



# Every student deserves good mental health.

We're a nonprofit on a mission to provide free mental health programs for any school, anywhere.

**2022-23 School Year  
Program Impact Report**



# Practical and Evidence-Informed Programs

*to address the youth mental health crisis - at the start.*



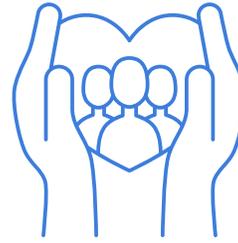
## Classroom Education

Educational lessons about mental health, depression and suicide.



## Empowerment Clubs

Good mental health clubs to empower young people to change the world.



## Family Engagement

Programs and resources for families to be partners in mental health.



## Policy & Staff Development

Staff training, well-being activities and more for a positive climate.

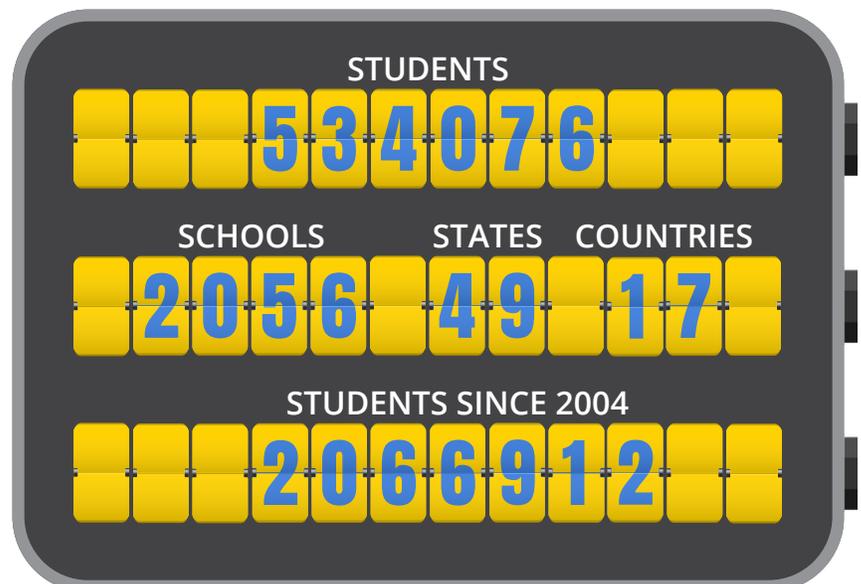


## Program Impact Numbers

An increase in impact for 19 years in a row.

Over 50% of the way to Vision 2025 strategic plan.

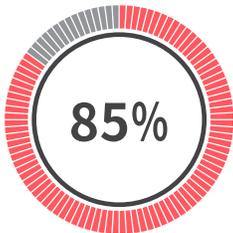
600% increase since 2018.



# Effective and Data-Driven Action

to address the youth mental health crisis - at the start.

Promote Good Mental Health



demonstrated an increase in knowledge around mental health and depression.

Support Connectedness



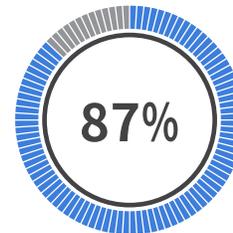
were able to identify at least one trusted adult.

Encourage Help-Seeking



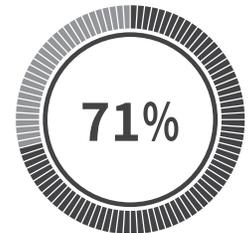
reported being comfortable speaking with a trusted adult about their mental health.

Reduce Stigma



would speak to an adult if their friend was talking about suicide or self-harm.

Normalizing Conversations



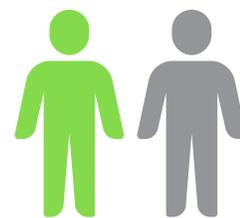
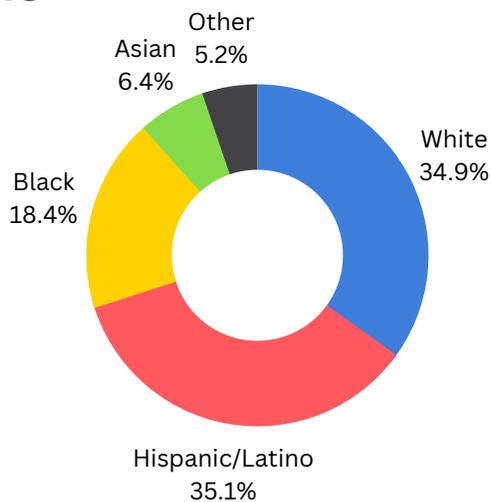
agree they would be comfortable talking to a friend about their mental health.

*\*based on 2022-23 student evaluations.*



## Program Demographic Data

Promoting equity around mental health



55.8% eligible for free or reduced lunch

1,295

Title 1 Schools

63%

of all schools served

# Scalable, Efficient & Sustainable Model

*to address the youth mental health crisis - at the start.*



**Turn-key Programs**

anyone can use.



**Educate the Educator Model**

that promotes sustainability.



**Free Programs & Resources**

for a more equitable future.

*Low-cost Delivery*

**\$ 2**

**per student**

*High Scalability*

**600%**

**increase in impact**

per students since 2018



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