

MENTAL HEALTH PROGRAMS FOR STUDENTS K-12



TOO GOOD FOR DRUGS

A universal K-12 prevention education program designed to mitigate the risk factors and enhance protective factors related to alcohol, tobacco, and other drug use. The lessons introduce and develop skills for making healthy choices, building positive friendships, developing self-efficacy, communicating effectively, and resisting peer pressure and influence.

MOOD MOVERS

A one-time, forty-minute program to teach **ELEMENTARY SCHOOL STUDENTS** about emotions, how our brains process them, and coping mechanisms for when our emotions become overwhelming. At the end of the program students make sensory bottles to assist in processing emotions, take home mental health coloring books, and walk away with stress management tips. The program encourages children talk to an adult if emotions become too heavy.

HEADSTRONG

This is a one-time, forty-minute program designed to introduce **MIDDLE AND HIGH SCHOOL STUDENTS** to the fundamentals of mental health. The curriculum helps preteens and teens understand what mental health is, how it affects their thoughts, feelings, and actions, and why it's important to recognize and prioritize their mental well-being. Through interactive activities, discussions, and reflective exercises, students will learn to identify their emotions, understand the impact of mental health

on daily life, and develop awareness and skills to support their mental wellness. The overall goal is to foster a supportive environment where students feel empowered to prioritize their mental wellness and develop lifelong skills for emotional resilience.

BE THE CHANGE

This six lesson course empowers **TEENS** to protect themselves and others by building self-esteem, promoting development of personal boundaries, helping identify “red flags” of unsafe situations, and ensuring teens know where they can go to access help in any situation that feels scary or uncomfortable.

MENTAL HEALTH FOUNDATIONS

This program, modifiable to be taught between 3 and 6 lessons, teaches the basics of mental health in units that are understandable for each age group.

- **GRADES 1-2** covers topics like understanding emotions, the “Big Feelings Toolbox,” and ways to care for yourself and others.
- **GRADES 3-5** teaches the topics of coping, trust, and exploring emotions and feelings.
- **GRADES 6-8** discuss managing stress and anxiety, seeking help, and healthy relationships.
- **GRADES 9-12** teaches stress management plans, boundaries, The Four C’s, and the importance of communication.



*Mental Health
Matters!*

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MENTAL HEALTH

PROGRAMS FOR STUDENTS K-12

(continued)

Mental Health Program Offerings for Community, Caregivers, Educators and Organizations

BOUNCE TRAUMA INFORMED PRACTICES

Facilitators teach classes geared towards you and your organization on trauma, trauma's footprint, and the impact of positive childhood experiences in building resiliency. Learn trauma informed practices and how to operate a trauma informed organization. Specific classes include:

- Bounce 101: Intro to ACEs and Trauma Informed Practices
- Bounce 102: Building Trauma Informed People

Our **STRESSLESS AGES 4-12 PROGRAM** would be perfect for caregivers and community members to learn about the basics of stress management for children / youth and gain easy-to-use activities and discussion starters to support children / youth.

Our **KHST! PRESCHOOL & KINDERGARTEN PROGRAM, KHST! GRADES 1-6 PROGRAM, and STRESS LESSONS GRADES 7-12 PROGRAM** would be ideal for educators to learn more about child / youth stress and explore stress management activities and lesson plans that can be built into the classroom.

Programs for All Ages

MENTAL HEALTH SCREENINGS

ARH can provide free depression and anxiety screenings on-site at your facilities. Participants are screened in a private area and those in need will be connected to mental health resources.



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