



REDgen

RESILIENCE **EDUCATION** FOR A NEW **GENERATION**

REDgen School Chapter **Advisor Manual**

2026-2027

Welcome to REDgen

We are excited to partner with you on this journey to develop and support a REDgen Chapter at your school.

What is REDgen?

At REDgen, our focus is on building resilience, improving youth mental well-being, and preventing crisis.

What does REDgen stand for?

Resilience **ED**ucation for the next **gen**eration.

Why focus on Resilience?

Research shows impactful prevention starts by building resilience.



REDgen's mission

Build youth resilience skills through peer-to-peer mental health education.

REDgen's vision

A world where every young person nurtures their mental and emotional wellness.

Our logo was designed to be red, highlighting a need to draw attention, like a stop sign or code red in a hospital. The origami bird illustrates patience, problem-solving skills, and transformation from a blank piece of paper into something beautiful and full of hope.

Key Words Defined

REDgen Advisor - your School Chapter adult leaders.

Peer Leaders - the students in your REDgen Chapter.

Resilience - experiencing adversity and growing through it, becoming stronger than before.

Authenticity anchors us; without fear of judgment, we stand more confident and grounded. Our relationships and **Connections** to others help support us when we are stressed.

Integration allows us to balance our emotions with logic, helping us calm our stress. Emotions are part of being human. When we learn to process our emotions, we become more resilient and experience greater **Well-being**.

REDgen's Background

REDgen began in the summer of 2013 after several suicides in the Northern Suburbs of Milwaukee, Wisconsin. We grew out of crisis, and our initial efforts focused on supporting youth, families, schools, and the community through these devastating losses just weeks after these tragedies.

To begin, we hosted a retreat called Brain Matters for diverse youth from Milwaukee and the Northern Suburbs. Here, we learned that our youth faced multiple stressors in their lives. Whether attending school in the city or the suburbs, students reported that school, relationships, and family were sources of stress that affected their health and well-being.

We consulted national resilience expert, Dr. Ken Ginsburg, furthering our research and knowledge. Dr. Ginsburg taught us the components of building resilience. Moving from crisis to prevention, we soon learned that prevention had to start with resilience.

Resilience in this context is the ability to problem-solve and overcome obstacles – the ability to recover from setbacks and rise above difficulties. Learning skills to strengthen resilience helps individuals move from a place of vulnerability to a place of thriving. Through reflection, authenticity, and connection, the goal is to equip our youth with tools to support their emotional regulation, mental health, and well-being, reduce stigma, and ultimately prevent crisis and suicide.

In 2022, we partnered with Boston College, and our Roots of Resilience Curriculum was deemed both evidence-based and evidence-informed, providing students with safety and support while also giving Peer Leaders and Advisors the flexibility to focus on topics that are particularly timely in their schools.

Our research and learning never stop. We continue to invite national experts to our community to help parents, teachers, and community members create a web of support for our youth. REDgen believes we are all partners in raising our youth's resiliency and supporting their mental well-being.



REDgen's Roots of Resilience Curriculum

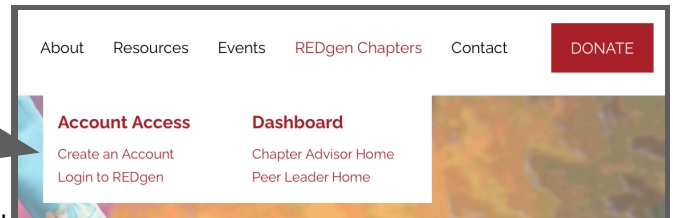
The REDgen Roots of Resilience curriculum is accessed through REDgen's website: **REDgen.org**. The site has public information, as well as a locked area for REDgen Chapter Members.

Setting up your Chapter's REDgen Account

From the HOME page of the website, Click on "REDgen Chapters."

Under "Account Access," you have the option to "Create an Account" or "Login to REDgen."

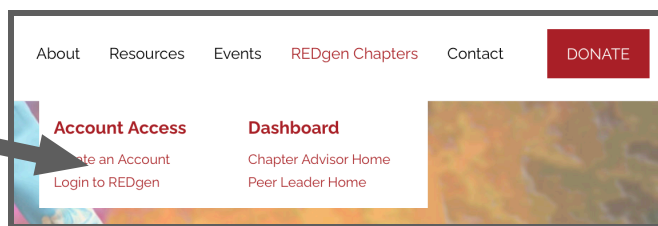
The first time on the site, click on "Create an Account." Select "Chapter Advisor" from the drop-down box.



NOTE: Please allow up to 48 hours for the email confirmation.

A screenshot of the 'Sign Up for a REDgen Account' form. At the top, there is a green success message: 'Success!'. Below this, there are input fields for 'First name', 'Last name', 'Email address', and 'Username'. A dropdown menu is labeled 'Are you an advisor or student member? (Please select)'. The dropdown menu is open, showing two options: 'Peer Leader' (selected with a blue bar) and 'Chapter Advisor'. At the bottom right of the form is a red 'SIGN UP NOW' button. An orange arrow points from the text 'Select "Chapter Advisor" from the drop-down box.' to the 'Chapter Advisor' option in the dropdown menu.

Once your Account has been created, you have login access through the website.



Advisor Access

Once the account is set up, Advisors can access the "Chapter Advisor Home" Dashboard under "REDgen Chapters." Advisors can also view the "Peer Leader Home" Dashboard to see what their Peer Leaders have access to.

Each Peer Leader Will Also Need to Create an Account

The Process is similar to an Advisor creating an account. In the example above, demonstrated by the orange arrow, the Peer Leaders would select "Peer Leader" instead of "Chapter Advisor." Similarly, the Peer Leader should allow up to 48 hours for their email confirmation.



Helpful Hint:

Encourage the Advisors and Peer Leaders to sign in using their school emails and passwords. They won't forget them as easily!

REDgen's Roots of Resilience Program - an Overview

SELECT YOUR MODULE

Program Schedule

FOUNDATIONS		PATHWAYS TO THRIVING	
Roots of Resilience and Emotional Well-being VIEW MODULE	Mental Health and Unpacking Shame VIEW MODULE	Removing the Mask and Allowing Joy VIEW MODULE	Finding Purpose and Engaging Curiosity VIEW MODULE

TOOLS TO CULTIVATE

The Stress Game and Exploring Fear VIEW MODULE	Physical Health and Breaking Down Disgust VIEW MODULE	Relationships and Diffusing Anger VIEW MODULE	The ReFrame and Preparing for Surprise VIEW MODULE	Community and Experiencing Sadness VIEW MODULE
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(Graphic above is from the Peer Leader Home page on the website)

Breaking Down the Roots of Resilience Curriculum over a year

REDgen's Roots of Resilience Curriculum is both evidence-based and evidence-informed. It is accessible on the REDgen Website through the Advisor and the Peer Leader accounts. The curriculum is not accessible without becoming a REDgen School and setting up the Advisor and Peer Leader Accounts.

Our evidence-based designation is based on the fact that every REDgen Chapter completes a core set of modules: those in the **Foundations** and **Pathways to Thriving** Sections. Each chapter can then choose the modules from the **Tools to Cultivate** section that they are most interested in, and that would best support the issues at their school that year. This flexibility and the acknowledgment that not all schools need to focus on the same topics make the curriculum evidence-informed and especially relevant to each school's culture and circumstances.

General Structure of Topics for the Year

Each REDgen Chapter may work through the modules at a pace that works best for them. Some chapters meet weekly for an hour, others meet less often, or for a shorter amount of time. No matter how often you meet, each school year the goal is to complete **REDgen 101**, the **Foundations modules** (Roots of Resilience and Mental Health), the **Pathways to Thriving modules** (Removing the Mask and Finding Purpose), and have your students attend the **QPR (Question, Persuade, Refer) Suicide Prevention Training**. Adding as many of the Tools to Cultivate modules (The Stress Game, Physical Health, Relationships, The ReFrame, Community) is a bonus, tailoring the topics to your needs.

REDgen's Roots of Resilience Program - Meeting Structure

The meeting structure establishes the rhythm of the Chapter meetings.

Week One: "Dig In"

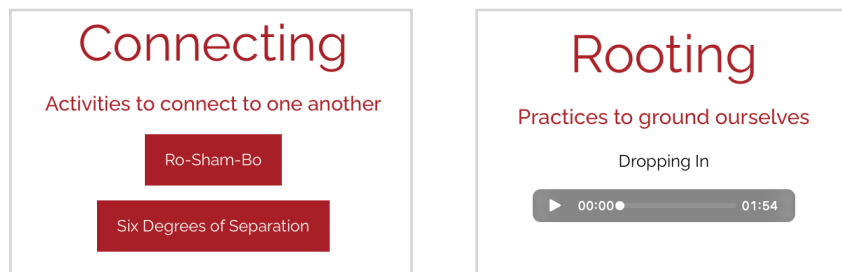
The "Dig In" week focuses on educating and equipping your REDgen Peer Leaders on the current topic. Begin the meeting with a Connecting or Rooting activity. Then, watch the themed video and engage in the reflection questions.

Week Two: "Cultivate"

During "Cultivate" week, Peer Leaders cultivate their own well-being. They learn and practice skills to support their own well-being, as they prepare to share and model those skills within their school community. This meeting begins with a Connecting or Rooting activity. Peer Leaders may combine their knowledge from the "Dig In" week with their responses to the provided guiding questions to discuss and share perspectives on the school's beliefs, attitudes, and understandings of the current topic. From this discussion and the provided resources, students begin developing messaging and activities for the following weeks.

Week Three and Four: "Branch Out"

"Branch Out" weeks are set aside for the students to creatively share what they learned about the monthly topics with the school community. You will begin each meeting with either a Connecting or Rooting activity, and then students will create experiential activities and messaging.



Examples of the Connecting & Rooting Activities found in the online curriculum under each module.



Helpful Hint:

This is the suggested rhythm of a typical month of meetings, based on Chapters that meet weekly. We recognize Chapters may need to adjust their meeting times based on their specific school schedules.

REDgen's Roots of Resilience Program - **Getting Started**

After you create your account and log in, you are ready to get started! There is even a section called "Getting Started," found on the REDgen Website under "REDgen Chapters," and "Chapter Advisor Home." Use the helpful "Getting Started Checklist" and links to work through the process.

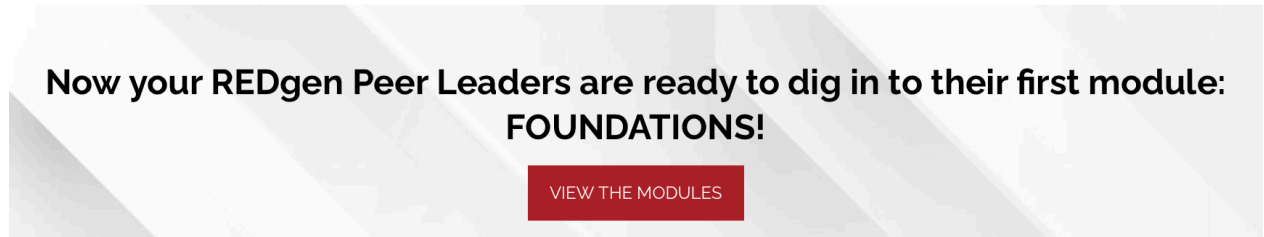


The screenshot shows the REDgen website's 'Getting Started' page for Chapter Advisors. At the top, there is a navigation bar with the REDgen logo on the left and links for 'Advisor Home', 'Getting Started' (highlighted with a grey arrow), 'Modules', 'Resources', 'Recruitment', and 'Contact'. Below the navigation bar is a large banner with the text 'Welcome REDgen Chapter Advisors!' and a subtext: 'Whether you are new to REDgen or are preparing for a new school year, you are in the right place. Below is a series of helpful tips to get started with your chapter and prepare to begin your first module.' Below the banner is a red section titled 'Getting Started Checklist' with the subtitle 'TIPS TO PREPARE FOR A NEW SCHOOL YEAR'.

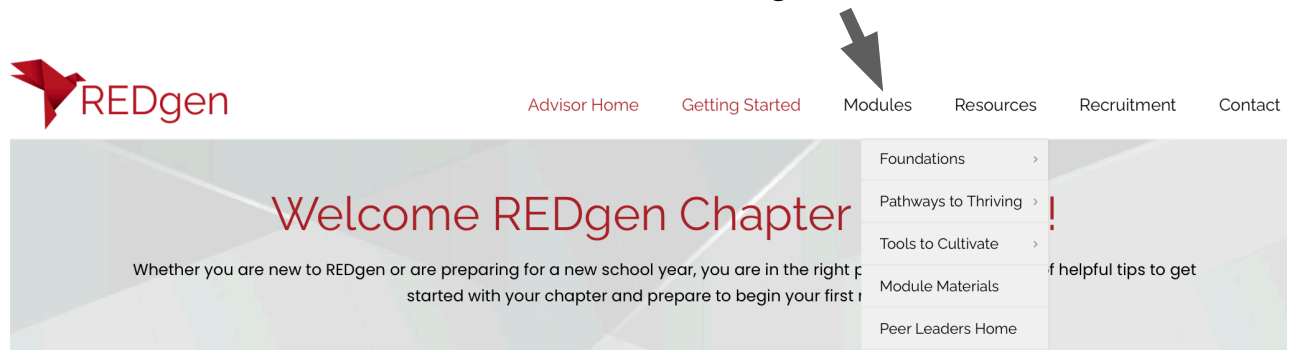
-  All REDgen Peer Leaders' parent/guardian must complete the REDgen Permission to Participate form and return to their chapter advisor.
[PARTICIPATION RELEASE FORM](#)
-  Peer Leaders Complete Permission to Participate in Boston College Research Study
[BOSTON COLLEGE CONSENT FORM](#)
-  Peer Leaders Complete Pre-Training Evaluation Survey from Boston College
[PRE-TRAINING EVALUATION SURVEY](#)
-  Schedule your in-person REDgen Youth QPR Training
[QPR TRAINING FORM](#)
-  All Peer Leaders Complete REDgen 101
[REDGEN PEER LEADER 101](#)
-  Order REDgen Swag
[ORDER ONLINE NOW!](#)
-  Complete Exit Survey
[VIEW REQUIRED FORMS](#) [VIEW EXIT SURVEY](#)

After completing the Getting Started Checklist, it's time to move to **Modules**

At the end of the Getting Started Checklist, you'll see the message below, with a link to view the modules.



You can also view the modules on the website navigation menu.



Roots of Resilience Program Schedule - from the "Chapter Adviser" site.

Foundations

Roots of Resilience and Emotional Well-being	Mental Health and Unpacking Shame
VIEW MODULE	VIEW MODULE

Must complete the Modules with the green arrows (4).

This makes our curriculum evidence-based.

Pathways to Thriving

Removing the Mask and Allowing Joy	Finding Purpose and Engaging Curiosity
VIEW MODULE	VIEW MODULE

May complete any of the Module(s) with the blue arrows (5).

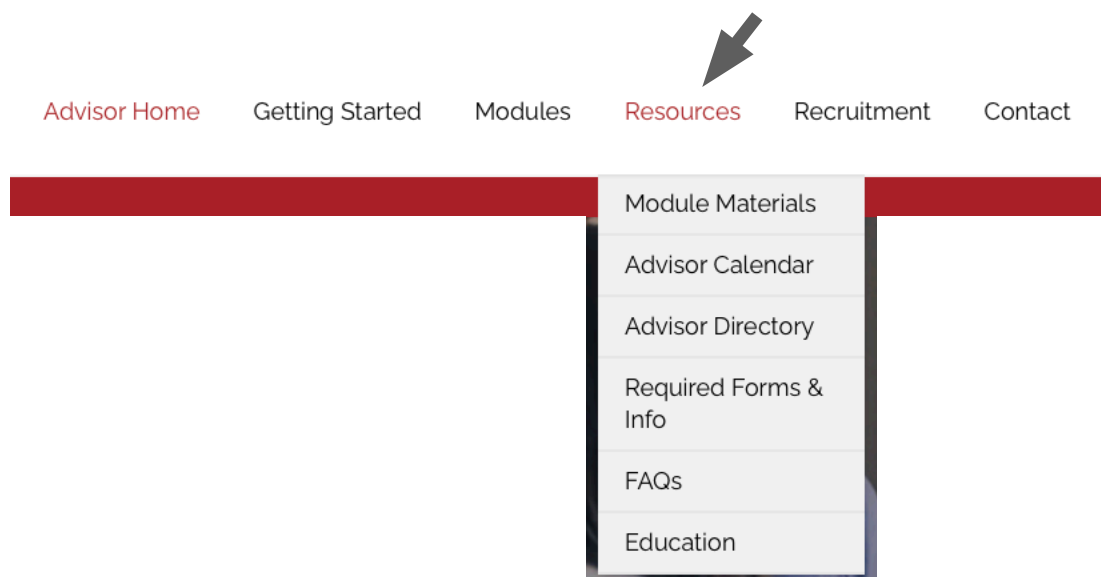
This makes our curriculum evidence-informed.

Tools to Cultivate

The Stress Game and Exploring Fear	Physical Health and Breaking Down Disgust	Relationships and Diffusing Anger	The ReFrame and Preparing for Surprise	Community and Experiencing Sadness
VIEW MODULE	VIEW MODULE	VIEW MODULE	VIEW MODULE	VIEW MODULE

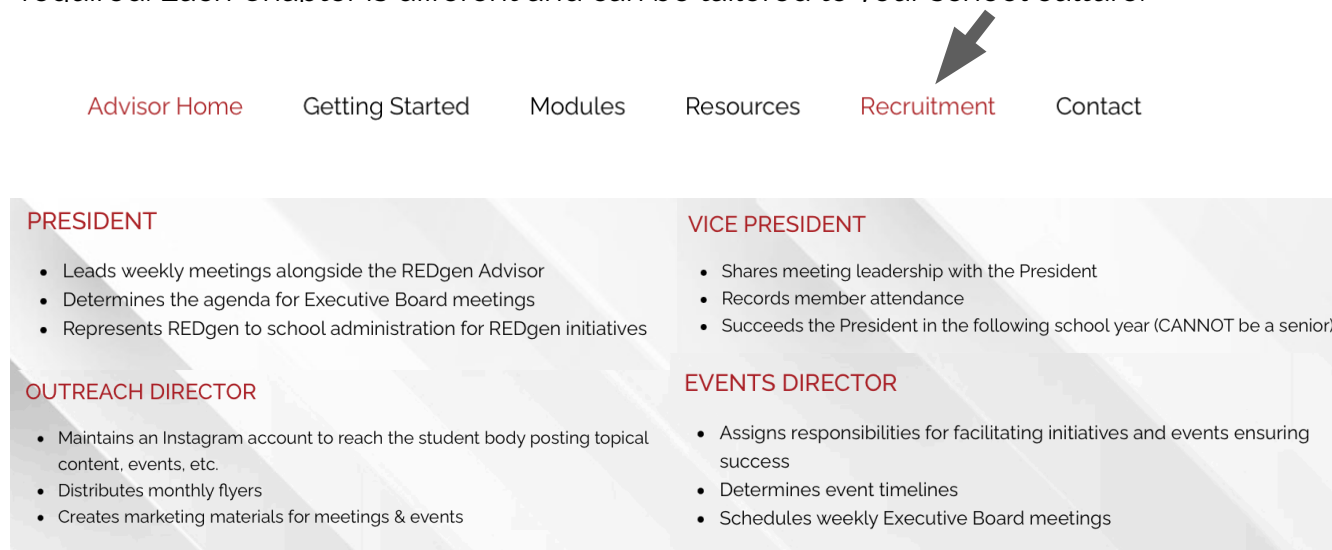
REDgen's Resources

Under the "Resources" heading on the navigation menu, you will find the Module Materials (ready-to-use materials to support each REDgen curriculum module), the Advisor Calendar, Directory, Required forms, FAQs, and additional Education resources on a variety of topics.



REDgen - Recruitment Options

The next heading on the navigation menu is "Recruitment." It provides different strategies you can use to recruit students for your school's REDgen Chapter. You may decide to create an Executive Board of Peer Leaders, but it is not required. Each Chapter is different and can be tailored to your school culture.



Connecting With the Community at Large

Bringing awareness to your REDgen Chapter will help increase your impact within your school community, allow you to connect with other REDgen School Chapters around the state and the Chicago area, and help normalize the discussion around mental health in the community at large.

Instagram

Each REDgen Chapter is highly encouraged to maintain an Instagram account to expand club outreach & participation in the school community, promoting events, and sharing information relevant to the monthly topics. You will find Instagram-ready, topic-based content each month on the website. You are able to pull the content from the site and post it on your REDgen School Chapter account. If students have an Instagram account, they can follow the official REDgen account at **redgen_resilience** and the other REDgen School Chapters.

REDgen Swag

REDgen SWAG is for all REDgen Peer Leaders and Advisors. We place a bulk order at the beginning of the school year, so your Chapter's order must be submitted by the deadline. Sizes should be collected and submitted using the REDgen Swag Store link on the Advisor Access page following the REDgen 101 training. REDgen SWAG will be shipped directly to your school.

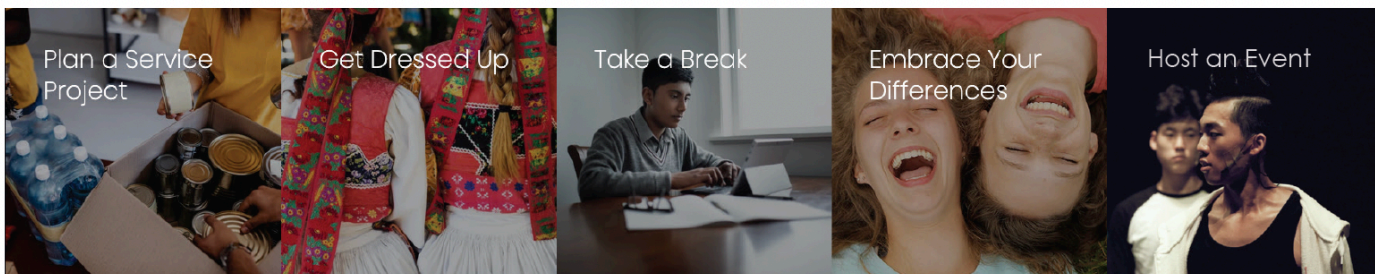


REDgen Resilience Week

REDgen Resilience Week allows each Chapter to broaden its horizons and spotlight its message of Resilience throughout its school community.

Pick a week that works for your school, get administrative approval, and begin planning.

This section will help guide your planning with suggested activities. Resilience Week also provides opportunities to collaborate with other student-run organizations within your school.



REDgen's Roots of Resilience - The Year at a Glance

REDgen has several events throughout the year to keep in mind as you plan your Chapter meetings and events:

- **Monthly Advisor Check-ins via Zoom** - throughout the year
- **QPR Suicide Prevention Training** - in the fall (at your school)
- **REDgen Rally** - in the fall (often November)
- **Art of Resilience**, student art show - in the spring

Contact Us - We're here to support YOU and your Peer Leaders

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