

# School-Based Prevention For Michigan's Future

[www.discoveryou.org](http://www.discoveryou.org)



On November 13, 2021, a 17 year old Michigan student took his own life. According to his friends on social media he was a fun, outgoing and a funny guy. His death, by self-inflicted gunshot wound, left a void in a community that's now desperate for answers, determined to find out *why* he would choose this fate.

*"I lost my baby brother last night. And I don't think I'll ever be the same.  
Pray for my mom."*

*– His Sister*

Again, we found our community reacting to a tragedy instead of acting to avoid it.

# VISION & GOAL

All youth have the opportunity to live to their fullest potential; they will not only have access to the tools and strategies necessary to live out that potential, but *have the support of families and a collaborative community-based system* where these tools and strategies become integrated as a sustainable way of life.

**Courage. Confidence. Connection.**

**“Mental health challenges in children, adolescents, and young adults are real and widespread...the future wellbeing of our country depends on how we support and invest in the next generation.”**

*U.S. Surgeon General Dr. Vivek Murthy 2021*

# Discover You™ | Why Now?

Key challenges for today's youths

- Depression: one in eight adolescents and young adults
- Substance and/or alcohol abuse: 5.4% ages 12 and 17
- Suicide: second leading cause of death ages 10 to 34
- Bullying: 55% teens report bullying as a major problem
- Gangs: one-third of teens report gangs as a major problem

Experts anticipate a 30% increase in depression, substance/alcohol abuse, and suicide post-COVID

# Discover You™ | Why Now?

## Secondary negative impacts

- Increased school dropout rates: 12% drop out of high school
- Higher levels of crime: high school dropouts 8x more likely to commit crimes and go to jail
- Higher levels of juvenile incarceration: national annual estimated cost \$8-\$21 million

# Discover You™ | Why Now?

## Pandemic outcomes

- Increased isolation
- Academic backslide
- Additional pressure on families and support systems

# Discover You™ | Footprint



“This program not only helped me, but it helped my friends and family because I shared with them what I learned and they use that knowledge too.”

Mt. Pleasant Student, Age 12



## Community grown

- 25,000+ youth served
- 12+ years experience
- 50+ schools in four counties



# Discover You™ | Overview

- Helps middle, high and post-secondary students tackle challenges, build **resilience**, care for their **wellbeing**, and improve academic success by increasing their courage, confidence and connection
- Leverage existing staff with train-and-go programs designed to positively impact family and systems
- Supports students as they build external and internal assets needed to make positive choices

# Discover You™ | Overview

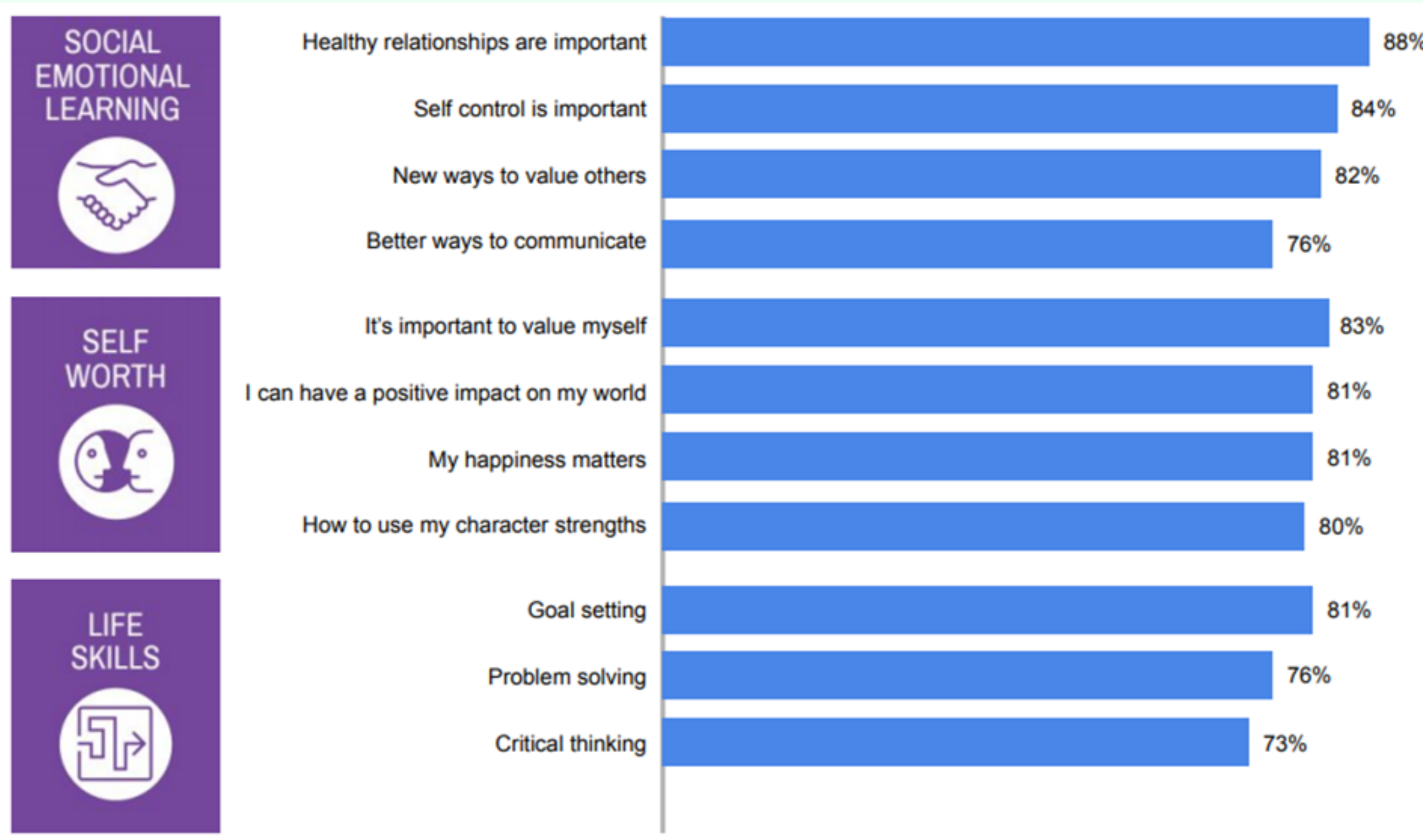
- Provides tier one mental health support for general education students in middle, high and early post-secondary
- Additional tier two and three support available including a positive alternative to school suspension
- Upstream for suicide prevention
- Relieves pressure on school and mental health supports

# Economical and Social Implications

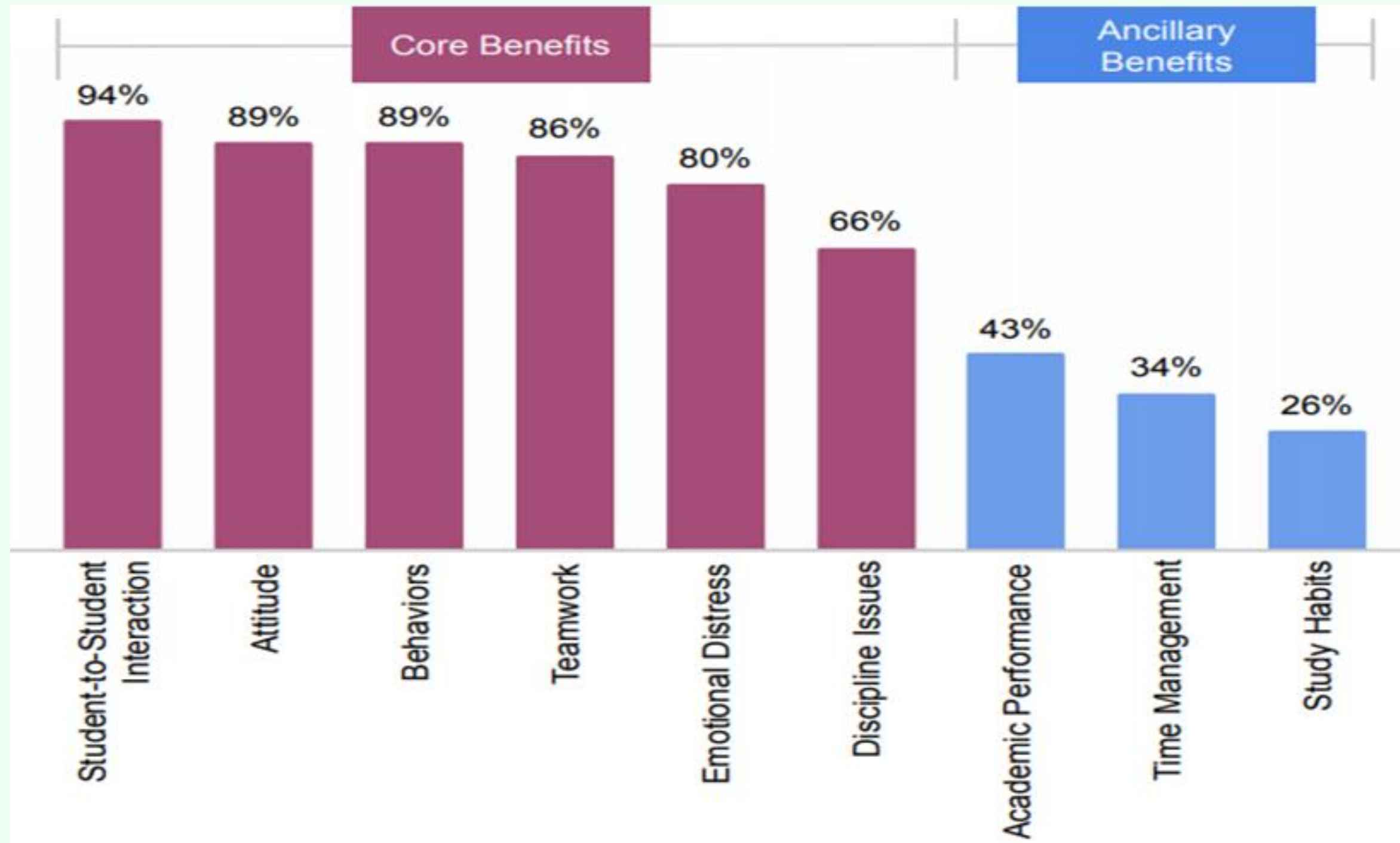
- Workforce of tomorrow
- Loss of potential through mental health issues
- Increasing post-secondary attainment



# Discover You™ | Outcomes Student



# Discover You™ | Outcomes Teachers



# Discover You™ | Outcomes

“

“This program has inspired me to be the best human I can be and taught me things I didn't know about myself.”

Swan Valley High School Student, Age 15



## Increases

- Academic success
- Graduation rates
- Life skills and self-worth
- Social and emotional skills
- Sense of belonging and community

# Building Strengths

Discover You

WORKSHOP  
**6**

## Gratitude

**Definition:** Gratitude is more than just a fleeting happy feeling. It is a felt sense of wonder, appreciation and thankfulness for the and/or specific individuals. The person who feels gratitude is thankful for what they have or experience. Gratitude is a feeling you embody.

**Why:** I can practice gratitude to more fully appreciate my life and those in it. Gratitude can help me increase my positive emotions and overall wellbeing.

**Objective:** Students develop a deeper understanding of gratitude and how it can have a positive effect on their lives.

### Today's Topics | 5 min.

- Coaches briefly recap the previous workshop.
- Today's topics:
  - Gratitude

### Activity | 5 min.

#### Attitude About Gratitude Scale

**OBJECTIVE:** Students identify their gratitude level and ways to increase it.

**PROPS:** WGB

**DIRECTIONS:**

- Students turn to WGB and respond to the four statements using this scale:
  - Strongly Disagree
  - Disagree
  - Neutral
  - Agree
  - Strongly Agree
- When completed, they add up their total. There is a maximum score of 20.

### Attitude About Gratitude Scale

Rate the following statements:

	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree
I have people I am grateful for.					
I have a long list of things I am grateful for.					
I think often about things I am grateful for.					
When something good happens I am grateful.					
I'm grateful for something every day.					



# Discover You™ | Model

- One-hour workshops delivered in school, out of school, small groups
- Deliverable online or in-person
- Train adults as coaches
- Coaches apply skills, equip students with tools
- Students apply skills and tools to thrive



# Discover You™ | Digital Platform

- Custom-built Digital Education Platform
- Adult-learner designed coaches training
- Built-in survey tool that provides actionable, longitudinal data for student outcomes



# Discover You™ | District Benefits

- Comprehensive, cost-effective, sustainable solution
- Family involvement
- Integral component of MTSS services
- Aligns with existing initiatives
- Train-and-go
- Supports adults
- Professional development available for all staff



# Discover You™ | Family Benefits

- Parental involvement
  - Review and provide input on content (opt-out option)
  - Communication of concepts with tools to use at home
  - Activities for families to do together
  - Parental training
- Supports concepts being taught in the home
- Children are more prepared for today and their future!



# Discover You™ | Sustainability

- Cost-effective: average \$25 per participating student (annual)
- Can incrementally train middle and high school students
- Existing staff deliver content
- Training adults in wellbeing helps reduce staff turnover and burnout



System/District	Support Staff	Staff DY Coaches	Families	Students
Customized community-based assessment, program development, implementation	Priority alignment	In-depth training, licensure for provision of DY	Active and informed	Curriculum focused on positive development and skill-building (all youth/tier one)
Aligns with Michigan standards for SEL and restorative practice	Related professional development	On-going support and updates	Advance review, opt-out option	Customized curriculum (at-risk/tier two)
Mental health, suicide prevention, school-based violence	Discipline related applications and tools	Proven lesson plans and tools	Topic related applications and tools for home practice	Positive alternative to school suspension (suspended youth/tier three)
Sustainable cost-effective solution @approximately \$25 per student per year	Supports whole child culture	Train-the-trainer option for sustainability	Support for parenting challenges	Supportive adults

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