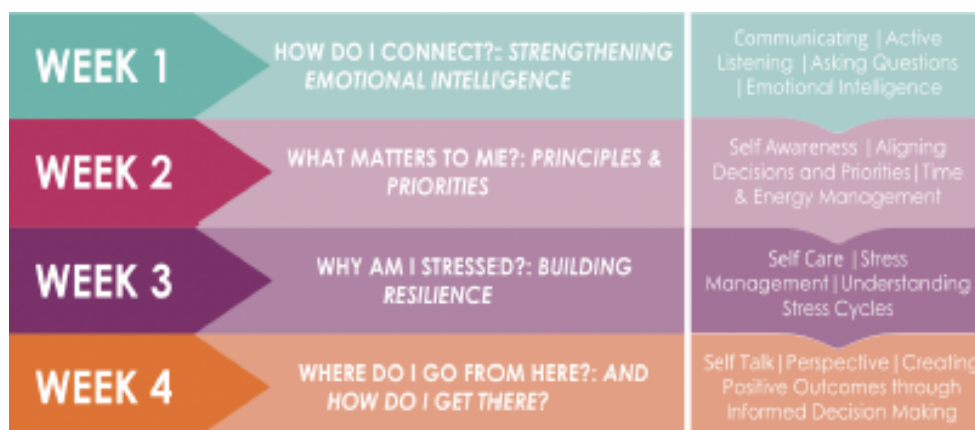
RADical Hope is committed to improving the lives and futures of young adults by strengthening connections and building resilience. Young people require support in developing their mental, physical and emotional health skills. This need is particularly pressing due to elevated anxiety, stress and depression over the last few years. Students report that two essential ingredients are missing from their lives: meaningful connections and the resilience to power through the never-ending stream of pressure that life throws at us.

THE RADICAL HEALTH EXPERIENCE

RADical Health is a four-week experience that empowers young adults with skills to build resilience so they're equipped to cope *before* they reach a crisis point. It promotes engagement - serving as an on-ramp for students to engage with campus resources - and builds connection and community among peers. While the program was developed to support first-year students during their transition to college, many schools offer the program to their broader student community. All content, resources, training and support to implement RADical Health are **fully funded** by RADical Hope for all partners. Our goal is to reach one million young adults across the country as soon as possible.

PROGRAM ELEMENTS

With the support of trained peer Guides, participants meet in small groups once a week for four weeks:



- 1) **Let's Discuss:** Once a week, participants enjoy a safe space for activities and discussions related to the program material (75 min; approx. 10 participants). **ACTIVITIES INCLUDE: ACTIVE LISTENING EXERCISE; PRINCIPLES & PRIORITIES EXERCISE; SELF-CARE INVENTORY; DECISION-MAKING EXERCISE.**
- 2) **Get Inspired:** Participants hear from notable figures in sports, entertainment and business to introduce each week's discussion. **WATCH AN EXAMPLE.**
- 3) **Dive In:** Participants explore practical tools and resources that support skills introduced over the course of the program. All material can be accessed through the portal on the participants' own time. Examples include: **ACTIVE LISTENING, TIME MANAGEMENT, SELF-CARE.**

REACHING YOUNG ADULTS

Following our pilot with New York University (NYU) and several other schools in 2020, RADical Health scaled nationally. We have reached nearly 10,000 students to date and have 25 school partners in the 2022-2023 academic year. RADical Hope also partners with organizations to support young adults outside the school structure, including professional athletes, community groups and more.

RADical Hope continues to meet the urgent needs of young adults thanks to the commitment of our scaling partners: Bank of America, Goldman Sachs Foundation's *One Million Black Women Initiative*, Warner Bros. Discovery Networks, The National Football League and several of its teams and owners.

THE BLUEPRINT

The Blueprint for RADical Health includes all essential elements for execution to mitigate barriers to adoption. All content, resources, training and support to implement RADical Health is provided to our partners **free of charge**. RADical Health is an on-ramp for existing resources and community engagement. Access to clubs, activities and resources is promoted with every partner. Partners of RADical Hope will make every best effort to execute the program with fidelity to its content and goals.

ELEMENTS OF THE BLUEPRINT:

The **RADical Health Portal** serves as the interactive central hub for all program elements. It houses:

- All RADical Health material (original videos, curated content, journaling features);
- Customizable on-campus resources;
- Scheduling features to manage discussion groups;
- “Dive Deeper” resources on key subject areas (sleep, time management, budget basics, etc.)
- Real-time analytics for organizational leads.

**Participants are able to access RADical Health content throughout their time on campus.*

Guide Training: RADical Hope hosts a two-hour in-person training session with every partner to prepare peer Guides for their role as group leaders.

Guidebook: A customized Guidebook (digital and hard copy) supports Guides throughout RADical Health. The Guidebook includes:

- Each week’s goals & content;
- Ice breakers, exercises & activities and discussions;
- Tips for group leadership and creating safe discussion spaces;
- School-specific resources.

Survey Feedback: RADical Hope is committed to ensuring the effectiveness of all content and program execution. In support of this objective, RADical Hope gathers feedback in the following ways:

- Short surveys conducted at the end of each weekly session;
- Website engagement with content;
- Regular check-ins with Guides;
- An interview with the school lead at the conclusion of the program;
- Focus groups with Guides and participants at the conclusion of the program.

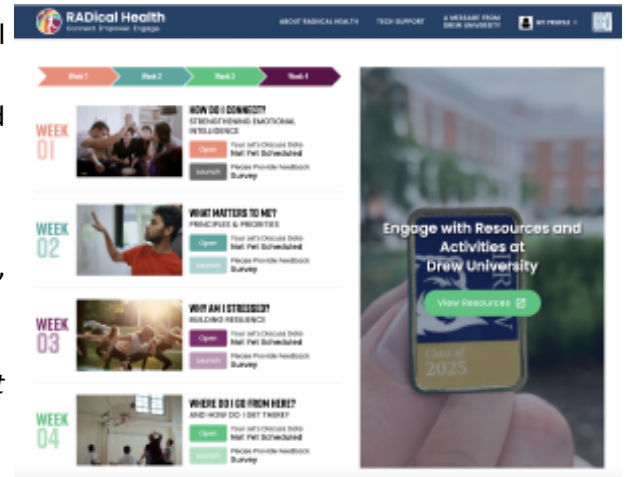
Collectively, this feedback informs modifications to improve RADical Health as we continue to scale. **All information is anonymous.**

Marketing Materials: RADical Hope works with each partner to customize marketing materials to promote engagement (i.e. social media posts, newsletter lists, website graphics, fliers, etc.).

EXPECTATIONS OF OUR PARTNERS

RADical Hope relies on the commitment of our partners for the program’s quality and success. This includes:

- Fidelity to the program content;
- Quality Guide selection;
- Promotion of the program to enhance participant engagement;
- Survey feedback and participation in focus groups.





RADICAL HEALTH CONTENT BY WEEK

WEEK 1: HOW DO I CONNECT? STRENGTHENING EMOTIONAL INTELLIGENCE

SKILLS:

- Communication & Active Listening
- The Power of Asking Questions
- Emotional Intelligence

PARTICIPANTS WILL:

- Explore ways to create and find new connections;
- Learn the importance of empathy in making connections;
- Engage in active listening exercises: communication as a two-way street.

WEEK 2: WHAT MATTERS TO ME? PRINCIPLES & PRIORITIES

SKILLS:

- Self-Awareness
- Aligning Decisions with Personal Priorities
- Time & Energy Management

PARTICIPANTS WILL:

- Identify their core principles & priorities: What matters to me?
- Feel empowered to make intentional choices based on these principles & priorities;
- Be introduced to school resources that align with interests and priorities.

WEEK 3: WHY AM I STRESSED?
BUILDING RESILIENCE

SKILLS:

- Self-Care
- Understanding Stress Cycles
- Stress Management

PARTICIPANTS WILL:

- Explore the impact of mental and emotional stress on physical health;
- Develop healthy habits and strategies to close the stress response cycle;
- Identify tools to increase resilience.

WEEK 4: WHERE DO I GO FROM HERE?
AND HOW DO I GET THERE?

SKILLS:

- The Power of Self-Talk
- The Value of Perspective
- Creating Positive Outcomes Through Informed Decision-Making

PARTICIPANTS WILL:

- Examine how thoughts and feelings shape their actions and experience;
- Broaden their understanding of how they make choices
- Explore ways we interact with the larger community.