



MEND

Mentally Empowering Needed Development

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AVCAP

9/10/2024

A group of business professionals in a meeting, with one man placing his hand on another's shoulder. The scene is set in a modern office environment with bookshelves in the background. The lighting is warm and professional. The text is overlaid on the image, centered horizontally and slightly below the middle vertically.

“

Success is not final; failure is not fatal: it is the courage to continue that counts”

Winston S. Churchill



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Michael Survert Jr.

Michael is a current graduate student in the school of Social Work at the California State University Dominguez Hills, with a focus in community mental health. He advocates for equality in social spaces not only as a Community Health Worker with the Department of Mental Health, but as also exemplified through Becoming Excellent Inc., an organization that he co-founded that teaches financial literacy in underserved communities. His experiences have led him to this opportunity in empowering young men in our community to be a better version of themselves.

MEND – Mission

The purpose of MEND is to cultivate support in the areas that young men find it difficult to express in their normal circles of their everyday lives. MEND will create a safe space to have feelings heard, and share happenings in their lives, while also receiving guidance on properly navigating through those tough situations. Personal growth will always be at the forefront of each topic covered. Such growth is necessary, as it promotes self-esteem and mental stability. This group is essential as it promotes a greater efficacy in positive empowerment for personal growth in health outcomes. They provide health education sessions, counselling, men's health clinics, diversionary programs for men facing criminal charges, cultural activities, drug- and alcohol-free social events, and advocacy for resources (McCalman et al., 2010).





Agenda – The Barbershop

The Barbershop is the place where ideas and conversations can be safely ‘aired out’ in a space where members are ‘cutting out’ the issues of life and receiving proper navigation through them. This 12-week open group will begin on September 27, 2024, and meet on each following Friday between 4:45pm-6pm. Each week will cover its respective topic:

- Personal Goals (Week 1)
- Purpose (Week 2)
- Mindfulness (Week 3)
- Self-Care (Week 4)
- Self-Improvement (Week 5)
- Financial Literacy (Week 6)
- Trauma (week 7)
- Emotional Intelligence & Communication (Week 8)
- Relationships (Husband, Father, Friend) (Week 9)
- Health: Mind/Body (Week 10)
- Grief / Loss (Week 11)
- Accountability (Week 12)

Background

Notwithstanding the increased cases of mental illnesses that are ever-rising, a method that continues to treat those illnesses is psychotherapy. In such, Cognitive Behavioral Therapy (CBT) is a common therapy that allows the patient to sort out or talk about problems they may be facing, while allowing those participants to frame their thoughts in allowing logic to be in control of those thoughts versus allowing the thoughts to control the individual. For many individuals, recovery involves recapturing a sense of agency in their lives, establishing or regaining important life roles, and actively pursuing meaningful self-directed goals, even in the face of persistent symptoms (Abate et al., 2020). In the space of CBT delivery, the patient can have an active role on their road to recovery. The group will take elements from CBT in facilitating growth. The presenter will not use CBT during session (due to licensing requirements) but will use elements of CBT in group.





Delivery

At the beginning of each session, the presenter will use emotion cards that each participant will choose, to 'break the ice' of each meeting.

During the session, handouts covering the weekly subject matter will be provided to each participant and discussed.

At the end of each session, ALL questions will be answered and needed resources provided.

References

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- Abate, J. F., Beasley, R. E., & Hamm, J. A. (2020). Trauma and Personal Recovery in Serious Mental Illness: A Case Report of Integrative Psychotherapy. *Journal of Psychosocial Rehabilitation and Mental Health*, 7(1), 85–96. <https://doi.org/10.1007/s40737-020-00157-w>
- McCalman, Janya, et al. “Indigenous Men’s Support Groups and Social and Emotional Wellbeing: A Meta-Synthesis of the Evidence.” *Australian Journal of Primary Health*, vol. 16, no. 2, 2010, pp. 159–66, <https://doi.org/10.1071/PY09032>.