



Participants can expect growth in feeling empowered to achieve personal goals, self-acceptance towards one's cultural background, and overall emotional healing. Additionally, participants will gain skills in:

- Mindfulness
- Self-compassion
- Values and strengths clarification
- Emotional coping
- Problem solving
- Community building
- Identity exploration

**This REACH program is designed for BIPOC teens (14-18 years) who may be experiencing any of the following:**

**School Community Stresses**, such as uncertainty of how to respond to or cope with limited access to:

- Fair, equal, or quality education
- Safety within your school or neighborhood environment
- Fair and equal policing within your community
- Activities within your school, workplace, or community that affirm your racial/ethnic identity

**School Relationship Stresses**, such as uncertainty of how to respond to:

- Feeling mistreated by peers or teachers due to your identity
- Feeling as if authority figures (parents, teachers, or others) do not take your experiences of cultural stress seriously when reported
- Conflict with family related to balancing personal independence with honoring/respecting cultural traditions within your family
- Feeling a lack of connection to peers of a similar racial/ethnic identity
- Witnessing someone of a similar identity experiencing mistreatment around you or online

**Emotional Stresses**, such as struggling with:

- Knowing what you are feeling in response to cultural stress within your home, friendships or school
- Being critical of your emotional responses to cultural stress
- Feeling your emotions intensely and possibly over a long time
- Knowing how to cope with emotional reactions to cultural stress

**Identity Stresses**, such as struggling to:

- Have or maintain pride in your racial/ethnic identity
- Manage self-doubt or low confidence due to cultural stress within your home, friendships, or school
- Manage thoughts of being an imposter or feeling as if you do not belong in your home, friendships, or school



**By participating in the REACH program, you will learn to:**

- Understand Racism-Related Stress
- Apply Effective Coping Skills
- Make Empowered Decisions

**The REACH program can be offered to both individuals and groups.**

### **GROUP DETAILS**

Groups can be offered virtually or on-site (NY-based sites only) in your organization. For virtual groups, participants must be located in New York, Washington, DC, Maryland, or Virginia during the group sessions (based on licensing requirements).

### **INDIVIDUAL REACH THERAPY**

REACH can be offered virtually to individuals located in New York, Washington, DC, Maryland, or Virginia, or in person in our New York office, through 6-12 private sessions designed to build skills in coping with racism-related stress.

Sessions are customized to each individual's specific needs and goals.



### **Program Director and Group Facilitator: Ryan C.T. DeLapp, PhD**

The REACH Program was created by Dr. Ryan C.T. DeLapp, licensed clinical psychologist.

Dr. DeLapp specializes in the provision of culturally responsive care, or the acknowledgement of cultural strengths and impacts of cultural stressors within psychotherapy.

As an engaging, compassionate listener, Dr. DeLapp creates a comfortable environment for you to share personal experiences and concerns. You can expect to develop greater self-confidence, grow coping skills for difficult emotions, explore and foster acceptance towards the complexities within your identity, and expand your ability to live the life you desire.

## **REACH OUT**

Please contact us at [REACH@rosscenter.com](mailto:REACH@rosscenter.com)  
or call **202-363-1010** to get in touch with Dr. DeLapp directly.

**For more information, please visit [RossCenter.com](http://RossCenter.com)**