

Progress Report

Minding Your Mind's Speaker Program has received laudatory responses from area schools and organizations, and our speakers are routinely invited back to speak at the same school on multiple occasions. Since our inception, MYM speakers have visited 582 schools and community organizations, and in the past five years, our programs have exhibited dramatic growth. We continue to experience a 96% return request rate. A total of program numbers are as follows:

Academic Year	Number of Presentations	Students Reached
2011-2012	118 presentations	15,000 students
2012-2013	335 presentations	30,000 students
2013-2014	602 presentations	60,000 students
2014-2015	805 presentations	80,000 students
2015-2016	1,104 presentations	More than 100,000 students
Total Programs to Date	More than 3,000 presentations	More than 300,000 students

The increase in demand has required our roster of speakers to grow from three in 2012 to our current fourteen with three in training.

Evidence Based

In 2014, Minding Your Mind collaborated with the Scattergood Foundation to gather and analyze data to prove an evidence-based program in both stigma reduction and help-seeking behavior. According to Scattergood's findings, "...Minding Your Mind's Speaker Program is an effective stigma reduction program, and one of the few in the country that has the data to prove it."

Teacher Training

Minding Your Mind now offers three programs that are listed in the Best Practice Registry for Suicide Prevention Education Programs for school faculty and staff. *More Than Sad, Just Talk About It* and *QPR* programs fulfill the mental health education requirements of many states. To meet this demand, MYM has four clinicians to facilitate these presentations for teacher trainings.

Mindfulness

In 2015-2016 MYM greatly expanded our mindfulness programs into a comprehensive curriculum that can be incorporated as early as elementary school and follow students all the way into college. We provide age-appropriate educational information about the brain and mindfulness exercises. These presentations explain the biological reasons for the changes in moods, thoughts, and feelings; they also provide mindfulness tools to control stress, impulsivity, and negative thoughts. In 2015-2016 Minding Your Mind completed 220 mindfulness programs. Many public and private schools are adopting ongoing programs for 2016-2017.

Our Goal

Minding Your Mind programs start as early as 5th grade. Our programs move away from crisis-based response to prevention through education. We aim to teach students to care for their mental wellness, as well as their physical health, in order to reach overall well-being. Rather than telling students what not to do, we help them to learn what they actually can do when striving for mental wellness.