

Strong Orange Martial Arts Program

Every place safer because you are there.

Strong Orange

Martial Arts Program

This is **not** just another after school program.
We are not here to keep kids busy.

We are here to build **confidence** and **character**
and **to build leaders**. We have years of
expertise and significant success at it.

**Short and Long Term benefits for youth and
the community at large**

Strong Orange

Martial Arts Program

Mission Statement

Recent increases in gun violence and gang activity in Ottawa highlight the need for community-based programs that will support and empower individuals and families most at risk.

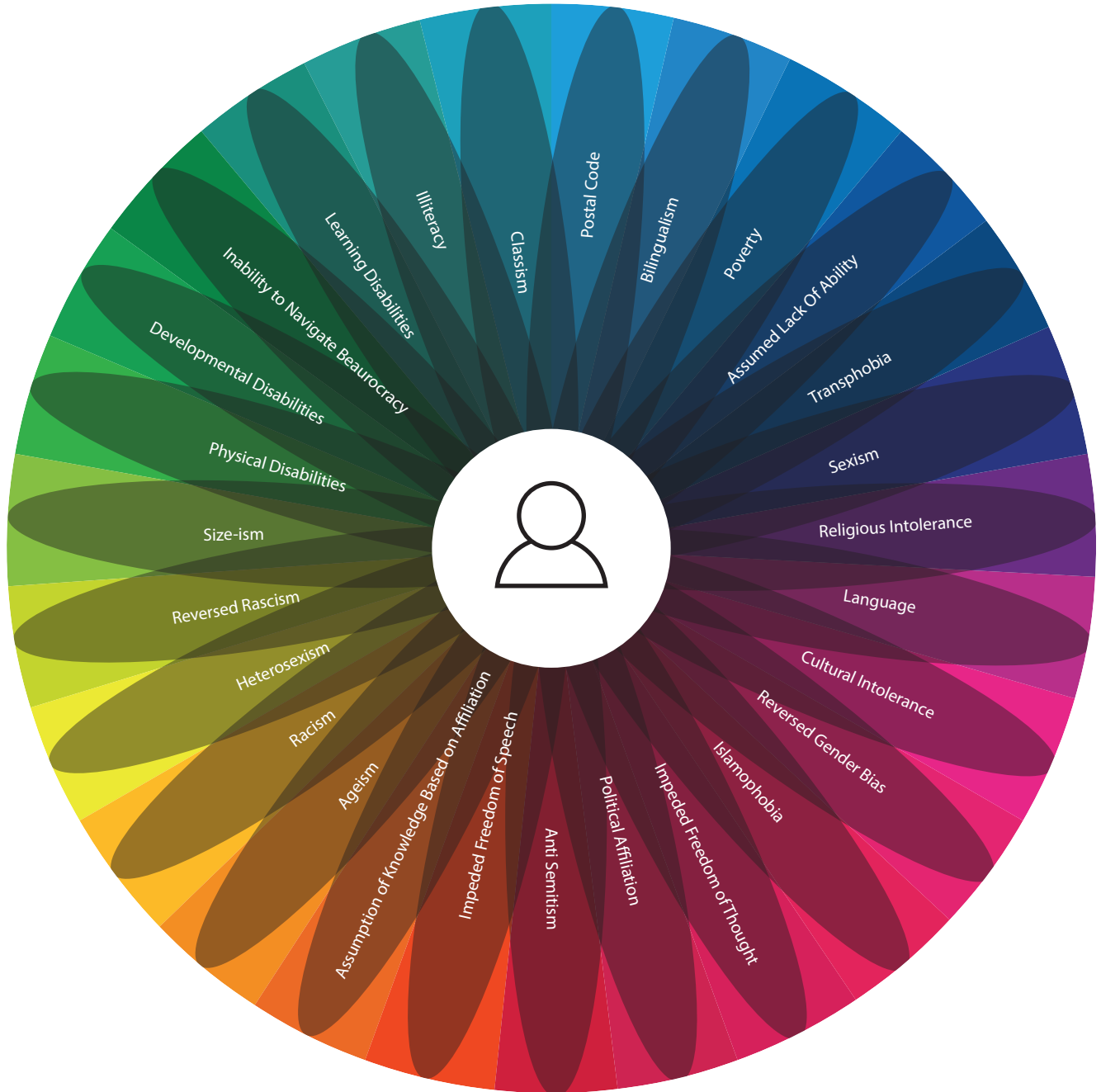
Strong Orange is a longstanding, Ottawa-based violence prevention organization that has worked in diverse communities across Canada. Together with other local agencies, Strong Orange will provide martial arts classes designed to address the needs of the people of Ottawa and create safe, accessible spaces for children, youth, and families.

Martial arts are based on core values of discipline and respect. To practice martial arts is to practice a year-round, lifelong pursuit of excellence. It is accessible to all and challenging for all - there is no part of the person that martial arts does not affect. As students advance, they become leaders and teachers - all while striving for peace in aggressive times.

The dojo is a place of principles and purpose, teammates and trust, perseverance and achievement - it is where lives change. Through Strong Orange's programs, communities in Ottawa will have access to these invaluable opportunities.

Strong Orange Martial Arts Program

Am I Defined By Intersections?



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Client List

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For Adults, Staff and Corporate Safety, Violence Prevention and Safety Planning

- Adult High School
- Algonquin College (Perth)
- Algonquin College (Ottawa)
- Al Rashid Mosque (Edmonton)
- Canadian Medical Protective Association
- Carleton University Sexual Assault Support Line
- Good Companions Seniors Centre
- Good Companions Rainbow Seniors Lunch
- Harmony House
- Kahnawake First Nations Adult Education Centre (Kahnawake, Qc)
- Minwaashin Lodge
- National Victims of Crime Awareness Week
- Nelligan O'Brien Payne LLP
- Old Forge Seniors Centre
- Ottawa Police Service VCU
- Ottawa Victim's Services
- Somerset West Community Health Centre
- Tyendinaga Elementary School Staff
- University of Ottawa Criminology Department
- West Island Women's Shelter (Pierrefonds, Qc, Residents of the Shelter)
- West Island Women's Shelter (Pierrefonds, Qc, Intervevantes)
- Action Jeunesse de L'Ouest-de-L'Ille (Les travailleurs de rue et de milieu)
- Buddhist Temple Group Women (Pierrefonds, Qc)
- Quebec Native Women Association (staff)
- Native Women's Shelter of Montreal (staff members)
- Ivirtivik (staff for Inuit young people skills development project, Qc)

Special Needs Safety and Violence Prevention

- Adaptive Learning Program (440 Albert Street, 4 board program, Ottawa school boards)
- Canadian Mental Health Association
- Ottawa Carleton Association for People with Developmental Disability
- Ottawa Children's Treatment Centre

Youth Programming for Health and Safety

- Algonquin College Student Services
- A.Y. Jackson H.S.
- Girl Guides of Canada
- Mother Teresa H.S.
- Nepean Housing
- Ottawa Carleton Education Network
- Scouts Canada
- St. Joseph H.S.
- St. Francis Xavier H.S.
- Ecole Al-Houda Elementary School
- Buddhist Temple group kids (Pierrefonds, Qc)
- Dunrae Gardens Elementary (Ville St Laurent, Qc)
- Community Group, 11 year old children (Ville St Laurent Qc)
- Scouts Canada (Quebec)
- Ecole Rose-Virginie Pelletier, (sponsored by youth protection, Qc)
- Junior Girls Water Polo Team (DDO, Qc)
- Senior Girls Water Polo Team (DDO, Qc)
- WildCat Girls Hockey

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Children's Programming for Health and Safety

- Barrhaven Child Care Centre
- C.H.E.O.
- Children's Aid Society of Ottawa
- Child Care Providers Network
- City of Ottawa
- Cityview Daycare
- I Am Possible Mother Daughter Conference
- Ottawa Carleton Childcare Providers Network
- St. Luke Elementary School Parent Council
- Soloway Jewish Community Centre

Associations

- Girls Action Foundation Associate Members since 2016
- United Nations ECOSOC, profile registered since 2015
- First Nations LGBTQ2SP conference, Oct 2016
(observers at seminar, Kahnawake, Qc)
- Community Group Muslim Women (Borough of Pierrefonds-Roxboro Collaboration)
- Violence Prevention Instructor Training Program
(Borough of Pierrefonds-Roxboro collaboration, planning in progress)

Strong Orange Martial Arts Program

Head Instructor Biographies

Kate James

Kate is currently working on her Ph.D. in Education and did her B.Ed. within the urban education cohort. She has been training in martial arts for almost 30 years and currently holds a 5th degree black belt in karate. Kate has extensive teaching experience both in formal school settings and in the dojo. She has a gift for connecting with young people and is wonderful at building bridges between people and the services they need. She lives in Manotick with her partner and their wonderful rescue dogs.

Beth Lawless

Beth has been orbiting martial arts since childhood. Holding her second degree black belt, she has never let pesky things like impossibilities stand between her and a goal. Her stubborn patience has made her a natural problem solver, and she is fond of coming up with unconventional solutions to challenging puzzles, whether that be tangled jewellery, a child struggling to learn a skill, or a 5000 piece jigsaw puzzle. Passionate about inclusion, in 2003 she founded a one-on-one special needs karate class as the solution to her sister being unable to train in regular karate classes. Never one to shy from injustice or a chance at a debate, Beth is a student at the University of Toronto and takes courses through correspondence. She lives in Ottawa with her husband, two young children and her sister.

Abigail Whitney

Abigail's stubborn determination in life and the martial arts are born from growing up hard of hearing. Fluent in sign language and an experienced interpreter, Abigail usually uses her powers for good, but sometimes gets caught sneaking sign language behind teachers' backs. A martial artist of many talents, she holds her Master's Degree in Counselling and Spirituality in addition to her Master's Degree in sign language interpreting. With nearly 2 decades of martial arts experience under her 4th degree black belt, her unique life experience enhances her teaching. Patient, compassionate and a fierce advocate for her students, she lives in Ottawa with her husband Greg.

Janet Lawless

Janet has been training in martial arts for over 20 years and has been running dojos in the city of Ottawa since 2004. She has extensive experience in teaching youth and children and teaching is her passion in life. Janet currently holds a 5th degree black belt in karate as well as a black belt in modern arnis. She is one of the founders of Strong Orange and is passionate about violence prevention training. She has 6 amazing daughters and 5 grandchildren and she lives in the countryside with her incredible partner Cathy and their dogs, Tulip and Immy.

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Assistant Instructor Biographies

Samira Bouzidi

Sam is passionate about everything in life. She trains in karate with her whole heart and currently holds a purple belt. Sam is working to complete her high school at the Adult High School while working as a server. She is a firm believer in the difference that karate can make for young people in providing community and a sense of accomplishment. Sam has been on her own since her mom passed of cancer 10 years ago when she was 15 years old and she understands the value of support and encouragement from the greater community.

Steve Smith

Steve is a professional addictions counsellor and a professional psychotherapist. He has taught everything from karate to boating to heli-skiing over many years. Steve has the biggest heart and is an amazing listener. He is passionate about mentoring and about setting an amazing example for the people around him. Steve is relatively new to the martial arts having trained for the last 3 years and holding a green belt in Karate. He and his wife Carrie split their time between their home in Ottawa and their boat in the 1000 Islands.

Strong Orange Martial Arts Program

To Strengthen Our Community Against Violence

Strong Orange Is...

- Appealing to Kids
- Easy for Parents
- Allows Connection to Services
- Measurable Results
- Accessible
- Brings Community Groups Together
- Mentorship and Leadership Training

Children Learn To...

- Be Responsible
- Build Focus
- Build Physical Fitness and Stamina
- Build Confidence
- Build Sense of Belonging
- Be Respectful, Have Self Awareness, and Self Regulation
- Develop Communication Skills

Our Program Provides...

- Teachers who are ACEs Sensitive and Trauma Informed
- Transportation
- Ongoing Support
- Long Term Physical Health
- Resilience
- Recognizable Progress

Our Program is...

- Provided Seamlessly
- Motivational and Inspiring
- Located within Communities
- Encouraging of Connection and Camaraderie
- Giving Opportunities for Volunteering

Strong Orange Martial Arts Program

Traits and Profiles of Resilient Children and Youth

Connected

Children and youth who are a part of a vibrant community connected to mentors and positive role models are more able to deal positively with stresses in their lives.

Supported

Being a part of the Strong Orange martial arts program connects young people to mentors and positive role models that they spend time with regularly. They have support on and off the mat to deal with any struggles that might arise.

Confident

Developing fitness, strength and skills allows confidence to grow in our young people. When they are really good at their martial arts, they know they can be good at other things and make change in our community.

Strong Inside and Out

Achieving goals in the martial arts means that children and youth develop a sense of pride in their own capabilities. They are able to take on greater responsibilities and become leaders themselves.

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Traits and Profiles of Children at Risk of Involvement in Violence

Disconnected

Children who do not feel supported at home or who lack basic needs like shelter, food, money or protection are looking for leadership, compassion and care and may be vulnerable to trafficking or gang activity.

Struggling in School

Children who are struggling in school due to a chaotic home life, learning disabilities or other factors are more vulnerable to finding belonging and success in other areas.

Lack of Confidence

Peer pressure is a significant factor in young people participating in low level violence and being attracted to gang involvement. If a child lacks confidence, they are more susceptible to peer pressure.

Survivor of Violence

Children who have experienced violence and abuse (physical, emotional or sexual) are at increased risk of trafficking and other forms of exploitation..

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Youth and Street Gangs,
a Violence Prevention and Reduction
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Youth and Street Gangs, a Violence Prevention and Reduction Community Initiative

Offering Meaningful Sustainable Choices to Youth at Risk of Gang Violence through Martial Arts, Mentorship and Social Support.

“If I tell you a lot of mean stuff and subject you to harassment and violence at a personal level all your life, eventually I attack your identity. If I subject you to extreme violence, you learn to take on this identity of being hopeless. If I bully you, you take on the identity of the victim....They see themselves as the marginalized, the victim, the bully, the stupid, the worthless. They internalize all of these negative identities of who they are.”

(Professor Hieu Ngo, University of Calgary, Social Work Faculty on Youth Involved in Crime, 2016)

Preamble

“Providing safe, stable, nurturing relationships and environments for all children requires changing attitudes, behaviors, norms and policies. Even if you know people or groups who are motivated to create this kind of change, you will only see results when idea garners the support of the larger community and its leaders”.

(National Centre for Injury Prevention and Control, Division of Violence Prevention, 2014)

By the time we take notice of a violent event on our streets, we have missed an opportunity. This opportunity presents itself through the means of prevention.

Further we descend into the perpetration of violence, more difficult it is for us to prevent it in the future. The end result of perpetrating violence includes limitations, restrictions and consequences that come with dealing with the authority of the Criminal Justice System. Along with this come personal consequences of limited

employment opportunities, broken or destroyed personal relationships, maladaptive coping, namely substance use and a myriad of other expected outcomes.

As a society we seek consequences for non-conformity to our standards. More significant the deviation, more pronounced and harsher the consequences. This is applicable to the perpetration of violence in our private lives as well as within our communities at large.

In the perceived absence of feasible alternatives, there is a higher propensity to acts of violence; violence perpetrated to control, violence perpetrated to profit, violence perpetrated to ‘resolve’ conflict.

Our strained Criminal Justice System is attempting to balance its commitment to fair, unbiased just process in light of the limitations imposed on all involved by the simple reality of lack of designated resources.

As a society, we have invested notable effort into balancing the needs of those who stand accused and those who stand victimized. We have created opportunities for those seeking to improve their own behavior as well as those who seek recovery from the damage, the loss and the violation.

All this effort, most of which come from the place of consideration of fairness and justice, materializes when violence and victimization has or is about to happen. We seem to continue to fail to invest into the simple notion that not getting on the path of perpetrating violence and having access to other paths and choices would most likely serve us the best.

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Youth and Street Gangs, a Violence Prevention and Reduction Community Initiative

Crime is preventable and predictable. The Domestic Violence Death Review Committee, consisting of a group of notable experts on domestic violence, speaks with confidence about the circumstances where a domestic homicide could have been prevented with an early recognition and intervention

(DVDRC 2013-2014 Analysis of Risk Factors, 12)

Current Status Of Youth Gang Issues In Canada

The Canadian Police Survey on Youth Gangs indicated in its findings, that in as much as Youth gang members come from a variety of “ethnic, demographic, geographic and socioeconomic contexts” (NCPC of Public Safety Canada, 2002), it also clearly confirms that Youth at risk “tends to be from groups that suffer from the greatest levels of inequality and social disadvantage”.

(Wortley, Scott, Tanner 2004)

The Royal Canadian Mounted Police (RCMP) defines Youth Gang as “Young people who self-identify as a group, are generally perceived by others as a distinct group and are involved in a significant number of delinquent incidents that produce negative responses from the community and/or law enforcement agencies”.

(RCMP, 2006)

It is troubling to realize to what extent Youth violence impacts our community. Youth aged 12-17 and young adults aged 18-24 accounted for one third of all individuals accused of criminal incidents in Canada in 2014.

(Government of Canada, Public Safety Canada, 2017).

The effectiveness of various proposed interventions is closely linked to the accuracy of our understanding of

the breadth of the issue. Different populations of Youth need to be understood with outmost care and respect for their individual realities. Whether it be experiences of exposure to traumatic content, marginalization, absence of stable, predictable and nurturing environment, discrimination and social alienation, or learned helplessness.

What we, as a community, can work with and work towards, is to create opportunities and to exercise influence; the common goal being mitigation of the risks, addressing the obstacles and strengthening of personal resilience of our Children and our Youth.

Extensive relevant academic literature review and analysis has been done by the Canadian Government to identify the influences that play role to either protect or to generate greater vulnerability for those at risk.

In as much as there is some hesitation to commit to a definite position on what serves as a protective factor to Youth at risk of affiliation with organized crime, some of proposed protective factors are assumed as follows*

Individual:

Above average or high intelligence, resilient temperament, good social skills, positive coping skills, good decision making skills, sense of self-efficiency, high self-esteem, positive values and attitudes

Peer:

Interactions with pro-social peers, involvement in pro-social activities, positive peer support group, positive social connections, peer support

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School:

Academic achievement, educational aspirations, sense of accomplishment and respect for education, strong school commitment and bonding to school, positive relationships with adults in school setting

Family:

Connectedness to family, building strong family bonds, family support, family cohesiveness, ability of parents and/or extended family members to spend time with youth, strong parental involvement, intensive supervision and monitoring, emotionally positive parent-child relationship (e.g. warm, accepting, supportive)

Community:

Living in a 'good' neighborhood (e.g. low crime high socioeconomic status), social cohesion, strong neighbors, trust among neighbors

(*Sources: Government of Canada, Public Safety; Krohn et al, 2014; McDaniel, 2012; O'Brien et al, 2013; Rossiter & Rossiter, 2009; Shaffer, 2014)

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Following extract speaks to the proposed federal approach on the Youth gang prevention Public Safety Canada continues to support effective youth gang prevention and intervention strategies that are known to work based on empirical evidence and lessons learned from past implementation and evaluation experiences. Some key findings to date and recommendations for moving forward include the following

(NCPC, 2012; Smith-Moncrieffe, 2013):

- An assessment of the local gang problem is a critical first step for planning strategies, programs and activities. Failure to adequately assess the nature, characteristics and size of the issue may lead to not focusing on the right youth, not choosing the appropriate initiatives, and not employing the proper level of resources.
- The best results in addressing the youth gang problem come from the community working together. To collaborate fully with partners, organizations must form alliances and adopt an approach that brings together various stakeholders based on shared goals and through the establishment of infrastructure and multi-disciplinary teams that support program elements.

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Youth and Street Gangs, a Violence Prevention and Reduction Community Initiative

- Programming must meet or exceed the options or incentives offered by the gang while eliminating the negative consequences attached to gang membership. A comprehensive response is required and it must offer a variety of strategies, elements and activities that can address the multiple risks and needs of at-risk and gang-involved youth.

- Identifying and recruiting appropriate youth for gang prevention and intervention programming is difficult. The clientele needs to be well defined (age, gender, cultural identity, degree of gang involvement, overall risk level) and programming must consider the clientele being targeted to ensure that appropriate supports and resources are being provided (e.g., gender-specific, culturally-based).

- Establishing relationships with families and engaging them in programming is important. More often than not, parents of high-risk or gang-involved youth present with similar risk factors (e.g., coping with substance abuse and other mental health issues). In addition, siblings with a criminal and/or gang involvement history often 'transmit' their patterns of behaviour to other youth in the family.

- Programming must be implemented with fidelity. The amount and type of service that is provided to participants are important factors that contribute to changes in the outcomes being measured. To determine the appropriate level of programming and to identify the level and domains of risk and protective factors specific to each participant, validated assessment tool(s) should be used.

- Implementing a rigorous performance monitoring and evaluation process (including process, impact and cost analyses) from the beginning of the prevention or intervention initiative is important. This is vital for the assessment of implementation and program effectiveness as well as to improve program practices and to promote long-term sustainability.

(Youth Gangs in Canada: A Review of Current Topics and Issues; Government of Canada, Public Safety; 2017)

Between 2013 and 2017 the city of Ottawa experienced 131.25% increase in gun violence (Shootings in Ottawa 2013-2017, Ottawa Citizen)

The number itself does not confirm the percentage of incidents involving Youth and/or organized crime. The specifics would need to be confirmed. However, what the number does confirm is that there is increased demand on all types of resources needed to manage this reality. From additional demands on police and justice system, to medical, financial and social needs; our city is experiencing additional distress.

Our current model of primarily reacting to our circumstances of increased violence, needs to be strengthened with efforts to prevent and/or decrease violence; Youth gang violence in particular.

Martial Arts A Component Of Gang Diversion Strategy

"Students at risk realize their potential fully through learning the traditional discipline of martial arts in a contemporary educational setting. The rich history and strong values imparted by learning the Do (the Way) are combined with physical exercise, communications,

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training, and guidance support, thereby simultaneously developing students' minds, bodies and spirits". (Abrahams, 2004; InSpire Guidance-Based Martial Arts Program: A Self-Esteem Intervention for At-Risk Elementary and Middle School Students)

Martial Arts among Youth, had, in the past come with some degree of controversy. Over the years, extensive review of methods of program delivery, individual customization to meet student needs and goals, identification and mitigation of obstacles, lead to a greater understanding of the power of positive influence Martial Arts can have on our School and Middle School aged population.

Consistent with above mentioned protective factors, creating an atmosphere of emotional safety, with clear respect for one's psychological autonomy, developmental stage, physical abilities and individual circumstances, Martial Arts is an ideal vehicle to inspire personal growth.

The code of ethics that accompanies well-built Martial Arts program, builds on the values of integrity, honesty, courage, perseverance and commitment to personal greatness.

The values installed thorough a successful Martial Arts program translate into behaviors that assist participants with self-awareness and awareness of others, self-regulation, concept of aspiration and direction, build sense of 'team' and belonging, and ownership of the space and the experience while the program is being delivered and beyond.

Successfully developed and delivered Martial Arts program is an ideal opportunity to create safe and

supportive peer atmosphere with invaluable mentorship and guidance by Instructors. Individual goal setting, progress and accomplishments serve as benchmarks to help each participant with understanding their own progress and evolution.

Successful development of Martial Arts program for Youth at risk, however, requires that multiple academic, community, political and professional bodies allocate adequate resources.

It is essential that proper baselines are established and that success of the program is measured independent of self-reporting alone, by means of noting varied measurables such as school attendance, academic performance, engagement in community development based activities, participation in student mentorship, decrease in engagement with the Criminal Justice System, etc.

It is also essential that individual realities of each Child and Youth, that could impair their ability to successfully engage are acknowledged with outmost respect and care. Consent, confidentiality and parental/school/ community support and engagement are invaluable, if not essential.

Pre and post evaluation needs to be completed by an independent party with competencies and qualifications to assist with administering appropriate tools and with the analysis of the results.

Strong Orange Competencies And The Proposal

Strong Orange is an Ottawa based Non Profit Charity with National Influence. Its expertise is in Violence

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Prevention.

The Members of the Board of Directors bring each, well over two decades of expertise in areas relevant to violence prevention: martial arts, risk management, trauma informed practice, work with youth and varied populations, work with vulnerable populations and populations at risk. Strong Orange is driven by its strong commitment to its values of excellence and expertise, ethical conduct, inclusiveness and respect.

Our Standards of Practice, our Instructor Certification Process, our Statement of Competencies are available upon request.

Strong Orange comes with the reputation of excellence, inclusiveness and openness and is recognized for its expertise in the area of violence prevention and de-escalation of violent situations in both, personal and institutional settings. We promote and build competencies associated with self-awareness, conflict resolution, assertiveness and physical capabilities to deescalate potentially violent situations.

Our number one priority is individual and community safety and violence prevention.

Strong Orange has worked with communities across the country in various settings. Small sample of our activities include:

- Prevention Course with Front Line Workers from First Nations Aid Agencies such as: Native Women Shelter, Quebec Native Women Association, Kahnawake Social Service
- Good Companions Seniors Centre Violence Prevention Seminar

- Violence Prevention and Personal Safety Course, Staff and Counselors West Island Women Shelter, Perrieffonds
- Jewish Community Centre Children's Violence Prevention Programming
- National Victims of Crime Awareness Awareness Week Course
- First Nations LGBTQ2 Spirit Conference, Kahnawake
- Violence Prevention and Personal Safety for Muslim Women

Many of our local efforts have been focused on Elementary and High School Aged Children and Youth as it is our belief that violence prevention must start at the earliest opportunity. We as a community need to encourage and facilitate a buy in from all members. Some of our partnerships and program delivery include:

- Mother Theresa High School
- St. Joseph High School
- St. Francis Xavier High School
- A. Y. Jackson High School
- Tyendinaga Mohawk School
- St. Luke's Elementary School
- Kahnawake Adult Educational Centre
- Bell High School
- Adult High School
- Algonquin College
- Durham College
- University of Ottawa

Consistent with our practice and experience, we understand that Children and Youth are exposed on a daily basis to some form of violence, be it through often glamorized violence on social media, to interpersonal

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violence within their immediate personal space. Children and Youth are susceptible, more so than adults, to fall victim to the notion that violence is a normal occurrence in our society. This comes with lack of individual experience and, at times, with exposure to violence so early in life that there are limited opportunities to develop any protective measures.

If a Child witnesses violence on a regular basis at home, perpetrated by those who are to serve as role models and as protectors, she or he may accept violence as part of a 'normal' family experience.

If a Child witnesses violence, bullying, harassment in their community on a regular basis, he or she may accept this as a 'normal' community experience.

Children and Youth, in particular, those marginalized and without access to adequate supports and resources, are at a greater risk of being preyed upon by criminal elements seeking to solicit new members.

Strong Orange proposes the delivery of Martial Arts Program, Mentorship and Social Support to Children and Youth at risk of engagement with organized crime.

The basic concept is as follows:

- The Program is delivered in two separate locations, at this time it is proposed that Caldwell and Hetherington are considered
- The Program is delivered twice week to two age groups in each area: 6-11 years of age and 12-18 years of age, with a potential for expanding to the age group of 18-25 years of age.

- The Program comes with commitment of Strong Orange for the period of three years with a built-in evaluation component
- The Program includes Mentorship, assessment of any risk and needs that may require further engagement and or referral. Strong Orange Instructors offer varied professional expertise from mental health, trauma, addictions, violence, etc. The Program encompasses on-going collaboration with the local and city wide specialized agencies that are equipped to meet additional needs of each Child and Youth

The engagement is consent-based and confidentiality is maintained; Supports and access to resources is made available to the Parents and Guardians and community at large to ensure the strengthening of the environment of the participating Children and Youth. This will also assist with engaging future participants and the community at large.

Following an independent review and evaluation, the Program will be made available to other areas of the city. It will serve, both, as a preventative measure, as well as a safe alternative to Child and Youth engagement in organized crime, with a strong potential to provide for individual growth, safety and future.

Details of the Proposal are available upon request.

Strong Orange Martial Arts Program

Board of Directors

Louise Dempsey

Louise is a member of the Kainai, Blackfoot Nation, Blood Reserve in southern Alberta. Louise was named by her Great Aunt, Suzette Eagle Ribs, after her Great Grandmother, Natsikapwaynamyaki, Double Gun Woman. Louise has been employed by Pathways Community Service Association for the past 16 years as a Youth Counselor at Nekinan, Aboriginal Home for Youth and is currently a Home Visitor for Urban Aboriginal families in Calgary, Alberta. Louise has been on the Strong Orange Violence Prevention Board for the last 4 years as Aboriginal Advisor. Louise is proud to be the Granddaughter of Senator James Gladstone who was the first appointed Aboriginal member in the Senate of Canada in 1957. Louise was also a member of the First Nations Women's Group and Secretary for the First Nations Elders Group in Prince Rupert BC for many years while raising her 2 children and 2 grandchildren on the BC West Coast. Louise graduated from Mount Royal University in 2002 with a degree in Child and Youth Care Counseling. Louise spends her spare time participating in cultural activities, Powwows, Sweat lodges, Pipe ceremonies and keeping the circle strong for future generations

Anurag Gupta

Anurag is a passionate and driven guru of all things business. Having run seminars for self improvement and for business elevation for many years, he is now running around the world connecting people to their callings. Of his many gifts, my favourite is his ability to connect people doing incredible things so that the world is a better place. He is currently working with Elders in the rainforests of Columbia to assist them with marketing their coffee so that they can buy back their traditional territories. His home is his motorcycle and also airports.

Eva Savage

As the daughter of a WWII veteran, with three of her grandparents migrating between two continents as part of her family's story, Eva has developed a keen interest in working with those impacted by violence and adversity. The elderly, children and youth, differently abled and newcomers are of particular interest and passion for her. Eva works as a Crisis Counselor with victims of crime and populations impacted by trauma. In her free time she volunteers in the areas of violence prevention, and wellness and operational stress in first responder populations. Eva speaks a number of languages, she laughs easily and she is a wonderful mother to her recently tall son, Martin.

Bill Goble

Has been as a volunteer in community service since he was a teenager. He was a registered scouter with Scouts Canada for over 25 years. He was on the Special Needs Advisory Committee for students with special needs with the Lester B Pearson school board for about 8 years. He has served on the Board of Directors on provincial and national umbrella organisations for Chinese Martial arts and was a nationally certified judge for full contact sport combat. He has a background in traditional martial arts and unarmed combat. He studies violence prevention in the context of personal safety and helping provide pro-active and reactive responses to violence and aggression. His interest is in helping people to find and use the second edge of the sword. He has worked with diverse groups of people in need. For his day job he works as a Senior Engineering Specialist in the aerospace industry.

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Martial Arts Program

Overview

At the heart of this program lies martial arts. Martial arts are based on core values of discipline and respect. The dojo is a place of principles and purpose, teammates and trust, perseverance and achievements – it is where lives change. To practice martial arts is to practice a year-round, lifelong pursuit of excellence. It is accessible to all and challenging for all – there is no part of the person that martial arts does not affect. As students advance, their progress is marked through a recognized program, and they become leaders and teachers – all the while internalizing the importance of fighting for peace.

In addition to the traditional martial arts techniques taught in this program, we also focus training on violence prevention. Our violence prevention training is not limited to self-defence techniques, but rather stresses the importance of understanding and recognizing options (physical, verbal, and emotional) available before, during, and after violent situations. With this training, students will become better able to protect themselves, their families and friends, and their communities, from violence.

Within this martial arts program, physical fitness is emphasized and students reap the rewards of confidence, pride, and resilience. Developing fitness, strength and skills allows confidence to grow in our young people. When they are really good at martial arts, they know they can be good at other things and make change in our community.

At least as important as the skills students gain from practicing martial arts is the importance of being part of a vibrant, supportive, community of peers and mentors. Youth who are part of a vibrant community connected to mentors and positive role models are better able to deal positively with stresses in their lives. In this program, students are welcomed into a dojo community and

through their practice, gain a sense of belonging, connection, and camaraderie. Being part of this martial arts program not only connects students with their peers, but also connects young people to mentors and positive role models with whom they regularly spend time. These instructors are ACEs sensitive and trauma informed, so students have support to deal with struggles that might arise on or off the mat.

Strong Orange

Martial Arts Program

Strong Orange Outcomes Evaluation Proposal:

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