APPENDIX A

ALONG THE WAY APPLICATION

A dog on a white background

Description automatically generatedA green and white object

Description automatically generatedA screenshot of a video game

Description automatically generatedALONG THE WAY APPLICATION

A screenshot of a login form

Description automatically generated

A screenshot of a cell phone

Description automatically generatedA screenshot of a login page

Description automatically generated

A screenshot of a phone

Description automatically generatedA screenshot of a video game

Description automatically generatedA screen shot of a text

Description automatically generated

A screenshot of a game

Description automatically generatedA screenshot of a phone

Description automatically generatedA screenshot of a pink screen

Description automatically generated

A screenshot of a phone

Description automatically generatedA screen shot of a phone

Description automatically generatedA screenshot of a video game

Description automatically generated

A screen shot of a cartoon

Description automatically generatedA blue screen with white dots

Description automatically generatedA screen shot of a constellation

Description automatically generated

A screen shot of a cell phone

Description automatically generatedA screenshot of a game

Description automatically generatedA screenshot of a game

Description automatically generated

A screenshot of a cell phone

Description automatically generatedA screenshot of a video game

Description automatically generatedA screenshot of a chat

Description automatically generated

A screenshot of a video game

Description automatically generatedA screenshot of a cell phone

Description automatically generatedA screenshot of a cell phone

Description automatically generated

A rainbow brush art on a white background

Description automatically generatedA screenshot of a cell phone screen

Description automatically generated

A screenshot of a cartoon dog bone

Description automatically generatedA screenshot of a cell phone

Description automatically generatedA screenshot of a game

Description automatically generated

A screenshot of a phone

Description automatically generatedA screenshot of a cartoon

Description automatically generated

A screenshot of a chat

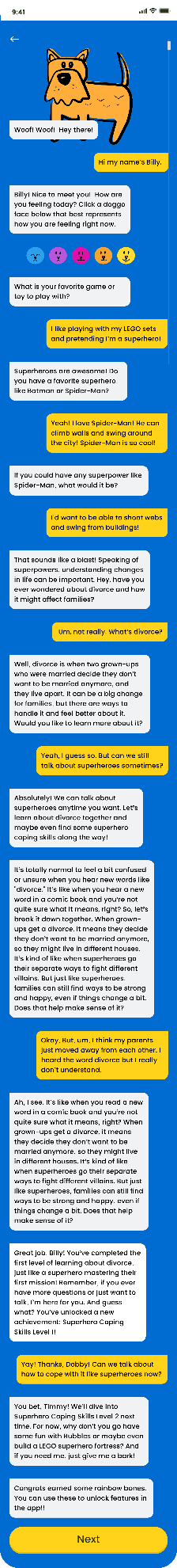
Description automatically generatedA screenshot of a game

Description automatically generatedA screen shot of a phone

Description automatically generatedA screenshot of a cell phone

Description automatically generatedA screenshot of a cell phone

Description automatically generated

A screenshot of a phone

Description automatically generated

A yellow dog with ears and nose

Description automatically generated

Along the Way Program Steps

1. Introduction: Build rapport and develop a safe space.

2. Goals & Objectives: Discuss steps, how-to’s, and what to expect.

3. Self-Awareness & Self-Management: Recognize and understand emotions for future temperature checks. Regulate emotions, set goals, and make responsible choices.

4. Expressive Arts: Use creative outlets like art therapy to help children express their emotions nonverbally. At certain checkpoints, unlock rewards, games, and activities.

5. Demystify & Destigmatize Separation Process: Educate about different family dynamic structures and dynamics, including single-parent households and blended families. Offer age-appropriate information about the legal aspects of divorce, custody arrangements, and visitation rights.

6. Encourage Healthy Relationships: Provide guidance on building healthy relationships with family members, peers, and authority figures. This includes setting boundaries, expressing empathy, and practicing active listening.

7. Communication & Conflict Resolution Skills: Teach children constructive ways to resolve conflicts and communicate their needs effectively with both parents.

8. Coping Strategies: Teach coping strategies such as mindfulness techniques, deep breathing exercises, sketching, or journaling to help children manage stress and difficult emotions.

9. Shape Healthier Perspectives: Foster a positive self-image, outlook on the future, flexibility, adaptability, understanding of change, and empowerment with gratitude.

10. Celebrate Strengths: Encourage children to identify their strengths and positive qualities and celebrate their resilience in coping with challenging circumstances.

11. Normalize Help-Seeking Behavior: Emphasize the importance of seeking help from trusted adults, counselors, or mental health professionals when needed.

12. Final Step - Continued Support: Recognize that the effects of divorce can be long-lasting and offer ongoing support and resources for children as they navigate their emotions and adjust to changes in their family dynamic. Foster social awareness, empathy, understanding of others’ perspectives, appreciation of diversity, and building identity and responsibility in the community.