

## Progress Report

Minding Your Mind’s programs have received laudatory responses from schools and organizations across the U.S., 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 eight years, our programs have exhibited dramatic growth. A total of program numbers are as follows:

Academic Year	Number of Presentations	
	Scheduled & Completed	Individuals Reached
2011-2012	118	15,000
2012-2013	335	30,000
2013-2014	602	60,000
2014-2015	805	80,000
2015-2016	1,104	More than 100,000
2016-2017	1,285	More than 150,000
2017-2018	1,410	More than 173,000
2018-2019	1,522	More than 190,000
2019-2020	1602 scheduled pre-COVID	More than 200,000
<b>Total to Date</b>	<b>More than 6,000 presentations</b>	<b>More than 950,000 individuals</b>

### Evidence

Through a research study conducted by the Scattergood Foundation, our Young Adult Speaker Program has been statistically identified as an effective stigma reduction program, and one of the few in the country that has the data to prove it. Students who see a presentation by one of our Young Adult Speakers are less likely to have negative feelings about a peer experiencing a mental health issue, and are more likely to seek help for themselves or a friend.

### Training

Minding Your Mind offers several programs specifically for educators and other adults who interact and care for children: **Just Talk About It** is an overall introduction to mental health and wellness; **QPR Gatekeeper Training for Suicide Prevention** is listed in the National Registry of Evidence-based Practices and Policies for suicide prevention training; **Mindfulness** develops positive engagement, stress relief, and promotes a work/life balance; **Social Emotional Learning** helps understanding and management of emotions, empathy, positive goals, and responsible decision-making in educational environments.

### Corporate Wellness

Our **Corporate Wellness** offerings are programs designed to help businesses create an environment of advocacy and understanding. Corporate Education is a 90-minute workshop designed to introduce adults to 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. **Mindfulness** instruction and **QPR Gatekeeper Training for Suicide Prevention** round-out the Corporate Wellness catalog.

### 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**, and **QPR Gatekeeper Training for Suicide Prevention**.

### Our Goal

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