



# **2022-2023** **ANNUAL REPORT**

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# Welcome MESSAGE

I am happy to provide **RESPECT's** 2022-2023 Year End Report and proudly report we ended our 23rd year having provided a historical total of 4,728 programs to audiences totaling more than 606,000. This year alone we reached nearly 10,000 participants at 260 educational theatre assemblies, customized workshops, and conferences presentations. The year was characterized by one in which the need for our workshops broke all records, reflecting the great need of schools and youth serving organizations for supportive programming for mental health education and social emotional learning.

**RESPECT** is a data driven organization, always growing and changing to reflect the needs of youth. Theatre and collaboration provide the ability for **RESPECT** to adapt and be flexible in meeting demands of individuals and communities. Still, our Mission Statement continues to be as relevant and as important as the day Board Member Sister Marie Micheletto and I sat and drafted it for the first Board of Directors! I share with you on the following pages and thank you for your continued support!

- Dr. Patricia Newman

## RESPECT

### MOVING TOWARDS 25 YEARS OF BUILDING HEALTHY RELATIONSHIPS

Healthy relationships are characterized by the ability to respect one's own unique characteristics while at the same time being able to value the individual differences and respect the boundaries of those who are different from yourself. Healthy relationships allow room for tolerance, communication, a capacity to accept opposing points of view and an openness to learn new ways of interacting with others.

Healthy relationships encourage conversations, problem solving, reaching out to others for help when needed and helping others in ways that are appropriate. Having healthy relationships and the skills they require, provides students with a better capacity to be proactive and able to manage bullying, dating violence, child abuse, depression, risks in social media and other risks imposed by negative peer pressure. Students who have skills to better manage relationships are less likely to have severe mental health problems and more resilient when faced with adverse social situations.



# USING THEATRE

## RESPECT USES THEATRE TO REINFORCE SOCIAL EMOTIONAL LEARNING GOALS.

Theatre is a unique teaching tool. It allows for the ability to quickly grasp and then maintain student attention. This is due to its unique nature of presentation but also because theatre allows students to learn via hearing, seeing and empathizing as to what is occurring in a situation on stage. Theatre is so flexible it is easily adapted to best reflect issues relevant to specific learning communities. Students learn from actors, from follow up discussions after the play, from listening to interactions with other students, from “trying on” different behavioral choices on stage via role play or improvisation. Some **RESPECT** programs also utilize theatre games or exercises to help students better understand and practice skills reflective of learning objectives. More in-depth learning opportunities can occur with roleplay workshops and artist in residence programs. Students need to practice positive pro social skills as they would any other skill they value and want to keep.

# COMMUNITY COLLABORATION

## IT REALLY DOES REQUIRE “A VILLAGE” TO PROVIDE SUPPORTIVE OPPORTUNITIES FOR STUDENTS TO LEARN.

Our staff, board members. Community and Student Advisory Members, as well as our funders, all contribute what they can to make **RESPECT** the best organization it can be in reaching out to as many youth and organizations as possible with data driven programs that provide support to schools and other child serving organizations to teach and reinforce the skills students need to be safe, healthy and happy. Collaborations with St. Timothy’s Church (providing our workspace) & Childrens’ Hospital (sponsoring our resource guide) and training with experts from Boys Town, the Kim Foundation and Project Harmony – are all examples of support in a village that we value highly!



# NEW PROGRAMS AND COLLABORATIVE PARTNERSHIPS

RESPECT had the honor of presenting a captivating breakout session titled "A Theatrical Approach to Mental Health Prevention" at the Nebraska School Mental Health Conference in June. The conference, organized by the Kim Foundation and Educational Service Unit #3, drew an impressive attendance of 500 participants. The event aimed to advance robust mental health services in schools, equip educators with valuable resources and training, and emphasize early intervention and wrap-around services for youth and families. Notably, Dr. Patricia Newman received the esteemed Mental Health Champion award for her outstanding efforts in promoting healthy relationships and positive mental well-being.

In a fruitful collaboration with Project Harmony, RESPECT's dedicated staff members have been diligently crafting a unique and engaging "PAWDCAST" - a play on the word podcast. These audio episodes, tailored to the interests of 3rd to 5th graders and their parents, immerse listeners in captivating stories told from the perspective of Woody, a golden retriever with the ability to speak. Through this innovative and entertaining podcast, children and their families will gain valuable insights into proactive mental health strategies.



**" THE DEDICATION AND PASSION OF RESPECT'S TEAM HAVE YIELDED MEANINGFUL INTERACTIONS AND TRANSFORMATIVE EXPERIENCES THROUGHOUT THE YEAR, FOSTERING MENTAL WELL-BEING, HEALTHY RELATIONSHIPS, AND PROACTIVE MENTAL HEALTH STRATEGIES IN THE COMMUNITIES WE SERVE. THESE ARE SOME HIGHLIGHTS OF THE COLLABORATIVE PROGRAMS WE HAVE PROVIDED THIS YEAR."**

RESPECT was pleased to conduct a specialized workshop for the OPS Integrated Learning Center, catering to students with special needs. The workshop commenced with a performance of "Scraps" by our talented actor-educators, followed by a dynamic "Rewind and Rework" session. During this session, students revisited scenes from the play and actively engaged in role-play activities to explore alternative solutions to the challenges presented in the performance.

RESPECT proudly participated in the inaugural EmPOWER Youth Summit, a special event that brought together over 300 high school students from the metro area, alongside numerous mental health and youth serving professionals. This full-day summit, organized and sponsored by The Kim Foundation in collaboration with Region 6 and the Metro Area Suicide Prevention Coalition, served as a beacon of hope and education on mental wellness. Throughout the day, students attended breakout workshop sessions presented by various community partners. RESPECT's staff members led 18 workshops throughout the day on "The Power of Diversity and Acceptance," empowering students to cultivate respect for neurodivergence and equipping them with strategies to combat identity-based bullying.



Over the course of the academic year, **RESPECT** made a lasting impact on the students of Quest Forward Academy through a series of engaging workshops. Our team visited the school in the fall, winter, and spring, fostering meaningful conversations about healthy relationships, teen dating violence, communication skills, self-awareness, and social awareness.



**RESPECT** was privileged to return to Inclusive Communities' IncluCity program, serving as a session leader in October, February, and April. During these sessions, **RESPECT** facilitated role-play-based workshops, focusing on the important topics of teen dating violence and boundaries.



Both the North and South locations of Girls Inc. of Omaha hosted **RESPECT** for a comprehensive 10-week-long Artist in Residence program in the fall. Elementary school students had the opportunity to develop key skills relating to emotional regulation, bullying prevention, and effective communication. Following the initial program, **RESPECT** returned to these sites in the winter to deliver additional sessions, which focused on fostering respect for others, particularly when differences exist.



In November, **RESPECT** conducted three workshops at the Lancaster County Youth Services Center, specifically tailored for students in the detention center. These workshops, titled "Red Flags," addressed the topics of teen dating violence and establishing healthy boundaries.



In February, Dr. Patricia Newman and **RESPECT** Actor-Educators delivered a virtual session to 90 social workers as part of the Grace Abbott School of Social Work's Training & Supervision Academy, organized by Dr. Heidi Reuda. The session featured a powerful performance of "Cracked But Not Broken," followed by purposeful role-plays designed to address the support needed for teenagers experiencing dating violence.



College of Saint Mary graciously welcomed **RESPECT** once again to offer a workshop tailored for single mothers interested in cultivating healthy relationships. The session included a performance of the college version of "Cracked But Not Broken," followed by an engaging panel discussion.

In April, RESPECT conducted the interactive workshop "Direct with RESPECT" at Westridge Elementary School, specifically designed for 5th graders. This workshop encouraged students to take an active role in directing their own healthy behavioral, emotional, and cognitive responses to challenging situations. With a focus on inclusion, kindness, community, and positive decision-making, the session fostered a nurturing and empowering environment to discuss these topics.

Westbrook Elementary School served as a host for four impactful RESPECT workshops, three of which were designed for students, while one session was dedicated to parents. These sessions delved into topics such as cultivating healthy and uplifting relationships, establishing boundaries between parents and children, and providing effective support at home to ensure academic success.

With the nature of online use by children and young teens rapidly changing, RESPECT developed two new programs for elementary school students on these topics. In "Explorers in Cyberspace", first through third graders join history buff Booker and his Minecraft obsessed cousin Sophie, as they embark on a quest to learn more about the Lewis and Clark expedition and cyberspace, too! With the unexpected help of Louise, an experienced explorer, they learn to navigate the hidden dangers in cyberspace, especially information privacy breaches and inappropriate content. During "Navigators in Cyberspace" fourth through sixth grade students find that while completing online research for a school project on famous explorers, Kiara and Inez encounter - and learn to navigate - several online dangers including cyberbullying and inappropriate messaging. Along the way they get help from one of the most famous explorers in history, Marco Polo himself! Some of the Social Emotional Learning goals for both of these programs include: Learning to engage in appropriate behavior when presented with inappropriate behavior; Learning to stop and think before acting on an emotion; Asking a trusted adult for help.



# Thank You!

RESPECT is appreciative of the generous support provided by our donors. As financial partners these donors help students have conversations about and learn the skills needed to have safe and healthy relationships. If you would like to join this list of supporters, visit:

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