

# Summer Mental Health and Resilience Programs

## Summer Programs that Drive Student Success

Summer is a great time to focus on mental health. EmpowerU, Catapult Learning's resilience and mental health solution, provides evidence-based programs for students, educators and families that improve motivation, confidence and well-being.

### Student Programs

#### 1:1 Intervention Programs - Tier 2

(GRADES 3-12)

EmpowerU's highly-supported intervention programs pair digital resilience skill building lessons with personalized 1:1 coaching support in one easy-to-implement solution. Our innovative approach helps each student apply key concepts to their individual goals and challenges, empowering them to make small daily changes that add up to lasting progress.

*Credit recovery option available for grades 6-12.*



Students who made goal progress



Students who found EmpowerU helpful for wellbeing



Staff who reported improved student focus & wellbeing

#### Classroom Lessons - Tier 1

(GRADES K-12)

With options for both **teacher-led** (K-12) and **student self-directed** (6-12) digital lessons, EmpowerU's Tier 1 universal support programs help all students learn to manage thoughts, emotions and behaviors so they are ready to engage, learn and create positive personal change.



#### EMPOWERU SUMMER PROGRAMS ARE:



Easy to implement, without burdening staff



Equitable and affordable



Evidence-based with pre-to-post data



Effective in driving measurable outcomes



Easy to fit into existing summer models



Accommodating with options for multiple languages, speech-to-text and text-to-speech



## Educator Programs

### Strategies to support educator *and* student well-being

Summer is the perfect time to support your educators!

With EmpowerU's educator resilience and mental health training, educators learn essential strategies to support their own mental health and effectively nurture student well-being. Supported by a 1:1 coach, this program delivers measurable improvements in educator motivation and retention, as well as in student behavior, attendance and engagement.

*Six and twelve hour versions available.*



Educators found the course helpful to their well-being and ability to support students.



## Family Programs

### Increases calm & communication at home

The Thriving Together at-home family resilience program features activity books with hands-on activities that teach vital resilience skills to foster positive discussions, habits and relationships. In just 10 minutes each week, families complete lessons together, learning strategies to increase calm and improve behaviors.

*Two versions available: PreK-5th and 6th-12th grade.*



Families notice a positive change in their household.