



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**



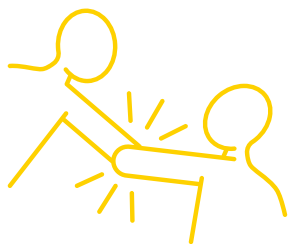
Practical and Evidence-Informed Programs

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



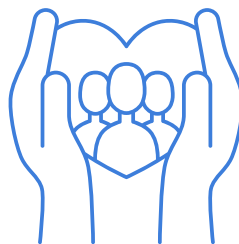
Classroom Education

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.

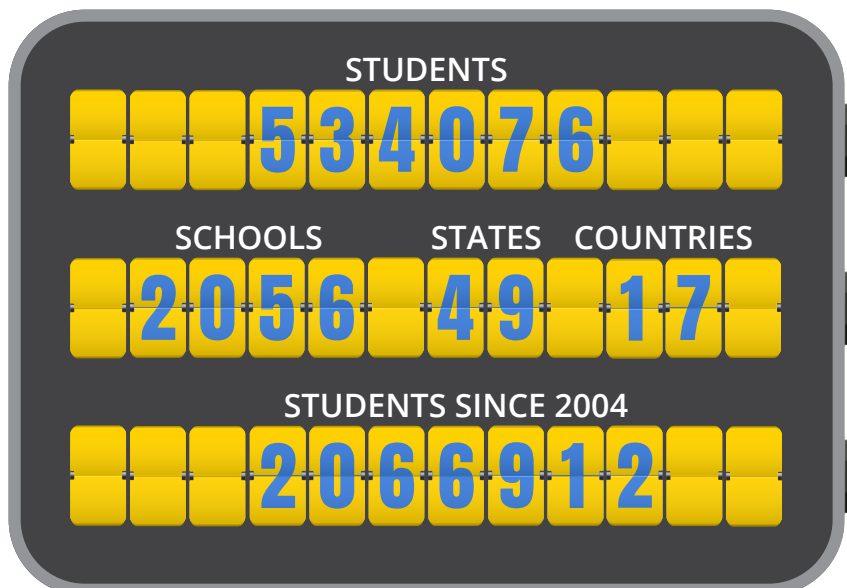


Program Impact Numbers

An increase in impact for 19 years in a row.

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

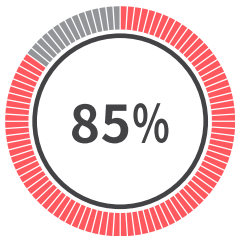
600% increase since 2018.



Effective and Data-Driven Action

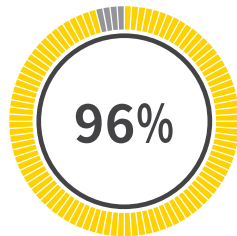
to address the youth mental health crisis - at the start.

Promote Good Mental Health



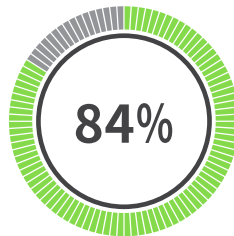
demonstrated an increase in knowledge around mental health and depression.

Support Connectedness



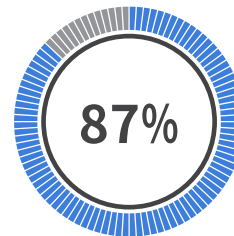
were able to identify at least one trusted adult.

Encourage Help-Seeking



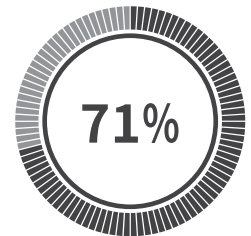
reported being comfortable speaking with a trusted adult about their mental health.

Reduce Stigma



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

Normalizing Conversations



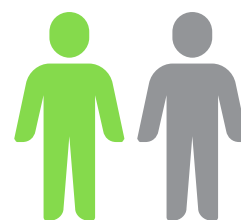
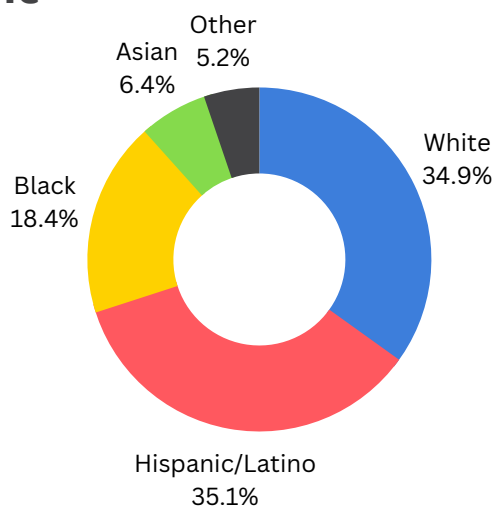
agree they would be comfortable talking to a friend about their mental health.

**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



per student

High Scalability



increase in impact

per students since 2018



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