



Budgets are tighter than ever for social services...

For one need, there is a cost effective answer:

# ***Navigators***

Q: What is a ***Navigator***?

A: Someone who uses the COMPASS<sup>®</sup> program to help him/her self and others discover positive pathways to a productive, fulfilling life.

COMPASS<sup>®</sup> is a participatory, interactive character development and life skills training curriculum that teaches people ways to resolve their problems nonviolently, compassionately, creatively and proactively. It teaches skills such as:

- Values Clarification
- Goal Setting
- Problem Solving
- Communication
- Conflict Resolution
- Decision Making

It helps individuals build healthier relationships, take greater personal responsibility, exhibit more positive behaviors, bring forth their personal best in all areas of their lives and become more effective contributing members of their communities.

*“The COMPASS program helped the inmates deal with their confinement. There was a less violent atmosphere. They had hope and coping skills. COMPASS goes to the core with no excess... It addressed their problems very quickly, going to the root of them... Had I not helped teach the COMPASS program to others, and had them teaching me, I can’t even begin to fathom where I would be right now. What did I learn from COMPASS? I learned how to be human.”*

🗣️ Inmate participant/facilitator

## ***RIPPLE EFFECT***

**Training participants to be facilitators is a cost-effective way to reach a larger population.**

The **Navigators** approach teaches participants to become facilitators of the COMPASS<sup>®</sup> program. They first experience the program themselves, and then reinforce their learning as they take on the responsibility of teaching it to their peers. Since both facilitators and participants are members of the same community, they can more easily relate to each other, which can make the training more relevant and accessible. The **Navigators** approach develops leaders and creates a ripple effect that benefits others in the participants’ lives and communities.

*“[The COMPASS program] comes from a different approach from the regular, typical recovery and behavior program. [The clients] enjoyed the group participation, the involvement, the collages and the video. It’s about the consequences and the life choices someone makes and the goals and following things through. I fully believe that **this program will be a welcome addition to any criminal justice or recovery program.**”* 🗣️ Program Director, Walden House

*“I just felt like, I started on the streets and I guess I’m gonna end on them. [Because of the COMPASS program] I think I got a whole new future.”* 🗣️ Parolee, Walden House

⇒ **For more information**

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