
Becoming A Rainbows Registered Director

*... an opportunity for YOU
to make a difference !!!*



The Need

Grief is a natural reaction to any significant loss. If left unresolved and unexpressed, there can be profound effects on all the individuals involved. Throughout the world today, record numbers of families are being fragmented by divorce, separation or the death of a loved one. Grief mechanisms of the past do not fit today's mobile and changing families.

The same complex emotions that adults experience when facing a significant loss are experienced by children and adolescents. Children, though, do not have the life experience nor the words to articulate the sea of emotions churning inside of them. Adolescents may appear fully functioning, but are, in reality, emotionally struggling, especially coupled with the complicated developmental changes of their age group. Adults have the cognitive ability to understand their grief, but grief feelings are of the heart and can have devastating effects despite their chronological age.

Research has proven that a death or divorce profoundly effects all family members, especially the children. Unresolved grief impacts academic achievement and behavior; increases the risk of depression and suicide. Drug and alcohol abuse, teen pregnancy and violence can be devastating consequences of this emotional pain.

Statistics*

- ◆ In the U.S., 49.8% of children live in non-traditional families
- ◆ The U.S. divorce rate is twice as high as other industrialized countries.
- ◆ Children rate the stress of a parental divorce second only to the death of a parent and many long for reconciliation for years after.
- ◆ Children of divorce comprise 50-75% of all mental health referrals.
- ◆ 40% of all current marriages are second or third marriages.
- ◆ More than 25% of today's children will live in a stepfamily situation.
- ◆ 1.2 million children will lose a parent to death before age 15.
- ◆ 75% of children/adolescents in chemical dependency hospitals are from single parent families.
- ◆ 1 out of 5 children have a learning, emotional or behavioral problem due to the family system changing.
- ◆ More than one half of all youths incarcerated for criminal acts lived in one parent families.
- ◆ 75% of teenage pregnancies are adolescents from single parent homes.
- ◆ 63% of suicides are individuals from single parent families.
- ◆ Gang recruitment is a powerful lure for the products of broken homes and single parent households...as gang members are likely to ...receive little guidance or attention from family members at home.

*Compiled by Rainbows.

The Response

Rainbows is a not-for-profit international organization that provides training and curricula for establishing peer support groups for children, adolescents and adults who are experiencing a painful family transition. Established in 1983, over 1 million youth have participated in over 8,000 Rainbows sites throughout 49 states and 17 countries, including Australia, Austria, Bahamas, Canada, England, Hong Kong, Ireland, Northern Ireland, Japan, Malaysia, New Zealand, Saipan, Singapore, Scotland, Switzerland and Wales.

The mission of Rainbows is to foster emotional healing among children grieving a loss from a life-altering crisis. Our goal is to promote emotional healing by providing children and adults a safe and effective environment for the expression and release of feelings associated with a significant loss.

The aim of Rainbows is:

- *to furnish participants an understanding of their new family unit;
- * to assist in building a stronger sense of self-esteem;
- * to direct them toward a healthy resolution of the changes that have taken place in their personal lives.

HOW?

Rainbows offers training and age-directed curricula to schools, faith communities, hospitals and social service agencies so that they may offer peer support groups for the bereaved. This process will take place through the channels of peer support with nurturing adults to guide them and a secure place to share themselves with acceptance by those involved. Simply stated, Rainbows trains volunteers to be loving, supportive listeners.

It should be clear that the qualities of compassion and empathy are essential requirements for those working with the groups. It is also necessary to be a good listener and possess the willingness to become a meaningful adult to those who are hurting. The skill development and the psychological history of the grief process are essential elements of the required training.

All the Rainbows curricula is designed to provide support and healing.

Rainbows offers five age-directed curricula:

- * **SunBeams**
(preschool age)
- * **Rainbows**
(elementary age - religious & secular)
- * **Spectrum**
(adolescent age - religious & secular)
- * **Kaleidoscope**
(college/adult)
- * **Prism**
(single & stepparent)

Bringing



To Your Community

A Rainbows Registered Director sponsored by a local faith community, school and/or agency trained by Rainbows National Headquarters MUST be available to implement Rainbows throughout a geographic area.

Rainbows overriding goal has been to reach out and help hurting individuals work through their grief aided by an easily implemented and effective curricula. There is no question that it would be easier and definitely more profitable to sell our curricula through the open marketplace. Years of experience has taught us that truly effective materials are only as good as the volunteer's skills and knowledge of Rainbows purpose, philosophy and means of implementation.

To this end, we have developed an organizational structure of training and implementation to help the Rainbows sites achieve optimal success using the curricula. The trainings and conferences serve as models of the experience the peer group participants will receive.

Establishing a Rainbows site involves a process of implementation. The following requirements for beginning a site are available **ONLY** through an authorized Rainbows Registered Director.

Establishing a RAINBOWS Site

- Information Meeting
- In-service presentation about grief & Rainbows
- Coordinator Training
- Facilitator Training
- Annual Site Status Report to Rainbows National Headquarters



Who?

There are many qualities necessary to become an effective Rainbows Registered Director. The following list summarizes the ideal candidate:

- Understands the need and has a sincere desire to offer assistance to those who are grieving
- Enjoys and trusts people
- An effective leader
- Good organizational skills
- Ability to communicate both one-on-one and in a large group setting
- Associated with or employed by a sponsoring agency which allows the necessary doors to be opened for marketing Rainbows into a community.
- Ability to give a three year time commitment of no less than 5-10 hours a week for:
 - * marketing Rainbows
 - * preparation of new sites for accreditation
- Ability to manage & support established *Rainbows* sites

Training

A potential candidate must attend a **Rainbows Registered Director Training** and meet the Rainbows organization's requirements to become authorized to train and support sites. These trainings are held during the summer months in the United States; other National Chapters also host trainings in their respective countries. The Registered Director candidate **MUST** attend the entire six day conference which will prepare him/her to fulfill their responsibilities and give them the necessary tools & materials.

Responsibilities

The Registered Director is the person responsible for the implementation and the ongoing growth of Rainbows in a particular geographic area. This person must have a **THOROUGH** understanding of the **PHILOSOPHY, PURPOSE** and **OBJECTIVES** of the Rainbows organization and curricula. S/he is the liason between their city/geographic region/country and Rainbows International Headquarters.

The Registered Director has a variety of obligations and commitments such as:

- Present community awareness workshops
- Market the Rainbows curricula to schools, churches, synagogues & agencies
- Maintain all Rainbows correspondence
- Organize and present all Rainbows trainings and in-services
- Establish a minimum of one new site annually
- Submit required documents annually
- Adhere to Rainbows Headquarter's written training formats, guidelines and policies
- Attend a *Rainbows* Enrichment Conference no less than every three years

Enrichment

The Rainbows Enrichment Conference is necessary for keeping the Registered Director's Certification active and current. This requirement is rooted in Rainbows strong commitment and responsibility to support and heal the bereaved. Any volunteer is most effective when they:

- * recognize the needs of the community they serve;
- * are given the skills to meet those needs;
- * are supported in their efforts.

Enrichment is the time that the Registered Director Procedure Manual is updated; the newest research and statistics are shared; and revisions and new curricula are distributed.

Your Opportunity

Being a Rainbows Registered Director is an opportunity to become involved in an organization that is impacting society worldwide. Your commitment will bring excitement, challenges, accomplishment, satisfaction and even humility. You will have the opportunity to advance the condition of society so our youth will know a better quality of life.



For further information, please contact:

Jennifer Harris – XI8
Director of Chapter Management
800-266-3206 (USA and Canada) or
847-952-1770
e-mail: jenniferh@rainbows.org

A Site Overview

(a not-for-profit corporation)

MISSION:

To provide curricula & training for establishing peer support groups for children, adolescents and adults who are grieving due to a death, divorce or painful family transition

OBJECTIVES:

- * to furnish participants with an understanding of their grief experience
- * to provide an opportunity for emotional healing
- * to assist in building a stronger sense of self-esteem
- * to teach appropriate coping mechanisms

IMPLEMENTATION:

SITE MODELS: schools, faith communities, social service agencies, hospitals and day care centers

PERSONNEL NEEDED:

May be a clinician or non-clinician with some leadership skills, an empathetic listener, able to keep a confidence.

- * 1 Site Coordinator - 55 hours per year
- * 4-6 Site Facilitators - 42 hours per year

TRAINING:

- * 3 hour Coordinator Training
- * 6 hour Facilitator Training

CURRICULA:

SunBeams (preschool) **Rainbows** (elementary) **Spectrum** (adolescent)
Kaleidoscope (adult) **Prism** (single/step parent)

FORMAT:

- * Weekly site support for facilitators led by coordinator
- * Twelve weekly meetings comprising of journal writing, activities, storybooks, discussion, sharing & reflection
- * Meeting times: 30 to 120 minutes, depending on the age level of participants - site chooses times to meet
- * Celebrate Me Days: Unique days providing closure to the weekly meetings.

COST: The initial start-up fee includes site presentation, coordinator & facilitators training, and all materials. Subsequently, the annual cost is for the participant's journals. There is no charge to the participants, except for the adult curricula.

Endorsements

*"Rainbows is **not** therapy, but therapeutic in its results."*

Jim Baltz, MSW
Minooka CCSD #201
Minooka, Illinois

"Loss of any kind usually brings sadness and grief. Inner city students...too often know first-hand about loss...drive-by shootins, murder...too many residential moves...loss of childhood due to parnet's abuse of drugs or alcohol...Rainbows has brought the sunshine of life to these young people...(by providing) a safe place for kids to be kids. They get an opportunity to talk about their fears, their sadness and their pain. The best part of all is the knowledge that someone really cares about each of the children as individuals."

Marva Harden, PhD
Coordinator, Counseling & Social Work Services
Atlanta Public Schools

"...through the Court System, we have referred many people to Rainbows. It has greatly assisted many families and individuals while offering a uniquely worthy and enriching time. Rainbows has been the catalyst for positive change and provided comfort and relief. I have been involved in the human relations business for over 27 years. Frankly, Rainbows is as fine a programme as I have encountered."

Larry Leischner
Community Alternative Measures
Prince George, BC, Canada

