



2023 School Partnership Program

Why youth mental health matters:

Before COVID-19

Youth mental health was already a significant concern.



1 in 4 adolescents have a mental illness.



1 in 7 primary school children have a mental illness.



65% of adolescents do not seek help.

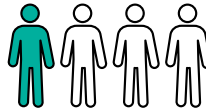
Source: ABS, 'National Survey of Mental Health and Wellbeing' and Australian Institute of Health and Welfare, 'Australia's Youth: Mental Illness'.

During COVID-19

Young people faced the biggest psychological impact.



82% of young people (aged 16-24) experienced mental health issues.



1 in 4 thought about suicide.



15% attempted self-harm.

Source: The Age and Sydney Morning Herald, 'Resolve Political Monitor Poll'.

Urgent action is needed to tackle Australia's youth mental health crisis. Early intervention and prevention is key.

The Resilience Project (TRP) is committed to teaching positive mental health strategies to prevent mental ill-health and build young people's capacity to deal with adversity.

Through an evidence-based Teaching and Learning Program and inspiring digital presentations for students, staff and parents/carers, our school partnership program aims to support mental health in the classroom, staffroom and family home.

We are proud to have delivered wellbeing programs to over 1,500 schools and early learning services across Australia.

Program Evidence

The research is clear; **the more positive emotion you experience, the more resilient you will be.** For that reason we focus on key pillars that have been proven to cultivate positive emotion; **Gratitude**, **Empathy** and **Mindfulness** (GEM), with **Emotional Literacy** being a foundational skill to practise these strategies.

Gratitude

Practising gratitude increases our levels of energy, helps us to feel happier, more focussed, determined and optimistic.

Empathy

When we show empathy, our brain releases oxytocin, which leads to increased self-esteem, energy levels and positivity.

Mindfulness

Practising mindfulness can help us stay focussed as well as reduce stress and anxiety.

Emotional Literacy

When we improve our emotional literacy, we can work towards recognising our own feelings and being able to manage them.

Program Impact

The Resilience Project's School Partnership Program has been **independently evaluated** by both **The University of Adelaide** and **The University of Melbourne**.

The University of Melbourne

2019







In-depth study of program participants versus non-program participants found students at TRP schools benefited from the program in a range of ways:

- Improved **confidence** and **self-esteem**.
- Improved knowledge and **ability to express emotions**, at school and home.
- More **supportive** classroom **environments**.
- Significant **increase** in daily practice of **gratitude strategies**.

The University of Adelaide

2019 - 2021

TRP Program participants (83,002 students) maintained **consistent emotional wellbeing and life satisfaction** in comparison to non-TRP Program participants (79,699 students) across the COVID-19 pandemic:

Measure	TRP Students	Non-TRP Students
Depressive Symptoms	 Consistent	 Increased
Anxiety Symptoms	 Consistent	 Increased
Life Satisfaction	 Consistent	 Declined

Program Overview

The Resilience Project’s School Partnership Program **inspires action, measures your students’ wellbeing** and **teaches practical strategies** to support your school and wider school community.

	Students	Staff	Parents/Carers	School	
INSPIRE	<p>Presentations:</p> <ul style="list-style-type: none"> • 4x age-specific videos: <ul style="list-style-type: none"> » Primary: F-3 & 4-6; or » Secondary: 7-9 & 10-12. 	<p>Presentations:</p> <ul style="list-style-type: none"> • 4 x 15-minute videos. • Live ‘Discovering Resilience’ webinar with Hugh or Martin. • ‘TRP in Action’ PD Session. 	<p>Presentations:</p> <ul style="list-style-type: none"> • 4 x 10-minute videos. 	<p>Professional Development:</p> <ul style="list-style-type: none"> • Welcome Meeting. • ‘Leading TRP’ Introductory Meeting. • Resilient Youth Survey Results Briefing. 	<p style="text-align: center;">\$3,500</p> <p>Choice of presenters, Hugh van Cuylenburg or Martin Heppell.</p>
ENGAGE	<p>Teaching & Learning Program:</p> <ul style="list-style-type: none"> • Student journal with: <ul style="list-style-type: none"> » Up to 30 year level-specific lessons. » Weekly conversation starters. » Wellbeing-themed games and activities. • Participation in the Resilient Youth Survey. 	<p>Teaching & Learning Program:</p> <ul style="list-style-type: none"> • Up to 30 teacher lesson plans for every year level. • Culturally responsive designed curriculum. • Lessons mapped against curriculum standards. • Dedicated online teacher platform. • Staff newsletter. 	<p>Engagement Initiatives:</p> <ul style="list-style-type: none"> • Communication pack to engage parents in the program. • Parent newsletter to drive ongoing engagement. • Dedicated online hub to access presentations and other resources. • TRP@Home activities to support children’s wellbeing outside school. 	<p>Engagement Initiatives:</p> <ul style="list-style-type: none"> • Dedicated School Partnership Manager. • GEM Pack (digital classroom posters, display boards). • Digital certificates for staff professional development. • TRP School Fence Sign. 	<p style="text-align: center;">\$19 / Student</p> <p>The student fee can be covered by the school or added to the school’s booklist.</p>

\$3,500 + \$19 x [Enrolled Students] = 2023 Program Cost (+ GST)



Scan this QR code or head to the following link to learn more about the program, including sample videos, lesson plans and other FAQs.

theresilienceproject.com.au/2023-school-partnership-program

