



Rise Together

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**.

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.

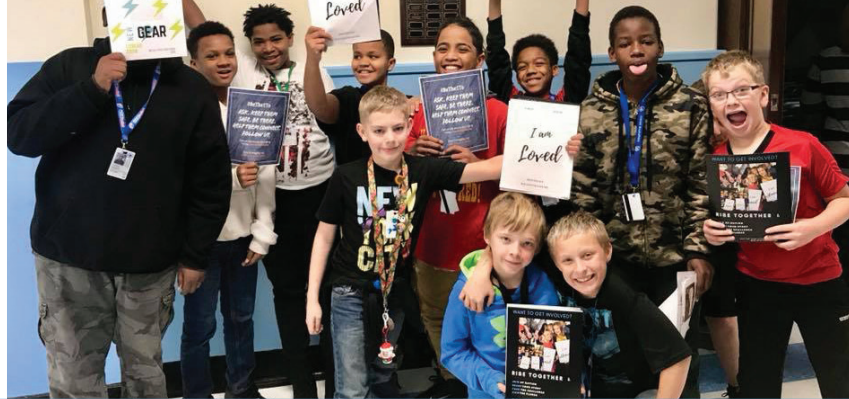
76%

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**.

SUICIDE is one of the **LEADING CAUSES OF DEATH** amongst teens.



YOUR VOICE MATTERS

COMMUNITIES need a better way to address the challenging issues facing today's youth. It's a simple fact that, due to **LACK OF RESOURCES**, schools cannot provide enough effective approaches to engage youth and their families who are at risk. This results in kids falling through the cracks.

Rise Together is a group **UNITED** by our **PASSION** for **MAKING A DIFFERENCE**. We vow to help **CREATE CHANGE** by **EDUCATING, ENGAGING,** and **EMPOWERING** youth.



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ANTHONY
PRESIDENT &
CO-FOUNDER

RISE TOGETHER FOUNDERS

ANTHONY ALVARADO is an entrepreneur and the President and Co-Founder of Rise Together, a grassroots organization that is empowering 1,000's of youth to stand up and speak out on the issues they care about. By 33, Anthony has already been identified by Forbes as a movement builder and featured for his work to inspire hope. Whether he is on stage, in a classroom, on his podcast, or online, he looks to start one of the most significant cultural movements of his time; driving millions to find their meaning and purpose.

ANTHONYALVARADO.COM



NADINE
CHIEF OF
OPERATIONS

NADINE MACHKOVECH is a certified recovery coach and person in long-term recovery. As an educator on addiction and mental health, she looks to positively disrupt the current landscape for adolescents, especially young women, across the country. Machkovech has dedicated her life to serving others and reconnecting them to their greater purpose in life. Through her unique style of storytelling, she leaves the audience feeling inspired and motivated; reminding them that they have the choice to utilize their power to change their world and the world around them.

NADINEMACHKOVECH.COM



DOUGLAS
CO-FOUNDER

DOUGLAS DARBY is a person in long-term recovery that is committed to setting a spark in people that will help change the world in which we live. Douglas, Co-Founder and distinguished motivational speaker at Rise Together, has educated more than 120,000 people across the nation. Douglas speaks out with passion and heart. He powerfully inspires others with his story of redemption; motivating young people everywhere to be there for others.

FEATURED BY:



Forbes



PBS

HUFFPOST

WHO IS RISE TOGETHER?

Rise Together has ignited a youth-led movement that is helping to **SAVE LIVES**. Our solution is to provide communities with **HIGH-QUALITY** educational content, programs, workshops, and training that help build strong advocates and leaders.

Today, our cause is led by a team of dedicated professionals, all of whom have diverse backgrounds, educations, and skill sets. Alongside a national advisory board, Rise Together is working closely with communities to:

- **IDENTIFY** youth issues through a unique student research approach
- **PROVIDE** resources, mentoring, and support.
- **INSPIRE** youth to ask for help for the very first time
- **MOTIVATE** others to take action and live a "cool healthier lifestyle"

Together, we have a vision to create a community where youth can be loved, heard, and inspired to live in hope. **THE FUTURE IS YOUTH.**

“

Rise Together is creating a youth-led movement through the power of hope.

— Forbes Magazine

”



YOUTH SPEAKING PROGRAM

IGNITE & ENGAGE SEMINARS

PEER BENEFITS

Peer-delivered service programs are beneficial because youth find the presenters **RELATABLE**.

Our research shows that nearly 100% of students feel that Rise Together's peer-delivered presentation left a long-lasting **POSITIVE IMPACT** on them.

Furthermore, 61% stated they are now more likely to get involved in the community, and 82% are more likely to follow their dreams and goals.

Peer-based approaches can also be very **EMPOWERING** and provide learning opportunities through positive role modeling and idolization.

Since September 2013, Rise Together has partnered with more than **150 SCHOOLS** and **EDUCATED 130,000+ YOUNG PEOPLE** by encouraging them to **STAND UP** and **SPEAK OUT** on issues that they care about most – **BREAKING THE SILENCE** around suicide, bullying, mental illness, drugs and alcohol.

YOUTH SPEAKING PROGRAM

Our youth speaking program is based on the "Three E's":

- Our program is designed to **EDUCATE** students on substance abuse, addiction, mental health, coping, and life skills.
- Our interactive youth speaking program **ENGAGES** middle school, high school, and college students through storytelling.
- Our stories have power. By speaking out about our own experiences and struggles, we **EMPOWER** young people to drive towards purpose and create a healthier future.

After seeing a Rise Together presentation, **80%** of surveyed students indicated that they are now **LESS LIKELY TO USE DRUGS AND ALCOHOL**.

“

I thought that all of your stories were so inspirational. I like how you weren't just saying “drugs are bad, don't do them.” You told your story and how you were able to change your lives.

— High School Student



I've been to a lot of assemblies in my teaching career. This one was, perhaps, the most powerful.

— Teacher

”



“

The Rise Together program was very inspiring. I like how they shared some of their own stories that happened in their life. It made me feel good about my struggles and know that I am not alone.

”

— Middle School Student



DISCOVERY CORPS PROGRAM

YOUTH LIFE NAVIGATION



DISCOVERY CORPS is the result of years of student surveys, community feedback, and recognition of the potential to train youth as “advocacy leaders, peer coaches, and educators” in their schools and communities. We believe that this program is the answer to much of what is causing discourse and disconnection in our youth today.

The Discovery Corps program will be based on 3 primary focus areas:

- **ADVOCACY LEADERSHIP**
- **PEER COACHING**
- **COMMUNITY EDUCATION**

Each of these areas have been identified by both youth and staff as vital to **CHANGING THE CULTURE** in our school systems. Providing youth leaders with training and support in these areas will give them the ability to support and connect with classmates as peers; which helps eliminate power differentials and in-turn helps them with their own **PATHWAY OF RECOVERY**.

This program will **WORK WITH STUDENTS** who identify as having had experience with bullying, mental illness, drugs and alcohol or have been impacted by a family member or friend. Once trained, youth will meet with the designated school faculty for **ONGOING SUPPORT** and **GUIDANCE**.

For more information contact
RISE TOGETHER@
WEALLRISE TOGETHER.COM



CRAVE 21 PROGRAM

STUDENT-LED ACTIVITY

TAKE THE CHALLENGE

1. CHOOSE A CRAVING TO GIVE UP FOR 21 DAYS
2. NOMINATE YOUR FRIENDS TO JOIN OR DONATE
3. FIGHT THE CRAVE AND RAISE SUPPORT!



Crave 21 **CHALLENGES** students to give up their biggest craving for 21 days. Popular "cravings" that students often struggle with are things like soda, TV, video games, and social media. The goal of the program is to **TEACH** students about the power of addiction.

It **ENCOURAGES** them to wait until they are 21 before they consider alcohol and to never experiment with tobacco, marijuana, and other illicit drugs.

The Crave 21 challenge gives students the opportunity to **SHARE** their **EXPERIENCES** with friends. Students learn about the dangers of addiction and how the power of habits can help them live healthier lives.

HOW DOES IT WORK?

Students join the challenge by registering online at [CRAVE21.ORG](https://www.crave21.org). The challenge is hosted via the **COACH.ME APP**, which can be downloaded for free on their phone or computer. The student decides what "craving" they are giving up and can check-in daily via the app to update their progress and share their experiences. Each check-in reveals a new learning objective for that day focused on a variety of concepts such as addiction, cravings, habits and healthy living. Students are encouraged to share their progress via social media as well.

CRAVE 21 HAS PARTNERED WITH RISE TOGETHER to distribute the Crave 21 Challenge program throughout Wisconsin. Please contact RISETOGETHER@WEALLRISETOGETHER.COM for more information on pricing, and how to bring the challenge to your school.

WHAT'S YOUR REPLACEMENT CRAVE?



SAME REWARD... DIFFERENT ROUTINE

“

I found out what my triggers are. Interestingly enough, some were very surprising to me, not the typical trigger I would have imagined. I will continue to learn about addiction.

— High School Student

”

STUDENTS LEARN:

- ✓ To identify and understand the impact of healthy and unhealthy cravings
- ✓ The science of cravings, dopamine, and triggers
- ✓ The science of addiction, how it relates to cravings, and the dangers of alcohol, tobacco, and drug use
- ✓ How to handle cravings, temptations, and peer pressure
- ✓ The importance of moderation
- ✓ Ways to improve their lifestyle, health, and academic performance

PROGRAM BENEFITS:

- ✓ Satisfies several common core standard requirements within Health and Alcohol/Drug units
- ✓ Utilizes evidence-based methodologies for effective learning
- ✓ Uses minimal class time and easily complements existing curriculum
- ✓ High student and parental engagement
- ✓ Directly impacts students health and academic performance

“

The night of the presentation, I had planned to commit suicide. After the presentation, I no longer wanted or felt the need to. Listening to other people's stories and their recovery made a huge impact on me. Since other people can make it through, I know I can too.

”

— High School Student

ADDITIONAL TRAINING

BE THE CHANGE STUDENT WORKSHOP

Be the Change Student workshop empowers young people to step up as resilient leaders by teaching students how to support their peers and raise awareness in their community.

POWER OF LANGUAGE MESSAGING TRAINING

Power of Language Messaging Training is designed to teach young people how to share their story and create social change.

WHAT WILL PRESENTATION DAY LOOK LIKE?

- 90-Minute youth educational seminar
- 60-Minute "Crave 21" workshop over lunch hour
- 90-Minute youth educational seminar
- 45-Minute "Be The Change" Workshop (*optional*)
- 15-Minute debrief with teachers and staff
- *Additional Offer:* 60-Minute Public Parent Presentation

SUPPORT, RESOURCES & CONTACTS

Rise Together

Website: WEALLRISETOGETHER.ORG

Podcast: [Rise & Grind](#)

Vlog: [Sunlit Warrior](#)

National Suicide Prevention Lifeline

Available 24/7

call [800-273-TALK \(8255\)](tel:800-273-TALK)

Crisis Text Line

Available 24/7

text [Home](tel:Home) to [41741](tel:41741)

JOIN THE
MOVEMENT



RISE TOGETHER

WANT TO GET INVOLVED?

JOIN

RISE TOGETHER NATION

SHARE

YOUR STORY

GET

RISE TOGETHER SWAG

TAKE

THE CRAVE 21 CHALLENGE

SIGN

THE WAIT 21 PLEDGE



“

Your presentation gave me positive and motivating phrases and ideas to repeat in my classroom. It reminds my students how to work together and share a concern for one another, so all can rise above the negativity, disrespect, selfishness, and apathy that is present in our school.

— Teacher



Rise Together honestly saved my life. I had been going through some hard times including my parents fighting, losing my two best friends, and losing a close family member. After a lot of blowouts and lies between my ex-best friend and me, I attempted suicide. Two months later I saw the Rise Together presentation at my middle school, and it honestly gave me the hope I needed.

— Middle School Student

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THE FUTURE IS YOUTH



WEALLRISETOGETHER.ORG