

HELPING STUDENTS BRIDGE THE GAP BETWEEN "NOW" AND "NEXT"

A program of the Jordan Porco Foundation

TRANSITIONS ARE TOUGH. 4 WHAT'S NEXT CAN HELP.

Whether it's switching grades or entering college, the military, the work force, a gap year, or something else, the transition to "what's next" can cause significant stress and greatly impact mental health. We cannot ignore this critical developmental stage. 4 What's Next meets young people where they are developmentally, equipping them with transferable skills that can help bridge the gap between "now" and "next."

AN UPSTREAM APPROACH

4 What's Next is a primary prevention program that builds psychological resiliency in students by giving them the tools to handle stress and distress now and in their future.

"I loved implementing this program! I think all high schools should be required to have this program!!"
--Program Facilitator

A FRAMEWORK FOR RESILIENCE



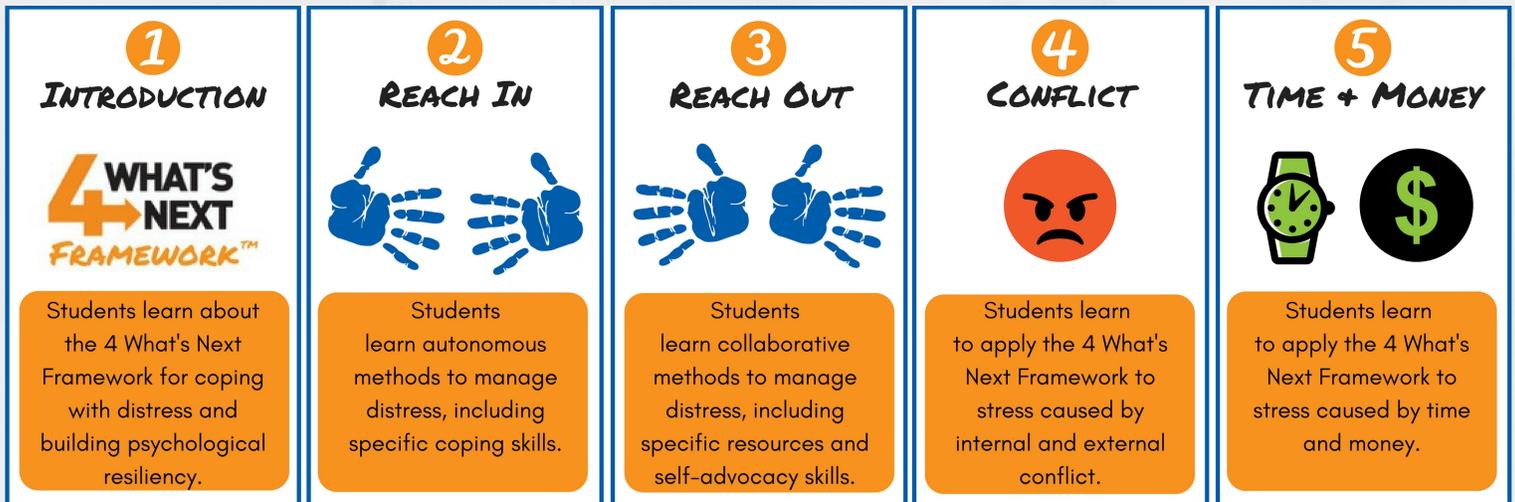
The 4 What's Next Framework aims to teach students how to effectively handle distress by "reaching in" and utilizing personal coping strategies, "reaching out" by seeking and accepting help outside of themselves, or a combination of the two. This process is followed by an assessment of how well their chosen coping method is working and encourages them to reevaluate if needed.

By learning and applying the 4 What's Next Framework to their own lives, students will:

- Identify individual manifestations of distress
- Understand how internal and external stressors impact mental health
- Build resilience by learning specific actions to improve wellness

AT A GLANCE

Over the course of 5 thirty minute modules, students will understand what distress looks like for them and develop or strengthen an internal locus of control related to their mental health and emotional wellbeing. They will gain skills for psychological resiliency such as self-advocacy, coping, and help-seeking, and learn how to apply these skills to better manage conflict, time, and money as examples.



MAXIMIZING IMPACT

4 What's Next is a universal program that was designed to resonate with every student preparing for the transition to what's next. Intended for use with smaller group sizes, it can be implemented in a variety of settings including high school or middle school classes, peer leader organizations, youth service agencies, school clubs, youth groups, sports teams, and more!

FACILITATION MADE EASY

The program is delivered by one or more adult facilitators who receive access to user-friendly preparation materials. Anyone, regardless of teaching experience or background knowledge of mental health can be a 4 What's Next Facilitator!

AFFORDABLE!

A standard license is just \$300 and allows for unlimited use of the 4 What's Next program for one year at a single implementation site. Some circumstances may require or qualify for a custom licensing fee.

"I believe this program is extremely influential in students' lives and helps them prepare for their new journey. I hope that more institutions will consider implementing this program to ensure the best possible outcome for their students' futures."

-- Program Facilitator



GET STARTED AT [4WHATSNEXT.ORG!](https://4whatsnext.org)