

THE

RESILIENCE PROJECT

Education Programs

Why youth mental health matters:



1 in 4 adolescents will experience **mental health problems** this year and nearly $\frac{2}{3}$ of them **will not seek help**.



1 in 7 primary aged children will experience **mental health problems** this year.



Our young people are increasingly responding to mental distress with self-harm. **5600 hospital admissions** due to self-harm in the 12 months to **September 2021**.



The prevalence of **mental health issues** is **increasing**. The **age** at which those issues are experienced is **decreasing**.



Our **national suicide rates** are amongst the **highest** in the OECD.



The World Health Organisation (WHO) predicts that in **2030** the **most common illness** will be **depression**, and the most common **cause of death** above the age of 15 will be **suicide**.

We are facing a pandemic of mental ill health amongst our tamariki and rangatahi.

What The Resilience Project delivers:

We are especially committed to delivering **preventative wellbeing programs** in **primary** and **intermediate** schools. These statistics drive our commitment to teach positive strategies to **help people be happier and more resilient**.

Education Programs

The Resilience Project's Partnership Program supports the wellbeing of the whole school community and builds a positive school culture.

Staff

First we **engage staff** through professional development **presentations**, teamed with **resources** and **activities** which develop a **consistent language** and **approach**.

Students

We then **inspire students** across all year levels through the delivery of highly **engaging presentations**.

Parents & Carers

And we **empower parents and carers** with presentations that provide **practical strategies to help build their children's resilience**, and improve their own wellbeing.

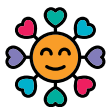
Curriculum

Our curriculum supports the ongoing **practise of mental health strategies** in the classroom with up to **30 year level specific lesson plans** outlined in our Teacher Resource and individual Student Journals.

Program Impact



Significant increase in children's use of **daily gratitude strategies** and their **sense of gratitude**.



Confidence and **self esteem**.



Knowledge and ability to **express emotions**.



Relationships at school and home.



More **supportive** classroom environments.

If your school is ready to steer your waka toward the mental health and wellbeing of your tamariki, please contact us for more information:

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