

## Progress Report

Minding Your Mind’s Speaker Program has received laudatory responses from schools and organizations, and our speakers are routinely invited back to speak at the same organization on multiple occasions. Since our inception, Minding Your Mind speakers have visited 640 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:

| <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        |
| <b>Total Programs to Date</b> | <b>More than 3,000 presentations</b> | <b>More than 350,000 students</b> |

*Our roster of speakers & facilitators has grown from three in 2012 to 18 with four in training and plans to add more 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.”

### 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 multiple clinicians to facilitate these presentations for teacher trainings.

### Mindfulness

In 2015-2016 MYM greatly expanded our mindfulness programs, which developed into a comprehensive Introduction to Mindfulness, empowering teachers and staff to cultivate a mindful school community. This three-part program provides background on the history and benefits of mindfulness, and instruction on how to introduce practices into a classroom.

### 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.