

Top-tier Wisconsin District Helps Students Succeed with **EmpowerU's Tiered Wellness Support**

Elmbrook School District Delivers Skill-Building Wellness Strategies with Embedded Support to Drive Outcomes in Grades 3-12

SITUATION

Elmbrook Schools is a top-tier school district in Wisconsin. Its academic outcomes are consistently some of the best in the country. Still, like most districts, its MTSS data showed a **growing number of students struggling** with anxiety, depression, and motivation at Tier 2.

The Elmbrook MTSS team had developed a robust tiered wellness pyramid with strong solution partners at Tier 1 and Tier 3. In early 2020, they began their search for a wellness partner that could expand their capacity to support struggling students at Tier 2 - a partner that would help students integrate resilience strategies into daily practice to **improve well-being** and **academic engagement**.

Their selection criteria required this new Tier 2 partner to have a proven track record and a history of using data to show student progress and outcomes.



PARTNERSHIP

Elmbrook began its initial Tier 2 partnership with EmpowerU in 2020. Its vision was to utilize the program's digital **skill-building lessons** with embedded **1:1 student coaching** to support both educators' and secondary students' well-being.





By spring 2022, Elmbrook had expanded EmpowerU programming to elementary students. The data was clear: EmpowerU drove **improved student outcomes** in **persistence, resilience, and academics**.



STAFF TESTIMONIALS

100% of Elmbrook Staff Reported:

-  Student growth in well-being or mental health
-  Improved academic engagement and/or attendance

"One of our 3rd graders who has been resistant to any instruction or discussion around feelings and strategies in the past has really engaged and benefited from EmpowerU."

ELMBROOK STAFF MEMBER



STUDENT TESTIMONIALS

"After EmpowerU, I am more motivated, I have skills to stay focused, and [I'm] doing better in school."

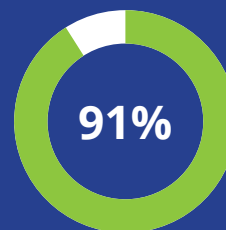
MIDDLE SCHOOL STUDENT

"A goal I met in EmpowerU was to ask my team for help when I need it. I feel more in charge of me."

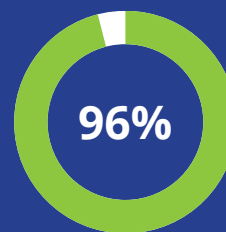
HIGH SCHOOL STUDENT

OUTCOMES

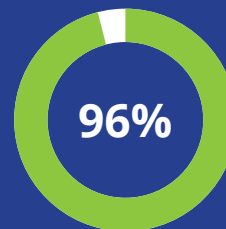
Data based on students grades 3-12 in Tier 2 program from 2021-2022.



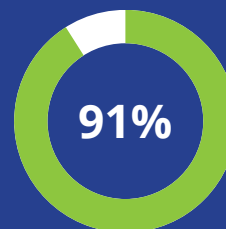
made progress towards their goal



rated EmpowerU daily coaching as a factor of their success



rated course as helpful to their well-being



would recommend to a friend