	The Downturn	Withd	rawal	Decline	Outreach
Нарру					
Neutral					
Unhappy					
Experience	<ul> <li>Excited about starting his sophomore year of high school.</li> <li>Feeling inspired and hopeful about his future after going on a few college tours out of state.</li> <li>Strugging with more advanced classes this year and the teachers aren't a big help.</li> <li>Devastated about not making the football team.</li> </ul>	<ul> <li>He starts to feel left out because most of friend group made the football team, and now they don't have time to hang out.</li> <li>He finds escape in playing Call of Duty online with his gaming community.</li> </ul>	<ul> <li>Feels overwhelmed by his chemistry class and not motivated to try and improve his failing grade.</li> <li>Becomes more invested in gaming, spending twice the amount of time playing video games after school.</li> </ul>	<ul> <li>During basketball sessions with friends, he finds his performance going down and is getting agitated and frustrated more easily.</li> <li>In school, he begins lashing out at classmates for small things and getting disciplined by the school and the police, which has never happened before.</li> </ul>	<ul> <li>His mom shows support but he doesn't want to burden her with his problems.</li> <li>He keeps his feelings bottled up inside, even though he knows he could use some guidance. He doesn't know where to turn for help.</li> </ul>
Opportunities	<ul> <li>Encourage tracking of positive events and feelings along with the negative ones.</li> <li>A place where he can always find words of encouragement or stories about perseverance.</li> </ul>	<ul> <li>A safe space to connect to peer support and online communities.</li> </ul>	<ul> <li>Reminders to stay connected with their support system and remaining physically active.</li> </ul>	<ul> <li>Resources for understanding and managing difficult emotions.</li> </ul>	<ul> <li>Easy access to vetted therapists who are culturally competent.</li> </ul>