

## WSCI's Background

The Wholistic Stress Control Institute, Inc. (WSCI) is an award winning non-profit community based organization founded in 1984 during the Atlanta Missing and Murdered Children by Jennie C. Trotter. WSCI was incorporated in 1987.

Work began initially in the Fulton County schools and with the input and support of the community, an early prevention program was created called Project Stress Control. These funds were used to conduct an intervention program at the Lorenzo Benn Youth Development Center for incarcerated youth.



WSCI utilizes a “wholistic” approach in all of its education programs and services. WSCI advocates the harmonious development of the total person - mind, body, and spirit.

This program resulted in a significant increase in coping skills and a reduction in violent behaviors among the youth.

In 1998, WSCI received the Robert wood Johnson Community Health Leadership Program (CHLP) Award for its pioneering efforts in the area of violence prevention to youth.

January 2020, WSCI celebrates 36 years of service. WSCI provides a variety of multipurpose human services in the areas of education, prevention, and intervention related to violence, substance abuse, juvenile delinquency, HIV/AIDS, mental health, pregnancy prevention, and other areas through various funding sources (federal, local, state, private, and foundations).

## Our Mission

- Our mission is to promote wellness and healthy lifestyles through a wholistic approach.
- To increase positive coping skills for stress management.
- To decrease the incidence of stress related illnesses and negative behaviors.



## About Our Founder

Jennie C. Trotter, M.Ed. is a licensed counselor, child advocate, educator and preventionist. She received numerous community awards for her excellent work as a trailblazer in the development and implementation of Model Prevention Programs and Trainings. Mrs. Trotter served at the helm of WSCI for 35 years and retired in October 2018 and elected Tarita S. Johnson as the new Executive Director.

Over her past 24 years with WSCI, Mrs. Johnson has served as Project Director on 10+ federally, state, foundation, and locally funded programs in various health and wellness areas for numerous populations. She has been successful in securing over 1.2 million dollars annually for programming.



Exemplary Model Programs  
in the areas of

Prevention  
Intervention  
Education

Serving the community for  
36 years

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**STRESS MANAGEMENT • MENTAL HEALTH  
WELLNESS SERVICES  
VIOLENT PREVENTION PROGRAMS  
1984 - Present**

**Project Stress Control - 1984 to present** - This is WSCI primary prevention program that teaches coping skills for reducing stress for students, parents, teachers, administrators, incarcerated and reentry youth and adults, group homes, corporations, and other professionals. Specifically designed for trauma informed care, social emotional learning, and workplace wellness.

**PEACE Project (School-Based) – 1994 to present (United Way of Metro Atlanta)** - Peace Project is an in-school suspension program for middle school youth who are at risk of suspension for violent behaviors.

**SOAR into Wellness Senior Program – 2014 to present (Atlanta Women’s Foundation)** - A diabetes prevention, management, and wellness program in association with the Diabetes Association of Atlanta.

**Anger Management/Structuring Self-Management – 2003 to present** - This is a five hour mandated court ordered class offered monthly for adults challenged by personal and/or professional pressures, self-control, parenting and problem solving.

**Violence Prevention Training – 1994 to present**  
The Program offers group homes, incarcerated youth and community juveniles, involved in the Georgia Juvenile Justice System, stress management, conflict resolution, meditation and communication skills.



**SEXUAL RISK AVOIDANCE PROGRAMS  
2000 - Present**

These programs provide a comprehensive sexual risk avoidance, sex trafficking, dating violence, substance abuse prevention and youth development. Cultural specific, Hip Hop, and African American History components are included. Tutoring, counseling, and linkages to healthcare are also available.

- **YEP!!! Program – 2015 to present**
- **The REACH Project – 2017 to present**

**SUBSTANCE ABUSE PREVENTION  
AND HIV PREVENTION PROGRAMS  
1991 - Present**

**Community Ambassadors Partnership for Success (CAPS) - 2019 - present**

The CAPS Program is designed to create community level change regarding underage drinking for Newnan, Georgia communities. CAPS governing coalition works to strengthen and enhance collaboration and cooperation among parents, community leaders, and community organizations.

**Color It Real (CIR) – 2009 to present** —Color It Real is a SAMHSA evidence-based NREPP Curriculum based on WSCI 20+ years of HIV and substance abuse (SA) prevention programming.

**SAPT Teen Program – 1998 to present** - The Substance Abuse Prevention Teen Theater (SAPT) trains teens, ages 13-18, to write skits/plays and perform theatrical/dramatic presentations on prevention topics for their peers during community events.

**PARENTING PROGRAMS  
1984 - Present**

**ParentWise Parenting Program (PWPP) - 1996 to present** - This program is designed to empower parents and their families with skills to assist them with positive parenting skills.



**WORKFORCE DEVELOPMENT FOR REENTRY  
PROGRAMS  
1991 - Present**

**Employment Qualifications  
Uplifting Independent Progress (EQUIP)**

The EQUIP Program is a re-entry program designed with an overall goal to reduce recidivism and improve inmates’ transition into the community.

PHASE 1: Phase 1 provides inmates with in-jail programming and services to prepare them for release. Phase 2: Phase 2 provides released inmates with up to 12 months of supportive services: (housing, food, and clothing assistance, apprenticeships, substance abuse and mental health referrals, educational services, and family services in the community).

