

## WHAT IS THE RISE PROGRAM

The RISE (resilience, independence, support, engagement) program will provide mental health skill based services to give at-risk youth in Winona an opportunity to learn, grow, socialize and participate in opportunities to enrich their lives and discourage them from unhealthy and unlawful activities. The program will also provide parents/caregivers the opportunity to learn skills to provide a safe, supportive and connected relationship with the youth in their care.



## RISE Program

601 Franklin Street  
Winona, MN 55987  
(507) 453- 9563

Visit us online at [fcconline.org](http://fcconline.org)  
Learn more about  
Family & Children's Center:



## HOURS

Monday through Friday  
2:30 to 6:30 p.m.

## DO YOU WANT TO KNOW MORE?

Contact Craig Putz,  
Program Coordinator at  
[cputz@fccnetwork.org](mailto:cputz@fccnetwork.org) or  
(507) 453-9563 ext. 3137

**BETTER TOMORROWS  
START WITH US.**

# RISE Program



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Children's  
Center**

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Monday through Friday  
2:30 to 6:30 p.m.

## GOALS

1. Increase school attendance and performance
2. Decrease illegal activities by at risk youth
3. Increase caregiver/child relationship of at risk youth

## PROGRAMMING IDEAS

- Independent living skills
- Parent coaching
- Tutoring
- Group skills training
- Community involvement
- And more



## ELIGIBILITY CRITERIA

1. Youth identified as at risk or currently at truancy level attendance
2. Youth identified as being at risk of engaging in illegal activities
3. Caregivers identified as needing additional support to care for at risk youth.

## REFERRALS

1. Referrals can come from such entities as the Winona Area Public School, Winona County Health and Human Services, Winona County Probation and Parole, Winona County Court Services, Winona Health, Gundersen Health Systems and any other community entity of related interest.
2. Contact Craig Putz Program Coordinator at  
cputz@fccnetwork.org or  
(507) 453-9563 ext. 3137

The RISE Program is funded by the Community Crime Intervention and Prevention Grant from the Office of Justice Programs.

## WHY RISE?

- As of the 2022-23 school year, over a quarter of U.S. students in kindergarten through 12th-grade missed a month or more of the school year.
- Mental health conditions are common reasons for absences. Young people who experience bullying or an unwelcoming school climate are more likely to miss school.

*(Above information from healthychildrens.org)*

- Children who fail to attend school are more likely to become involved in other negative and illegal activities that severely limit later opportunities in life.

*(Above information from sternscountymn.gov)*

The RISE program provides a supportive framework for youth facing mental health challenges, offering tailored services designed to equip them with effective coping skills. Participants learn strategies to manage stress, anxiety, and other mental health issues, enabling them to regain confidence and facilitate their return to school.

Replacing illegal activities with healthy alternatives can be effectively achieved by encouraging individuals to explore new hobbies that promote personal growth, creativity, and social interaction.

Parents who are actively involved in their child's life provide essential support that fosters emotional, social, and cognitive development.