

WE ARE  
NOT ALONE

Rise

Together

RISE  
TOGETHER

PROGRAM GUIDE

Educate.  
Engage.  
Empower.



# THE CHALLENGE WE ARE FACING

**ADDICTION** impacts more than **40 MILLION** Americans. **90%** of those who **STRUGGLE** with addiction start **BEFORE** the age of **18**.

SOURCE: CASACOLUMBIA.ORG

**1 of 2**

1 of 2 surveyed students who have tried risky substances **CONTINUE USING**, putting them at risk of developing a substance-use disorder.

**76%**

76% of surveyed students indicated that they would be healthier if they experienced **LESS STRESS**.

**60%**

Nearly 60% of students stated that an increase in school **PREVENTION, INTERVENTION**, and **EDUCATION** strategies are critical to **COMBATING** the **DRUG EPIDEMIC**.

SOURCE: RISE TOGETHER DATA

# RISE TOGETHER'S ORIGIN

## OUR TEAM:

We have been sharing our story for the past decade, officially known as **RISE TOGETHER**, Inc., a grassroots 501(c)(3) non-profit organization based out of Appleton, Wisconsin. We were founded by a group of passionate storytellers and change-makers. Together, we had a goal: to help save at least one life.

## OUR HISTORY:

Since 2013, we have educated 275,000+ people by encouraging them to STAND UP and SPEAK OUT on issues they care about most – BREAKING THE SILENCE around addiction and mental health.

## OUR MISSION:

**RISE TOGETHER** aims to prevent substance use and promote positive mental health. We educate, engage, and empower young people to use their voices for change.

---

**“You came to my school, hearing you talk about something I have seen...you really helped me want to get help. I was at a low point when you came to our school. Hearing Nadine and Anthony talk about how you got better made me want to improve too. Now, I have officially been 6 weeks clean from self-harm.”**

**- Student**

# WHERE ARE WE NOW?



**RISE TOGETHER** has been creating long-term impact for the past few years by focusing on the following key programs.

**1. RISE Speaking Program** - Through active and engaging onstage storytelling, professionally trained & certified seminar presenters with 10,000 hours+ of experience will break the silence by acknowledging the addiction and mental health epidemic through their own personal journeys of recovery. Thus, creating a safe space that ignites hope and actions that prevent the onset of substance addiction and that support personal health and wellness. ([VIDEO HERE](#))

**2. RISE Youth Leadership Program** - RISE TOGETHER has developed the comprehensive youth leadership and advocacy, The RAISE Project. Built on the foundational principles of gratitude, community, and self-care, The RAISE Project is a project-driven youth program designed to transform the culture in schools, communities, and individuals. RAISEyouth will strengthen leadership skills, challenge the negative effects of stigma, and combat the risk factors that perpetuate unhealthy choices by using evidence-based strategies as they engage in change projects that will fundamentally shift the culture of their schools and communities. ([FULL DETAILS HERE](#))

**3. RISE Peer-Coaching Program** - previously known as The Discovery Corps peer wellness coaching program, which is based on 3 primary focus areas: advocacy leadership, peer coaching, and community education. Each of these areas has been identified by both youth and staff as vital to changing the culture in our school systems. To acquire the official CCAR coaching certification the training will consist of 3 days live (in-person or virtual) and 2 days online. This course will provide youth with the knowledge and skills necessary to guide and mentor others and connect

with classmates as peers, which helps eliminate power differentials and, in turn, helps them with their own pathway of wellness. ([FULL DETAILS HERE](#))

**4. RISE Adult Training** - RAISEconnection is our training for professionals that serve youth which aims to do the following:

- **Engage** - Confidently facilitate group and individual conversations focused on substance use disorders, mental health, and personal empowerment.
- **Educate** - Demonstrate how to use storytelling to build connectivity and reduce stigma around sensitive social issues.
- **Empower** - Build trusting relationships with youth and empower them to implement youth-led projects through five key modules that are provided through a 6-week training.
  - MODULE 1: Introductions and Examining Personal Biases
  - MODULE 2: Mental Health and SUD literacy (including many pathways and protective factors)
  - MODULE 3: Creating a Brave/Safe Space and Communicating Effectively with Youth
  - MODULE 4: Sharing Your Story
  - MODULE 5: Maintaining Motivation.

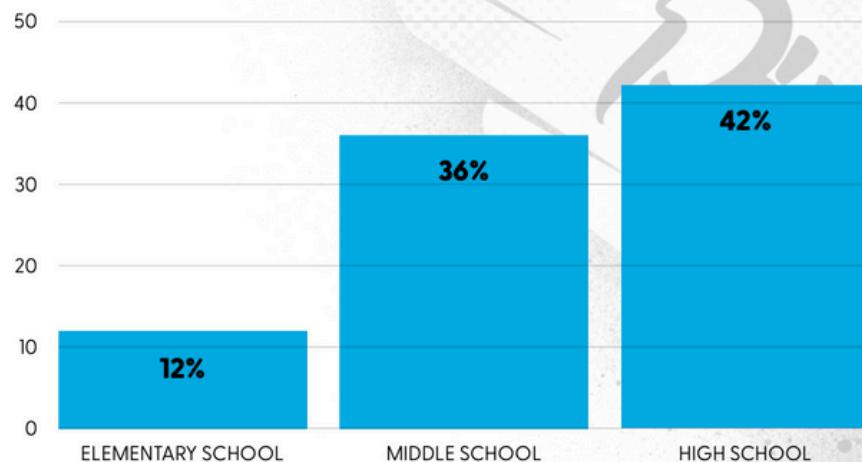
**5. CRAVE 21 Day Health Challenge** - join the global movement that is educating and empowering youth to live healthier lives by choosing a craving to give up for 21 days, nominate friends and family to join, and fight the crave to raise support! Comes with a mobile app, video lessons, or a workbook. Check it out at ([it's FREE](#)).

# EMPOWER YOUR EDUCATORS

HELP US EXTEND OUR RESEARCH:

## SUBSTANCE USE INITIATION

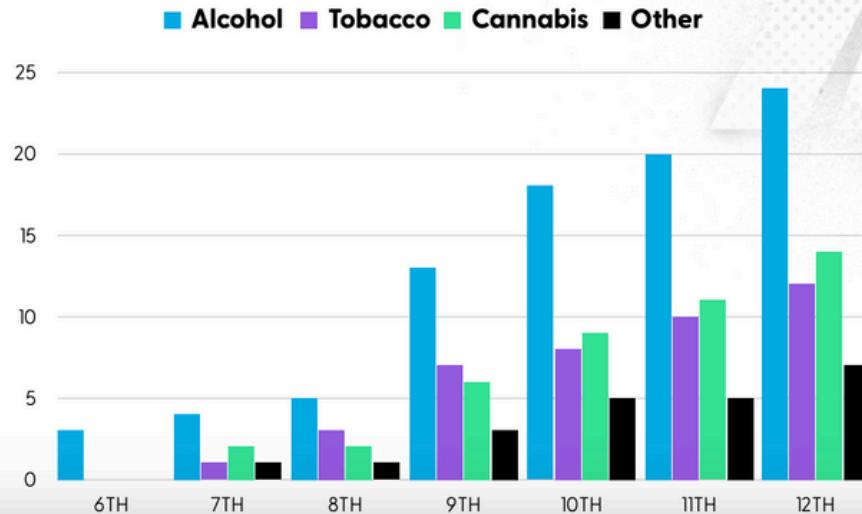
Figure 1: By School Level (N 2,802)



10,379 students completed the survey questions related to substance use.

## SUBSTANCE USE BY GRADE

Figure 2: By Grade Level (N 2,853)



Download the full study here:  
[https://drive.google.com/file/d/1B07Ep1gmY67urj\\_L4uzkXc7LontxxMqh/view?usp=sharing](https://drive.google.com/file/d/1B07Ep1gmY67urj_L4uzkXc7LontxxMqh/view?usp=sharing)

# JOIN THE MOVEMENT

JOIN RISE TOGETHER NATION:

[www.weallrisetogether.org](http://www.weallrisetogether.org)

SHARE YOUR STORY:

[www.safeproject.us/share-your-story/](http://www.safeproject.us/share-your-story/)

TAKE THE CRAVE 21 DAY CHALLENGE:

<https://wait21.org/Programs/crave-21-challenge/>

SIGN THE SAFE NO SHAME PLEDGE:

[www.safeproject.us/noshame](http://www.safeproject.us/noshame)

GET RISE TOGETHER SWAG:

