



**I AM WELL™**

Wellness & Empowerment Lifelong Learning Program

**For Schools**

# WHY WELLNESS MATTERS

School Mental Health & Wellness Program

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# INTRODUCTION

School mental health services are essential to creating and sustaining safe schools.

Implementing mental health & wellness programs in schools, helps children learn how to manage stress effectively, while decreasing depression and increasing confidence.

## Statistics

- \*1 in 10 children experience mental health issues.
- \*3.2% of children age 3-17 years have diagnosed depression.
- \*Approximately 13% of children aged 8-15 experiences a severe mental disorder at some point during their life.
- \*More than 90% of people who die by suicide show symptoms of a mental health condition.
- \*Fifty percent of mental health disorders begin before age 14 and 75% before age 24.



Anxiety and depression occur in both genders, but by the teenage years, girls are **much more** at risk than boys.

# MISSION

The mission of this School-Community Partnership is to create a **safe and supportive** environment for teen girls within your school district. This mission supports the mission of the school to create an environment of **life long** learners who achieve their **maximum** potential to participate and contribute to a democratic society, while decreasing delinquency.



# I AM W.E.L.L. IN-SCHOOL PROGRAM DETAILS

## TWO PROGRAM OPTIONS TO SUITE YOUR DISTRICT SPECIFIC NEEDS:

8 WEEK W.E.L.L. Programming

(1 time weekly sessions tailored to school schedule for 8 weeks)

Yearly W.E.L.L.ness Programming

(1 time weekly sessions tailored to school schedule for entire school year suggested in place of ISS)

### Each program will consist of:

- Understanding positive mental health
- Self-care to Success (School & Career) Interactive Workshop
- Introduction to Power of I AM Mindful Minute Meditation©
- W.E.L.L. skill development
- Igniting Inner Confidence
- Opioid & Other Prevention
- Stress Management Training
- Identity UN-crisis
- Confident Communication



Click the pic to play the video

Top Influencers, Educators & Certified Mental Health specialist partner to host impactful workshops.

This program was created through extensive research and trial application. the curriculum includes education from Texas Essential Knowledge & Skills (TEKS) that focuses on the trends of today's generation of girls.



# I AM W.E.L.L. EXPECTATIONS

## THE SCHOOL WILL:

- Maintain continued membership and active participation in the School-Community Partnership.
- Provide administration and fiscal oversight for the project.
- Provide facility space for contracted providers for the delivery of program services and activities.
- Promote program services and activities in the community.
- Maintain ongoing, consistent communication between the School and Consultant.
- Provide data necessary for evaluation of this proposal to the local evaluator(s).
- Follow established protocols for referral, crisis and treatment protocols that specify procedures for: a) Who refers, b) How and to whom to refer (phone/written), c) When to refer, for what reasons, d) What action is taken with the referral, e) How are communications and feedback handled regarding referral.

## THE CONSULTANT WILL:

- Maintain continued membership and active participation in the School-Community Partnership.
- Assure the provision of consultation, education, screening, assessing, referring, treatment and coordination of services for youth in need of mental health services (on-site and off-site).
- Collaborate with the School and other project partners to ensure the linkage and delivery of services that respond to the student's needs. (Includes, but is not limited to: social services, mental and physical health assessment, and mental health services).
- In compliance with mental health confidentiality law and HIPAA regulations, provide data necessary for evaluation of this proposal to the local evaluator(s).
- Follow established referral, crisis and treatment protocols that specify procedures for: a) Who refers, b) How and to whom to refer (phone/written), c) When to refer, for what reasons, d) What 3 action is taken with the referral, e) How communications and feedback are handled regarding referral.
- Collaborate with school to tailor classroom observation, skill training, school wide interventions and prevention activities (e.g. social and emotional development, educational information about risk and protective factors for mental health, substance abuse and violence prevention.).

## EXPECTED OUTCOMES:

- Consultant will provide 1 FTE in the school.
- Consultant will provide a minimum of 1 consultations to school staff on mental health, substance use, and social and emotional development.
- Consultant will serve at a minimum of 50 students.
- Absentee rate will decrease by 20% percent among participants.
- Suspension rate will decrease by 30% percent among participants.
- Reported incidents of violence will decrease by 30% percent among participants.

# TOP 5 REASONS TO IMPLEMENT PROGRAM

1. BE A PART OF AN INNOVATIVE PROGRAM THAT HAS BEEN PROVEN TO MAKE A LASTING IMPACT AMONG STUDENTS.
2. BECOME A SCHOOL DISTRICT RECOGNIZED FOR BECOMING THE CHANGE YOU WISH TO SEE AND INCREASING DISTRICT RANKING.
3. BE A PART OF OUR PROGRAM THAT WILL IMPACT 10,000 STUDENT LIVES BY THE END OF THIS SCHOOL YEAR.
4. FORM NEW BUSINESS PARTNERSHIPS AND RECOGNITION WITH HOSTS, CITY CONGRESSMEN & BUSINESS OWNERS
5. INCREASE YOUR DISTRICT'S IMAGE BY IMPRESSING PARENTS & STATE FUNDING WITH YOUR UNIQUE LIFELONG LEARNING FOR YOUR STUDENTS



Click the pic to play the video

**It's the Gift that Keeps on Giving!**

# I AM W.E.L.L. GUIDELINES

**K.I.C.K. Consultancy (KC) I Am W.E.L.L. Guidelines /Mission:**  
**Consultants of KC are very hands on with students. We will work one day a week per school, up to 3 schools total (9am- 1pm) for PAISD from September 30th, 2019 – November 22, 2019 or ongoing (for yearly program) in designated area on each individual school campus. We require students that are a part of the program to implement I Am W.E.L.L. activities throughout the week and return the following week with completed work and evaluation form. We assist students to:**

- KC provides 5 tips/activities to show students how to positively manage stress
- KC ensures that students understand the importance of creating effective study habits to decrease test anxiety to not only perform better in class but also for the STAAR test
- KC ignites students to participate in the Power of I Am Minute Meditation©
- KC assist students in applying learning both academically and socially to create a safer and more healthy school environment
- Create a life blueprint that includes school and career goals with tactical steps to take action
- Ensure students participate and create self-care regimens to create a positive path of success for school and career
- Participate in confident communication workshop that includes public speaking and mock interview activities
- Research, participate and understand the importance of Opioid and other prevention
- Students are encouraged and held accountable in participating in extra curricular activities based on life blueprint created
- KC informs students of the significance leaving a lasting impression not just with academics but also character. We require students to get 3 letters of recommendations to have available for scholarships.
- Students must become active school leadership participants through implementation of school wide programs and wellness advocacy



# Teen KICK Impact

Current Stats on Nonprofit Impact within multiple communities

*TARGET: AT RISK YOUTH GLOBALLY*

2018  
Statistics

## Teens who participate in Teen KICK enrichment programs:

93% of teens improve overall communication

89% become more physically active

88% consistently participate in community outreach

72% of teens decrease in depression

84% of teens improve in academic and athletic performance

54% of teens initiate some type of entrepreneurial endeavor

67% of teens become first generation college students

79% stop delinquent behavior

63% accept abstinence until marriage

77% decrease negative social media engagement



# Get to know Coach K



**TEEN STRESS MANAGEMENT &  
MENTAL WELLNESS CONSULTANT ~  
LIFE COACH ~ INTERNATIONAL  
SPEAKER ~ AUTHOR**

**An International Leader** Honored as **2019 Humanitarian of the Year** by Black Girls Excellence at the University of Houston back in March for the work through her nonprofit Teen KICK, Kisha “Coach K” Simmons has an impactful imprint among today and our future female generation. 3x author, multiple award winning philanthropist, change agent, activist and entrepreneur, Coach K has the ability to affect a multi-generation of females.

Coach K has become a leading Teen Life Coach as well as Speaker and Mental Wellness & Education Consultant for those serving our youth. Her partnership with multiple school districts have become in demand as her impact leaves tangible and lasting impressions.

A few publications on Coach K’s work can be seen in Port Arthur News, Voyage Houston, Voyage Atlanta, and Beaumont Enterprise. Besides being recognized as the Humanitarian of The Year, she has recently been nominated at **L’Oréal Woman of Worth, Southeast Tx 40 under 40**, The Phenomenal Woman, and is being interviewed for an article in a national magazine.