

Progress Report

Minding Your Mind's programs have received laudatory responses from schools and organizations, and our speakers are routinely invited back to the same organization on multiple occasions. Since our inception, Minding Your Mind has visited 1,100 unique schools and community organizations, and in the past seven years, our programs have exhibited dramatic growth. A total of program numbers are as follows:

<u>Academic Year</u>	<u>Number of Presentations</u>	<u>Students Reached</u>
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
2016-2017	1,285 presentations	More than 150,000 students
2017-2018	1,410 presentations	More than 173,000
Total Programs to Date	More than 5,500 presentations	More than 525,000 students

Our roster of speakers & facilitators has grown from three in 2012 to 20 with more in training and plans to add throughout the year.

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."

Educator Training

Minding Your Mind 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 multiple clinicians trained to facilitate these presentations.

Mindfulness

Minding Your Mind provides a comprehensive program, empowering teachers and staff to cultivate a mindful school community, as well as the importance of self-care for educators. Introduction to Mindfulness is a three-part program that provides background on the history and benefits of mindfulness, and instruction on how to introduce practices into a classroom.

Corporate Education

Introduced in 2018 to help businesses create an environment of advocacy and understanding, Minding Your Mind curated best practices and information from our collection of programs into a 90-minute workshop designed to educate adults on basic mental health issues and how they impact daily life in the workplace, at home, and during interactions with others. Takeaways include communication techniques to employ when discussing mental health issues, as well as positive coping skills that can be used to alleviate stress in any situation.

Learning Objectives

To support the organizations that welcome our programs, we have defined clear and achievable learning objectives for our most popular presentations: Young Adult Speaker Program, *Just Talk About It* Suicide Prevention Program, and *QPR: Question, Persuade, Refer* Suicide Prevention Training.

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.