

DEBORAH AND COMPANY



The Program **About Face**

About Face is an 8-week, community-based prevention and emotional wellness program designed to support girls ages 9-18 who may be experiencing social, emotional, or behavioral challenges. The program uses expressive arts modalities to promote emotional regulation, self-awareness, resilience, and healthy coping skills.

Participants engage in structured sessions that integrate visual art, journaling, movement/dance, painting, and technology-based creative activities, paired with facilitated group discussion and reflection. This multimodal approach provides developmentally appropriate, non-verbal pathways for expression, making the program especially effective for youth who may struggle with traditional talk-based interventions





About Face is grounded in trauma-informed, strengths-based, and youth-centered practices.

The curriculum focuses on:

- Emotional identification and regulation
- Self-esteem and identity development
- Healthy peer relationships and communication
- Stress management and adaptive coping strategies
- Positive decision-making and self-advocacy

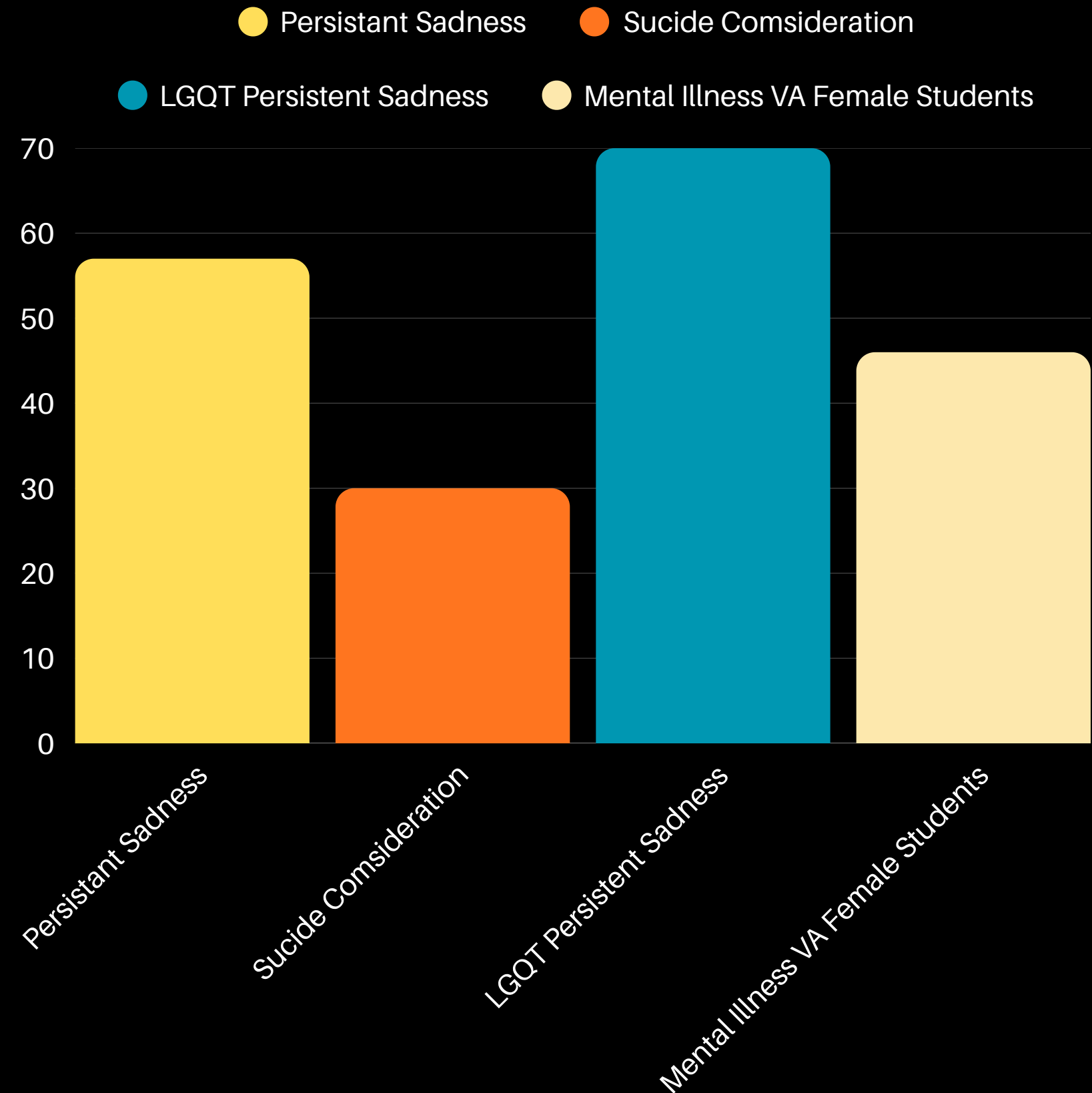
Concept & *Focus*



Target Audience

Data shows a critical need for support: teen girls experience high levels of depression, suicidal thoughts, violence, and identity-related stress. These indicators highlight why targeted programs for girls are essential

- High levels of depression, anxiety, and suicidal ideation
- School counselors in Fairfax, Loudoun, and PWCS report girls are the majority of self-harm referrals
- Crisis services (CR2) show heavy call volume for girls ages 12-17



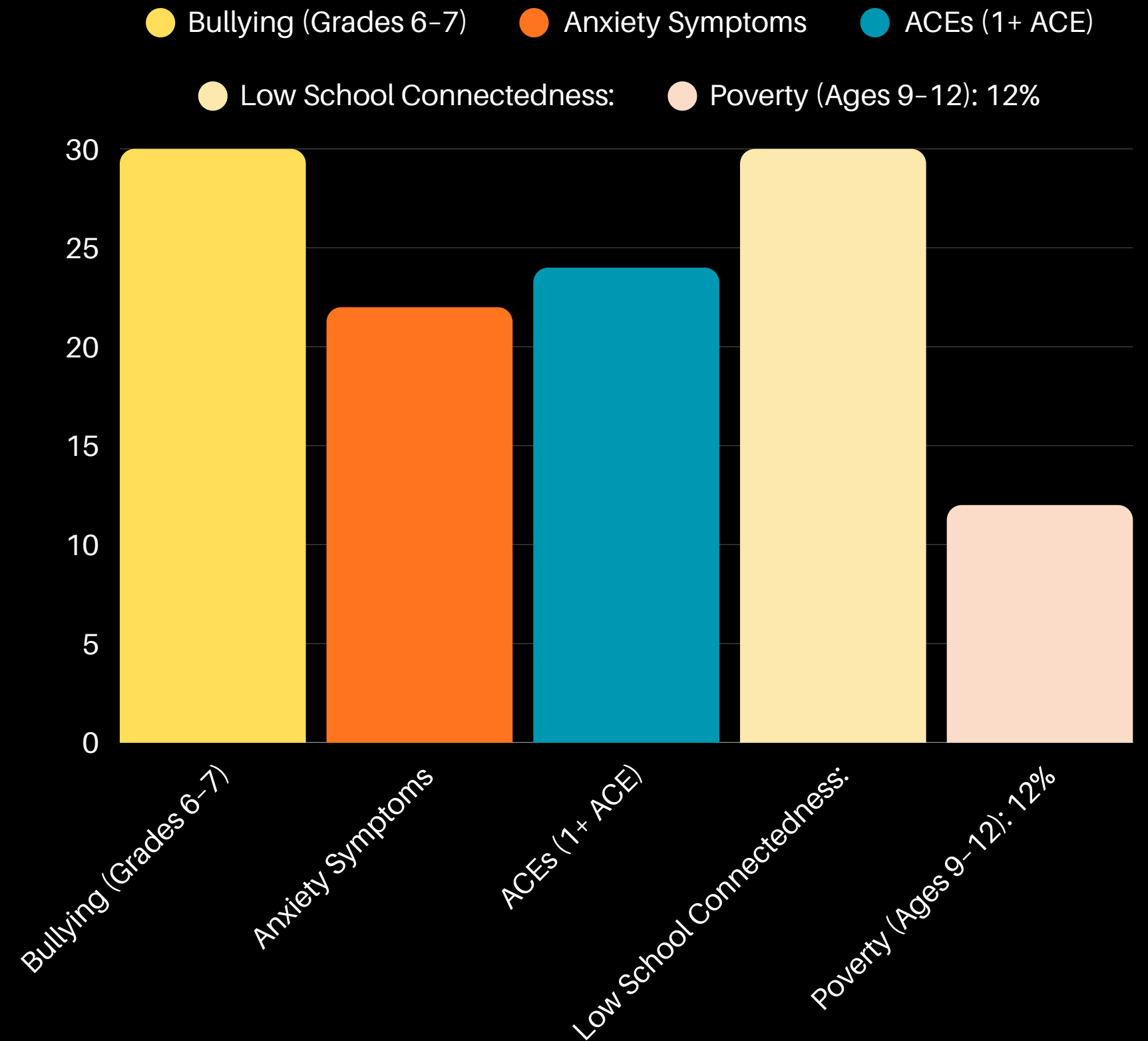
Girls Ages 9–12 — Early Risk Indicators

Stats

Categories + Values Used

- Bullying (Grades 6–7): 30%
- Anxiety Symptoms (Ages 10–12): 22%
- ACEs (1+ ACE): 24%
- Low School Connectedness: 30%
- Poverty (Ages 9–12): 12%

These are the most widely accepted regional indicators for younger girls, since national and state surveys don't measure mental-health or violence for ages 9–12 directly.



Girls Ages 9–12 — Adverse Childhood Experiences

Our program reduces ACE-related risks by giving girls consistent, emotionally safe, and supportive environments that counteract the instability and stress caused by adverse childhood experiences. Through structured mentorship, creative expression, and positive peer relationships, girls build resilience, confidence, and coping skills. The program provides protective factors that research shows can buffer the impact of ACEs — including trusted adults, emotional regulation tools, community belonging, and opportunities to succeed. By strengthening these supports early, we interrupt the long-term mental-health and behavioral risks associated with ACEs.

ACEs — Adverse Childhood Experiences — are stressful or traumatic events that happen before age 18 and have a major impact on a child’s mental, emotional, and physical health. They’re one of the strongest predictors of later mental-health struggles, risky behaviors, and long-term health issues.



Be Our Partner

The program is designed to function as a prevention and early-intervention support, complementing existing mental health, school-based, and youth service programs. About Face can be implemented in schools, community centers, counseling agencies, and youth-serving organizations, either as an after-school series or as a small-group intervention.



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