



# *Nurture First*

## A System-forward Approach to Mental Health Rehabilitation for Adolescents

**20-50% improvement**  
in mental health symptoms when families or support is involved.

What can a system-focused approach *achieve*?

### Increased Understanding

Gain a deeper understanding of adolescent mental health challenges and the underlying principles of various therapeutic approaches

### Improved Communication

Enhance communication skills, foster trust, empathy, and understanding within the system-based relationship

### Effective Coping Strategies

Acquire practical skills to help adolescents manage emotions, cope with distress, and engage in healthy problem-solving

### Enhanced Self-care

Prioritize their own self-care practices, recognizing the importance of their well-being in supporting adolescents' mental health

### Conflict Resolution

Develop effective strategies for resolving conflicts within the system, promoting harmony and mutual respect

How? *Nurture First* addresses the challenges of adolescents through a unique combination of individual & group care:

### Group-based Psychotherapy & 1:1 Support

Adolescents participate in 3-hour group therapy sessions, 4 times a week, aimed at developing emotional regulation, coping skills, and problem-solving abilities. Outside of group, they will work with a therapist 1:1 to dig deeper into topics touch on in group settings.

### Family & Caregiver Joint Therapy

Recognizing the role of family & support individuals in a child's mental health journey, *Nurture First* offers joint therapy sessions in safe spaces for adolescents and their family systems to come together to improve communication and build empathy + understanding.

### Community Skills Training

Weekly in the program, we help parents, caregivers & guardians understand their role in the therapeutic process by bringing them together to ask questions, express needs & learn to manage these relationships as a peer group.