

Summer Mental Health & Resiliency Programs

Students | Educators | Families



Summer Programs that Empower Students to Thrive

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

Student Programs

1:1 PROGRAMS - TIER 2/3 (GRADES 3-12)

EmpowerU is the **only** program that delivers age-banded skill building digital lessons with embedded 1:1 support in one easy-to-implement solution. This 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 9-12.

CLASSROOM LESSONS - TIER 1 (GRADES K-12)

With options for both teacher-led classroom plug-and play lessons (K-12) and independent digital online student lessons (6-12), EmpowerU's universal programs helps students learn to manage thoughts, emotions and behaviors so they are ready to engage, learn and create positive personal change.

Students who complete EmpowerU do better in school *and* in life

RESULTS

90%

Students who made goal progress

93%

Students who found EmpowerU helpful for wellbeing

87%

Staff who reported improved student focus & wellbeing

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Educator Program

IMPROVE EDUCATOR ENGAGEMENT, RETENTION AND WELL-BEING

This online course supports educators in enhancing their well-being and rekindling their sense of purpose and commitment to work. Designed for the busy lives of educators, this self-paced program provides practical tools for promoting resilience, modeling pro-social behaviors, and fostering classroom success. Participants benefit from the personalized guidance from a 1:1 online instructor.

CEU eligible.



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



Family Programs

INCREASE CALM & COMMUNICATION AT HOME

The Thriving Together at-home program reaches families that need help with critical calming and self-regulation tools. Kits include a family journal with activities and scannable links to digital lessons. In just 10 minutes each week, families complete lessons together, learning strategies to help them process thoughts and feelings in a positive way.

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



Families who notice a positive change in their household.