



THE NEED

With a clear lack of academic support outside the classroom & equally so, mental health being a topic often overlooked, dismissed & not taken seriously, our Mental Health in Education Campaign brings students, parents and teachers together to deliver mental health services, academic support & resources in order to aid in strengthening communication between these target populations.

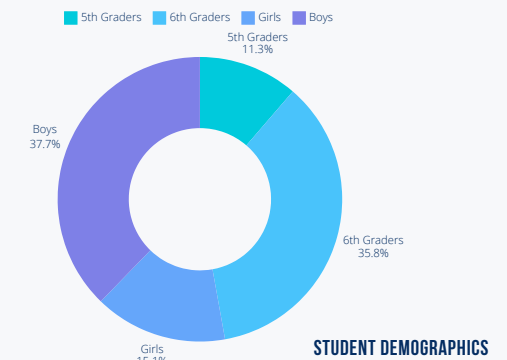
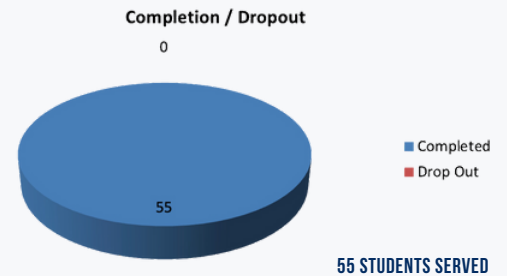
THE PROJECT

Our collective vision is to facilitate holistic healing & growth through resiliency-based supplemental educational services centered around mental health practices to systematically & economically disadvantaged, underserved & under-represented students in grades 3rd-12th.

Pilot Program Summary Metrics

The Mental Health in Education campaign Pilot Program provided a space that allowed student participants to gain an increased interest & understanding of the importance of positive mental health practices & activities, whether at school or at home, and how it can impact academic success.

Throughout each after-school session, students were able to examine the correlation between mental health triggers and student academic achievement, thus gaining a better understanding of their own mental health and how it impacts their academic performance.

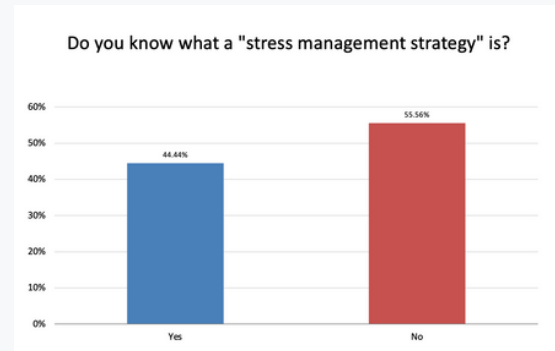


PRE-TEST
SEPTEMBER 2023

STUDENT RESPONSES

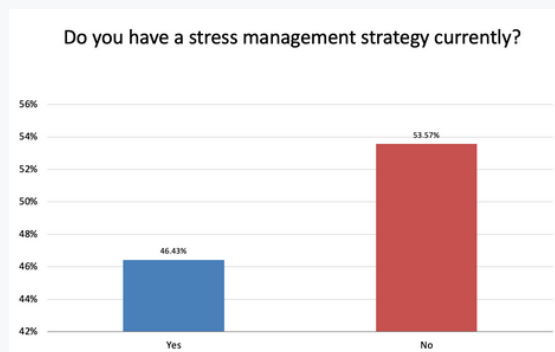
44% OF STUDENTS KNOW WHAT "MENTAL HEALTH" IS

117562787	mood disorders (such as depression or bipolar disorder) anxiety disorders. personality disorders. psychotic disorders (such as schizophrenia)
117562791	Mental health is you're Emotional psychological being.
117221187	Mental Health is when you take care by doing good things in your body ,like eating good not bad things.



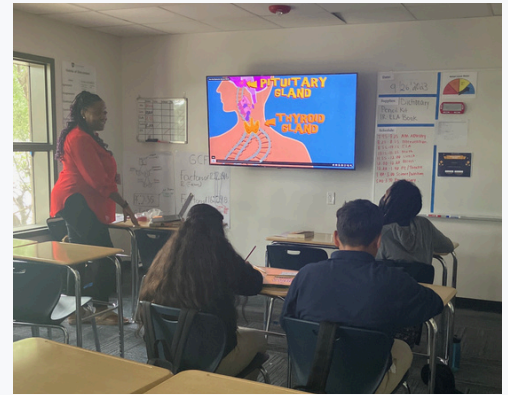
71% OF STUDENTS KNOW WHAT STRESS MEANS

117562667	stress means alot of anxiety
117562975	Stress is when you feel nervous or for example when I talk in front of the class I feel people are going to judge me.
117221555	<u>estres es cuando estas muy cansado, o cuando necesitas descansar.</u>
119562225	Stress is when your tired and you may be hurting because of a hard activity you may have done in the pass or currently doing



STUDENT RESPONSES

IDENTIFY A TIME WHEN YOU WERE STRESSED



118239795 being homelees at one time

116816926 My dad left because my mom and my dad had a fight

117222660 not understanding questions gets me stress

117562938 one time i felt stress was when my parents were cheking my phone

117221555 estres es cuando estas muy cansado, o cuando necesitas descansar

117562791 You know.... During my sleep I dreamed of my mom going on death row and getting on the electric chair and dying right infront of me now I'm stressed o

117562975 One time I felt stressed It was when I had to do a performance for my class and everyone was looking at me.

117221555 cuando me ponen mucho trabajo que tengo que me apresuren me canso mucho o que me pongan a hacer muchas coss que no se con cual espezar primero.

117176856 When I am taking a test I tend to stress a lot and think about will I pass or not

SHARE SPECIFIC SYMPTOMS OF HOW YOUR BODY REACTED (FELT) FROM THE STRESS OF THAT SITUATION

117176856 I messed with my bracelet and my fingers a lot because of the stress

117221555 senti como si me iba a desmallar o cuando necesitaba un descanso me dolia mucho la cabeza y cuando me movia me dilia todo mi cuerpo.

116816926 I felt sad and a little angry

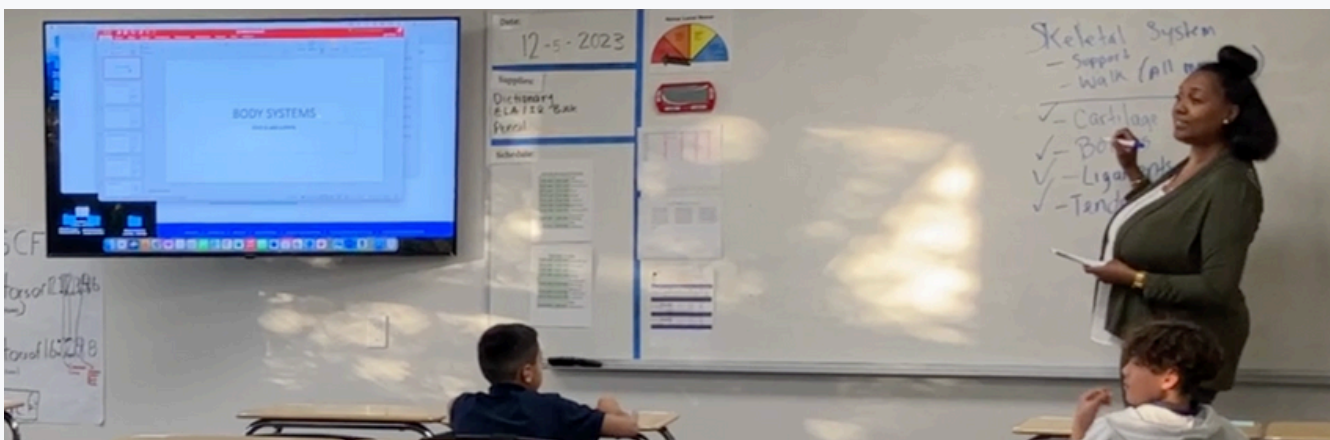
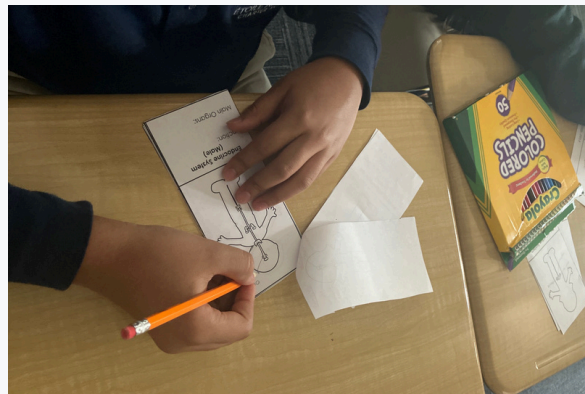
117562753 sad anger

117562791 My eyes were watering._.

117562975 shaking, and nervous.

117562793 nerves

117221187 I have felt nervous.



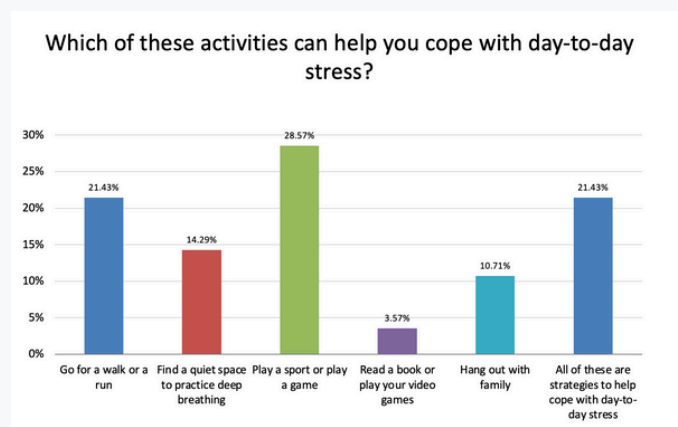
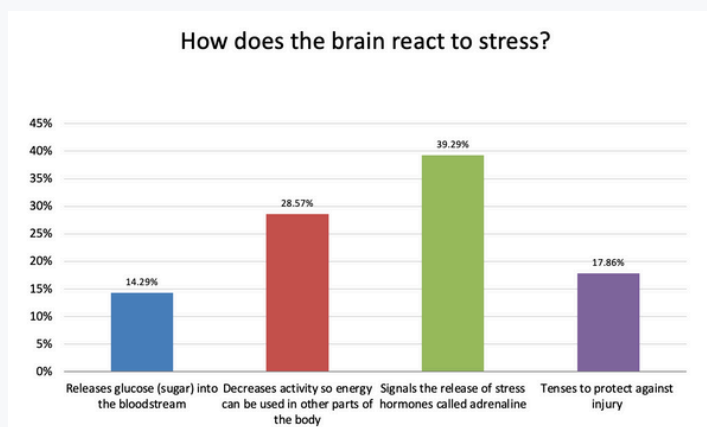
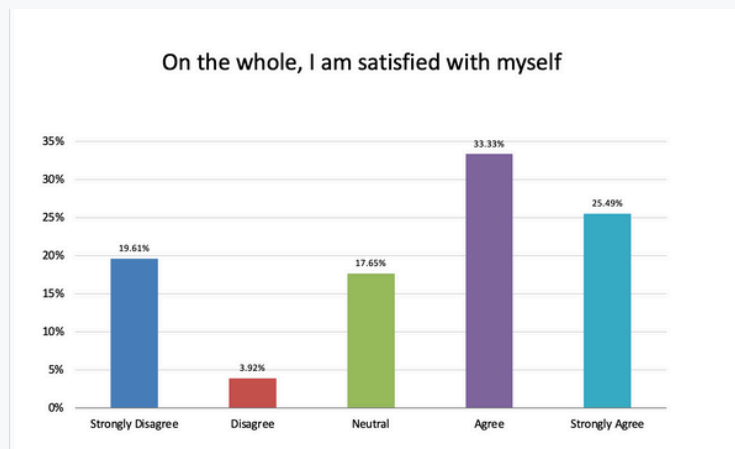
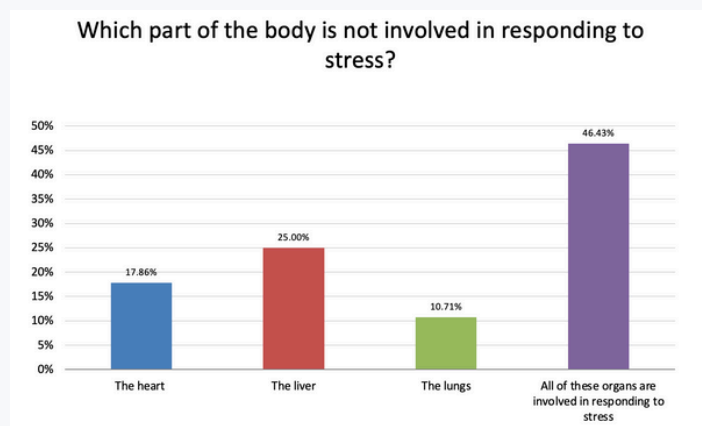
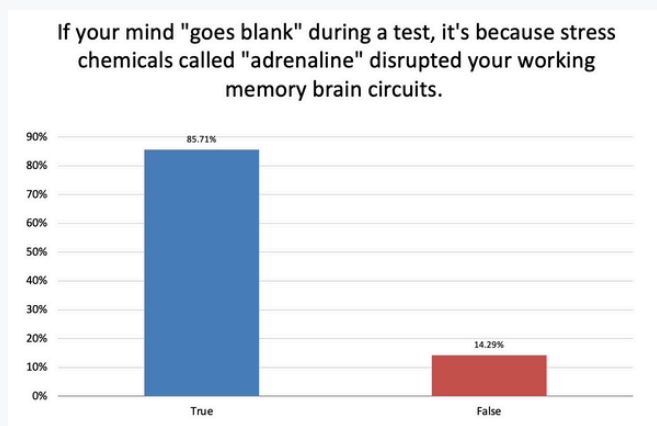
POST TEST

MAY 2024

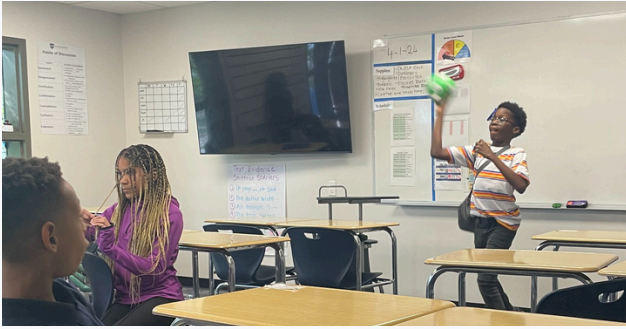
Upon completion of the Mental Health in Education campaign Pilot Program, 55 students gained a better perspective of how stress arises in the body, how the brain reacts to stress, which parts of the body are involved when responding to stress, how adrenaline disrupts working memory brain circuits, which ultimately causes a feeling of your mind “going blank” and much more.

These students were able to relate this new found knowledge to their own personal experiences through shared group activities. Additionally, students learned several stress management strategies & coping techniques to use for self-regulation, managing stress, increasing their resiliency, rebounding from trauma, self-advocacy, and self-awareness, all of which improve their overall wellbeing and can be used for the rest of their lives.

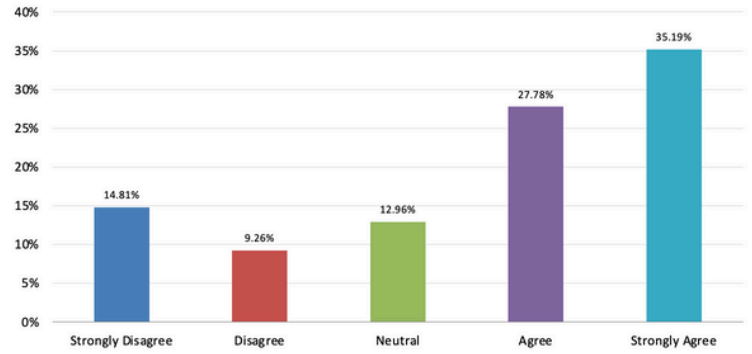
STUDENT RESPONSES



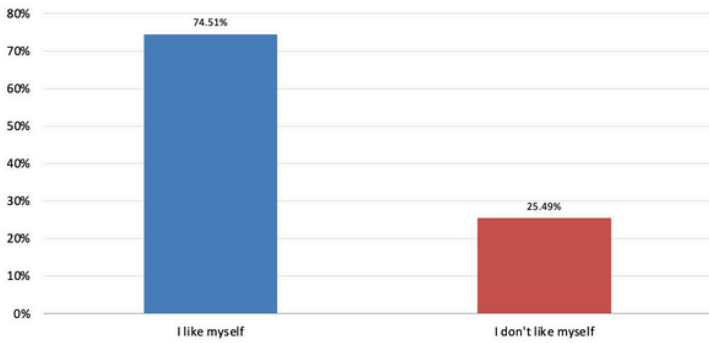
STUDENT RESPONSES



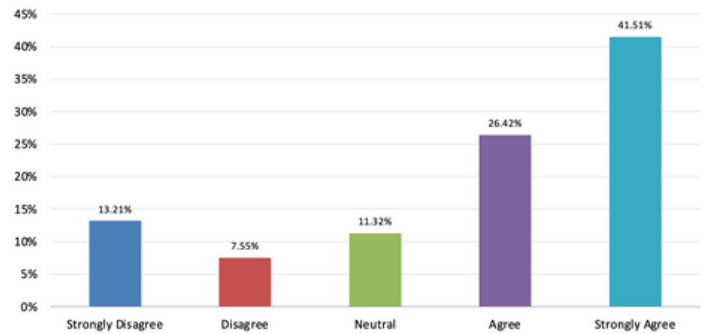
I feel like I have a place to belong



How do you feel about yourself right now?



I have support from friends and/or family when I go through hard times in my life



Which stress management strategy will you try this week?

