



# Mission: Teaching children and students the skills to overcome adversity

## Program Logic

Problem	Targets	Interventions	Implementation	Short Term Outcomes	Medium Term Outcomes	Long Term Outcomes
<ul style="list-style-type: none"> <li>• Young people facing increasing challenges</li> <li>• Increase in mental health concerns</li> <li>• Developing effective coping strategies &amp; resilience</li> <li>• Reducing self-harm &amp; suicide</li> <li>• Overcome adversity</li> </ul>	<ul style="list-style-type: none"> <li>• Children and young people               <ul style="list-style-type: none"> <li>○ Adolescents</li> <li>○ Middle school</li> </ul> </li> <li>• Schools/ teachers/ parents:               <ul style="list-style-type: none"> <li>○ Raising awareness of the importance of knowledge of the power of resilience</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Developing coping strategies</b> <ul style="list-style-type: none"> <li>○ Setting goals</li> <li>○ Choices in adversity</li> <li>○ Getting back up again: perseverance skills</li> </ul> </li> <li>• <b>Developing motivations to improve</b> <ul style="list-style-type: none"> <li>○ Choosing to grow</li> <li>○ Taking responsibility for choices</li> </ul> </li> <li>• <b>Developing skills to help others</b></li> <li>• <b>Gratitude &amp; positive thinking</b> <ul style="list-style-type: none"> <li>○ Using a growth mindset in the face of adversity</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Keynote – 1 hour on SBH story</b></li> <li>• <b>10 week program</b> <ul style="list-style-type: none"> <li>○ 5 Lessons: Goals, choices, mindset, perseverance, discussions</li> <li>○ Commences in Wellbeing program</li> <li>○ Filters into 4 subjects: English, Health &amp; Phys Ed, Performing Arts &amp; Visual arts</li> </ul> </li> <li>• <b>Activities include</b> <ul style="list-style-type: none"> <li>○ Video workshops</li> <li>○ Activities in workbooks</li> <li>○ Gratitude Journal</li> <li>○ Goals diary</li> <li>○ Weekly planner</li> </ul> </li> <li>• <b>Teacher 1 hour implementation session</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Increase teachers' awareness and knowledge about value, and skills to overcome adversity</b></li> <li>• <b>Increase students' awareness &amp; knowledge</b> <ul style="list-style-type: none"> <li>○ To address adversity, coping</li> <li>○ How they can improve reacting to adversity</li> <li>○ Feel invited to learning more</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Increasing personal and social capabilities</b></li> <li>• <b>Increasing skills and knowledge of overcoming adversity</b></li> <li>• <b>Evidence of enacting coping behaviors</b></li> <li>• <b>Improvement in</b> <ul style="list-style-type: none"> <li>○ Perseverance</li> <li>○ Coping with stressors</li> <li>○ Adaptive help-seeking</li> <li>○ Motivation to keep trying</li> <li>○ Hardiness</li> <li>○ Increased monitoring</li> <li>○ Giving up negative coping strategies</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>Evidence of enhanced</b> <ul style="list-style-type: none"> <li>○ Perseverance</li> <li>○ Coping with stressors</li> <li>○ Adaptive help-seeking</li> <li>○ Motivation to keep trying</li> <li>○ Hardiness</li> <li>○ Increased monitoring</li> <li>○ Giving up negative coping strategies</li> </ul> </li> <li>• <b>Transfer of these skills to school work</b></li> </ul>

Assumptions based on evidence and process that the skills of resilience are precursors to successful learning. Resilience in the face of adversity

Barriers:

Enablers: