



Overcoming Her Anger at the World

It was just a stupid fight at school but it cost her a five day suspension. A high school senior, Jessie found her way to the Chapel Hill-Carrboro YMCA and into a mediation program with the other student.



There they worked out their anger and their differences.

Jessie realized her anger was a big obstacle in life and she needed help with coping strategies to deal with frustrations she faced. She joined the Y's Boomerang program. Boomerang collaborated with the Dispute Settlement Center to provide Jessie with weekly conflict resolution group meetings which taught her new coping skills. In addition, the Boomerang program provided her with academic tutoring, physical and group activities, self-assessment and reflection, substance abuse assessment and psycho-educational group meetings.

When Jessie returned to school she had a stronger relationship with her school social worker, she completed her homework and she worked on her newly set goals of getting her driver's license and a job. Now that she has her license and job she has set her sights on making sure she gets her high school diploma.

Jessie wants to become a veterinarian and she is working at a local animal shelter, starting from the ground up. In addition, she keeps busy fulfilling her Boomerang service hours' requirement by volunteering at a Triangle museum. Keeping busy also helps her keep her temper under control.

Thanks to United Way funding from you, these programs are possible for Jessie and the many other frustrated teens that solve conflicts with fighting. Together, with your help, we can help Jessie and others develop coping skills that will serve them well throughout the rest of their lives.