

BEHIND HAPPY FACES

*“**Behind Happy Faces** created an environment for students to have a new level of sensitivity toward each other and the topic of mental health. This curriculum will be a highlight of the students’ year.”*

~Emily Vaughn, Counselor, Marlborough School for Girls, Los Angeles

Overview:

Mental health has quickly become one of the most critical topics facing high school students. Depression, anxiety disorders, anger control problems, disordered eating, lack of sleep and substance abuse are greatly impacting high schools. **Behind Happy Faces** is an award winning, first of its kind mental health curriculum. The program uses educational videos and lesson plans to enhance the emotional development of students. The lessons utilize messaging that has been tested on over 1 million people, research from leading social psychologists and content creators from the film and television industry, to engage students with this proactive and impactful educational program.

Over 200,000 high school and college students are utilizing **Behind Happy Faces**. The curriculum has been used at numerous colleges including; Cornell University, University of Pennsylvania, Duke University, UC Irvine and Oregon State University. **Behind Happy Faces** is also used at some of the top private high schools in New York City, Washington D.C., Los Angeles and by two public school districts in California. The NCAA is overseeing a pilot study of the curriculum for student athletes at 6 universities.

Goal:

To give students the tools they need to address mental health proactively by providing a more complete education of mental health, developing a more expansive vocabulary to discuss emotions, teach them about coping mechanisms and the important steps to help a friend.



Lessons:

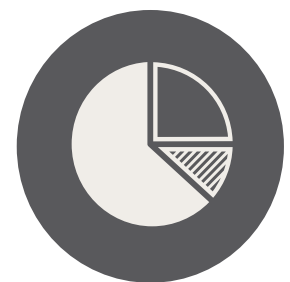
Behind Happy Faces has multiple lesson options:

Behind Happy Faces uses a two-part system to teach these interactive lessons. The program uses short, highly creative videos to engage students with the information they'll be learning. Facilitators then lead students through a PowerPoint presentation. Students receive instructions to do activities in groups and the facilitator reinforces the learning objectives for the activity. Facilitators do not need any background training or understanding in mental health. The lessons plans have been designed to maximize retention and improve students' relationships to themselves and others.

Research:

Student mental health professionals oversaw the curriculum's design. Three independent evaluations of **Behind Happy Faces** were conducted and validated by expert review to assess the validity of the curriculum.

The evaluations sought to understand the way in which the course impacted stigma about mental health issues, attitudes towards seeking professional help for mental health issues and coping and self-efficacy. The evaluations used Fischer and Farina's (1995) Attitudes Towards Seeking Professional Psychological Help Short Scale (ATSPPH), Corrigan's (2001) General Attributions Questionnaire (GAQ) and Chesney and colleagues (2016) Coping and Self-Efficacy Scale Short Form (CSESS).



In the most recent evaluation independent samples T-test were run on 700 students to compare all lessons on pre and post test scores. As a result of participation in the **Behind Happy Faces** Mental Health Curriculum participants showed:

- Increased confidence in addressing a crisis with friends
- Increased confidence in dealing with mental health challenges
- More favorable attitudes about others seeking help for mental health issues
- More favorable attitudes about seeking help for mental health issues for themselves
- More preference towards thinking about therapy for the future should they need it
- More inclination towards seeking psychological help when in crisis
- Decreased stigma about people with mental health issues
- Less anger, fear, danger, and felt less pity towards people with mental illness
- Increased ability to stop themselves from unpleasant thoughts
- Increased ability to keep from feeling sad when appropriate
- Increased ability to manage emotions by keeping their minds off unpleasant thoughts
- Increased problem solving skills and ability to seek social support

Implementation:

For the cost of \$1,000 your campus will receive the following components for the Behind Happy Faces Mental Health Curriculum:

- One year subscription to a website that contains all of the components of the curriculum.
- Videos, PowerPoint presentations and facilitation guides for facilitators for each lesson.
- Monitoring and evaluation tools to continue to measure the effectiveness of the program.

For the cost of \$7,500 your school has access to the curriculum and can have Ross Szabo, CEO of Human Power Project, present a keynote presentation and facilitate a “train the trainer” workshop on how to teach the curriculum for students and faculty.

We have flexible pricing plans to work with your budget. Our goal is to get this life-changing curriculum to as many people as possible. Please contact us to find a pricing plan that works for your organization.



Behind Happy Faces is widely scalable and easy to use. The entire curriculum is on-line and downloadable. The curriculum focuses on interactive group work to help students have conversations they may not be having about mental health.



Human Power Project:

Human Power Project has condensed the most important mental health lessons and messaging into one program. Hundreds of thousands of students have identified the largest barriers preventing them from understanding their emotional development. **Behind Happy Faces** is a direct result of this unique knowledge, which has been utilized in an exciting new way to empower students to learn the basic steps necessary to begin to take ownership of their mental health. The curriculum is successful, because it makes difficult issues approachable in an easy to understand and engaging process.

For over a decade, **Ross Szabo, CEO of Human Power Project**, has worked with students of all ages, campus professionals and health organizations to address critical mental health education. Ross is an award winning speaker, author, curriculum designer and Returned Peace Corps Volunteer. He has spoken to over 1.5 million people, is the co-author of **Behind Happy Faces; Taking Charge of Your Mental Health** and a blogger for the **Huffington Post**. Ross has received numerous honors and awards for pioneering the youth mental health movement including having his work entered into the Record of Congress.



Ross Szabo, CEO

Behind Happy Faces Lessons

We offer two options for high schools to use the Behind Happy Faces Mental Health Curriculum. Each lesson is 45 minutes and has clear learning objectives. We have worked in partnership with renowned neuroscientists from UCLA to build upon our original lessons and add more skills to students' lives.



8 Core Lessons Include:

- Definition of mental health
- Sharing your story
- Vocabulary for mental health
- Building effective coping skills and self-compassion
- Motivation for changing behavior
- What is affecting our friends
- How to help a friend
- What to do when someone is suicidal

18 Advanced Lessons include:

- Definition of mental health
- Sharing your story
- Vocabulary for mental health
- Multiple lessons on the main mental health disorders
- Learning about mental health advocates
- Presentations on the difference mental health advocates make
- The differences between sympathy, empathy and compassion
- Building effective coping skills and self-compassion
- Motivation for changing behavior
- How to make stress your friend
- Utilizing good stress
- Stopping procrastination
- Risk taking and substance use
- Upstander intervention with substances
- What is affecting our friends
- How to help a friend
- What to do when someone is suicidal



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Praise for Behind Happy Faces

“We used **Behind Happy Faces** at a retreat for young leaders and it was one of their favorite parts of the conference. The curriculum gave young people a chance to share more about their personal lives, while also learning how to manage their mental health. This topic can often be the most difficult to address, but Behind Happy Faces makes it easy and relatable. We’re proud to partner with Human Power Project to change the way young people view mental health.”

~Cynthia Germanotta, President, Born This Way Foundation

“The **Behind Happy Faces** Curriculum fills a critical gap in our campus mental health promotion efforts. Whereas we have excellent counseling services and strong suicide prevention and gatekeeper training, we need a broad-based method to engage large populations of students in recognizing mental health as an essential component of their learning experience. Behind Happy Faces makes thinking deeply about mental health approachable. It speaks through personal stories, conceptual frameworks, and engagement modules that meet students where they are and compels them to take proactive steps to promote their own and their friends’ positive mental health.”

~~ Susie Brubaker-Cole, Vice Provost for Student Affairs, Oregon State University

“The “**Behind Happy Faces**” mental health curriculum is a great way to empower students with the knowledge, attitudes and skills to address mental health issues in their lives and on their campuses. The lesson plans are clear and easy to use and the materials provided make implementing the program simple enough that first time student presenters can do it with minimal staff assistance. The videos make the concepts come alive and encourage personal reflection and sharing. Ross is smart, engaging and well prepared. I recommend this program to every college campus.”

~Karen “Casey” Carr, Associate Dean of Students, Cornell University

“A broad range of UC Irvine students benefited from **Behind Happy Faces**. Graduate students, student athletes and undergraduate members of student organizations all shared how the curriculum helped them and opened communication about a topic that most people hide. **Behind Happy Faces** provides an opportunity for students to explore further growth in all areas of emotional development from personal struggles to issues with identity. It’s a powerful and effective curriculum!”

~Doug Everhart, Director, Health Education Center, University of California at Irvine.

“Having the opportunity to incorporate components of the **Behind Happy Faces** curriculum into our 2015 Duke Greek Emerging Leaders (DGEL) program was phenomenal. The exercises truly resonated with our Greek students. As leaders in our Greek community, they learned the importance of maintaining open communication and approaching their interactions with others in an empathetic way.”

~Duke Office of Fraternity and Sorority Life

“Peer involvement is one of the most important parts of mental health education. **Behind Happy Faces** utilizes this crucial element to allow students to feel connected to each other, and have conversations in a safe, empowering and creative manner. Students learn the basics of mental health, which better prepares them to address their emotions.”

- Alison Malmon, Founder and Executive Director, Active Minds Inc.

“**Behind Happy Faces** deepens the emotional bond in our chapters, urges members to seek help earlier and provides invaluable advice on how to support each other. Overall, this curriculum prompts members to have conversations about a difficult topic that is often hidden. These conversations will ultimately save lives.”

~Carolyn Hof Carpenter, National Council President, Zeta Tau Alpha