



# Resilience Programs Proven to **Unlock Learning**

EmpowerU, Catapult Learning's **evidence-based** mental health service, provides programs to students, educators and families that improve motivation, resilience, and academic success.



## CHALLENGE

America is facing a mental health crisis that is impacting the ability of students to focus, learn, and thrive.

- 42% of students feel persistently sad or hopeless, and nearly 33% experience poor mental health\*
- 20% of children ages 3-17 have a mental, emotional, developmental, or behavioral disorder\*\*

\* 2021 CDC Report

\*\* 2022 National Health Quality and Disparities Report

## SOLUTION

EmpowerU's science-based approach blends technology with personalized support in an easy-to-use platform, including 1:1 asynchronous student coaching at Tier 2, that helps schools reach more students with better results.

Each program delivers skills building curriculum in an engaging format that drives measurable results and helps students become more **self-directed** and **confident learners**.

## ADVANTAGE

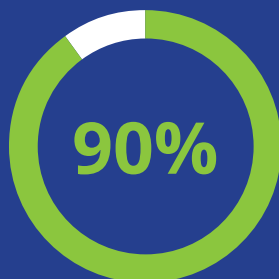
EmpowerU works seamlessly within schools and your students' school day to increase:

- 1 **Self-regulation**
- 2 **Attendance and positive behaviors**
- 3 **Academic motivation**
- 4 **Student well-being**

Our team collaborates with school staff through a live dashboard to monitor progress in real time.

## OUTCOMES

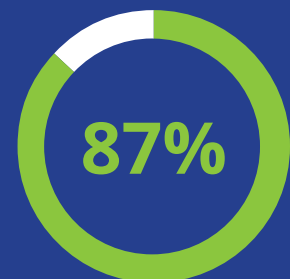
Since 2018, EmpowerU services have assisted thousands of students across the country with a data-driven solution that combines skills and support to **improve mental well-being and academic outcomes**.



Students who made goal progress and **didn't require escalated interventions**



Students who found EmpowerU **helpful for their well-being**



Staff who reported **improved student focus and well-being**

## TIERED PROGRAMS THAT **FILL GAPS**

# Improve Student **Motivation, Behavior,** and **Mental Health**

### SUPPORTED PROGRAMS - TIER 2

#### Lessons Supported by 1:1 Instructors

**Elementary – Secondary – Educator**

EmpowerU is the only program that delivers age-banded skill-building digital lessons with embedded 1:1 student support in one easy-to-implement solution. Proven to drive outcomes, our Tier 2 programs deliver daily doses of content combined with highly personalized and robust coaching from expert instructors. This innovative approach helps each student apply key concepts to their goals and challenges, empowering them to make small daily changes that result in lasting progress.

### UNIVERSAL CLASSROOM - TIER 1

#### Teacher-Led or Digital Classroom Lessons & Support

**Elementary – Secondary**

Our universal classroom lessons go beyond teaching students vital resiliency concepts by helping them apply concepts to their goals. With options for both teacher-led classroom plug-and-play lessons (K-12) and independent online student lessons embedded into homeroom or advisory (6-12), students learn to manage thoughts, emotions, and behaviors so they are ready to engage, learn, and create positive personal change.

### All EmpowerU Programs Are



**Easy to implement**, without burdening existing staff



**Evidence-based** with per-student data pre to post



Effective in driving **measurable outcomes**



Easy to fit into existing **MTSS frameworks**



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

### RESULTS



**26%**

attendance increase for students that completed EmpowerU compared to those that did not\*



**32%**

overall decrease in discipline referrals for school that utilized Tier 1 Classroom Lessons\*\*

**89%**

of Tier 2 students rated 1:1 coaching helpful for success

\* 2019-20 school district study

\*\* Sample size study

### Every School Is Unique

We customize Tier 1 and 2 solutions for each school's unique needs and challenges. Schedule a meeting to discuss the best delivery option for your school. Visit [empoweru.education/get-started-now](https://empoweru.education/get-started-now).

