

Building **Student Resilience** and **Success** Through **Collaboration**

Top ranking suburban school district utilizes EmpowerU to **support hard to reach students** while **growing MTSS program**.

SITUATION

The team at Eden Prairie Public School District already had a strong multi-tiered system of support in place, but they knew there were still gaps. With district leaders advocating for additional mental health support, they developed a structured plan for **MTSS expansion** that included finding proven resources for students falling through the cracks at the Tier 2 level of support.

Of immediate need was declining behaviors at the middle and high schools. School counselors and support staff were feeling pressure to address this group, but without adequate resources – both staff and supports – the task in front of them was challenging. They knew they needed a **proven solution** that would work **quickly and effectively** without being a heavy lift for staff.

EmpowerU first partnered with Eden Prairie Public Schools during the 2020-21 school year to provide Tier 2 support to its high school students to **improve behavior** and increase motivation and resilience.



PARTNERSHIP

Eden Prairie Public Schools is a top-tier, suburban public school district serving nearly 9,000 students. Leaders Alison Poss, Central Middle School MTSS Coordinator and Kirsten Evavold, Data Based Instruction Site Coordinator at Eden Prairie High School, are instrumental in advocating for increased student mental health services and have worked tirelessly to secure funding to support this critical need.

After realizing the impact EmpowerU had on student outcomes in the especially challenging post-Covid year of 2020-21, the district expanded its partnership with EmpowerU to support more students at the high school and added programming for middle school students. The focus grew from just supporting students with behavior challenges, to **supporting all students** with non-academic barriers to success including anxiety, ADHD and avoidance.

During the 2023-24 school year, the fourth year of the EmpowerU partnership, Eden Prairie Public Schools continued to expand its multi-tiered system of support by adding screening which identified even more students in need of EmpowerU's mental health programming.



RESULTS

EmpowerU's Tier 2 program that pairs online skill-building lessons with 1:1 motivational coaching provides the structure and support students need to address their challenges, overcome obstacles and achieve their goals. Students appreciate the **engaging lessons** that are tailored to their own life and goals and the **highly personalized feedback** and encouragement provided by their **1:1 EmpowerU instructor**.

With **real-time data** available via the EmpowerU dashboard, district staff can monitor per-student, per-school and district wide progress and growth. Proven outcomes, strong collaboration with the EmpowerU team and a continued **low-lift for staff** have secured EmpowerU as an intervention resource for the district at both the high school and middle school levels.



TESTIMONIALS

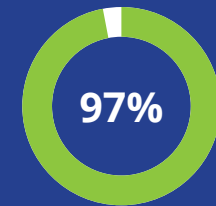
"I grew in almost all aspects of my life. My anxiety and sadness no longer prevent me from going to school. I will continue to use what I have learned to help me control my emotions."

EDEN PRAIRIE HIGH SCHOOL STUDENT

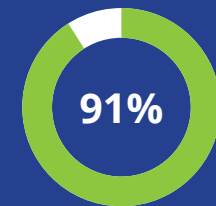
"My grades have improved and now I actually do my work and pay attention. EmpowerU was very helpful and I feel like I'm a better person."

EDEN PRAIRIE MIDDLE SCHOOL STUDENT

OUTCOMES



MS & HS students made pre- to post-progress towards their goals



MS & HS students rated EmpowerU Daily Coaching as a factor of their progress/success



Staff saw positive changes in their students