



Mental Health  
Collaborative

# 2024 Data Report

## Mental Health Essentials Student Curriculum & Mental Health Essentials for Educators

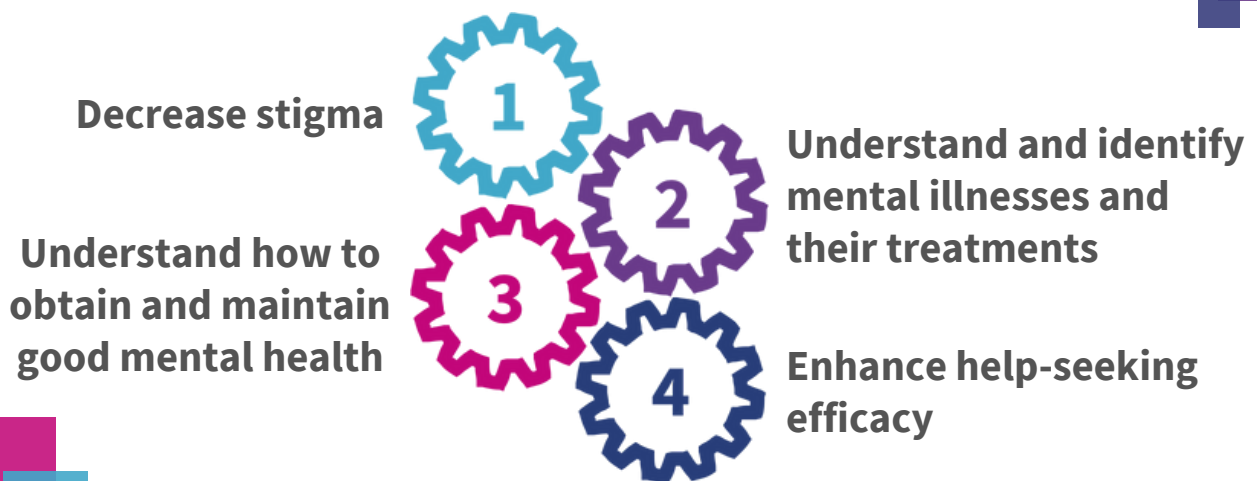


Mental Health Collaborative is a 501(c)(3) organization dedicated to building resilient communities through mental health education and awareness

<https://www.mentalhealthcollaborative.org/>

# What is Mental Health Literacy?

**Mental Health Literacy (MHL) is defined by 4 components:**



Mental Health Collaborative provides a number of educational MHL programs across the U.S. We offer programs for students, educators, coaches, parents & caregivers, young adults, older adults, communities, workplaces, and mentors. This data report will focus on the need for and benefits of two of our school-based programs, *Mental Health Essentials for Educators* and the *Mental Health Essentials Student Curriculum*.



# The Need for MHL



**1 in 5 experience mental illness<sup>1</sup>**

75% of mental illnesses begin between the ages of 12-25.<sup>2</sup> But the average delay between the onset of symptoms and start of treatment is 8-11 years.<sup>3</sup> Our students and teachers desperately need mental health literacy. Understanding stigma and its impact, understanding the signs and symptoms of mental illness, and knowing where to get help is essential to reduce this gap and take care of our youth.



**<50%**

of youth are able to recognize the signs & symptoms of depression, and even fewer recognize other mental illnesses<sup>4</sup>

**"90%**

of teachers reported that they didn't have adequate knowledge required to address student mental health needs"<sup>5</sup>

**Mental Health Collaborative's evidence-based programs can be life-saving**

## About Our Programs

Mental Health Collaborative adapted our programs from the evidence-based programs of Mental Health Literacy, a Canadian-based organization with 20+ years of experience across 20+ countries world-wide.

### Mental Health Essentials for Educators

We adapted the Canadian “Go-to Educator” program into *Mental Health Essentials for Educators*. The program teaches the 4 components of Mental Health Literacy with a focus on identification and referral. It also covers strategies for managing mental health in the classroom, how to discuss mental health with students, and how to implement self-care strategies as an educator.



### Mental Health Essentials Student Curriculum

We adapted the Canadian “The Guide” into the *Mental Health Essentials Student Curriculum*. The program teaches the 4 components of Mental Health Literacy to students ranging from grades 7-10. The curriculum is 6 modules, designed to be taught in 6-12 hours of classroom time. Our version is fully digitized as Google Drive folders, designed to be user-friendly, interactive, and adaptable. The student-facing materials are translated into Spanish and Portuguese, and the curriculum is aligned with the National Health Education Standards, CASEL Competencies, and CASEL Playbook Strategies.



## Program Benefits & Effectiveness

### Benefits

- **Increased knowledge & help-seeking efficacy, decreased stigma** in both educators & students after 1 day of training\*<sup>6,7,8</sup>
- **Earlier identification & referral** for students with mental health problems<sup>5</sup>
- **Improved accuracy** of referrals<sup>9</sup>
- **Improved** educators' and educators' families' **mental health**<sup>5</sup>
- **More positive** school **culture** as reported by educators<sup>5</sup>
- **Increased confidence** in educators' ability to **identify & respond** to student mental health needs<sup>10</sup>
- **Increased comfort** with **talking about mental health** to students, staff, & parents<sup>11</sup>

### Effectiveness

- Gains in MHL were **sustained at 3-month** follow-up\*<sup>6</sup>
- **Train-the-trainer** model led to **effective curriculum** delivery<sup>6</sup>
- **Effective** both **in-person & online** as compared to a control group\*<sup>6</sup>



## Equity



Across **every culture and socio-economic background** that the programs have been studied in, the data show **substantial, statistically significant benefits** in short-term and long-term increases in overall MHL.<sup>6</sup>



*Researchers from Columbia University and Harvard Medical School identify MHL education as a critical tool to increase mental health equity.<sup>12</sup>*

# Data from the Mental Health Essentials Student Curriculum 2024

Program effectiveness measured by Osprey Market Research

## Methods

Paired samples pre and post-exposure data was collected from 382 students across grades 7-10. Knowledge, stigma, and self-care & help-seeking strategies were measured.

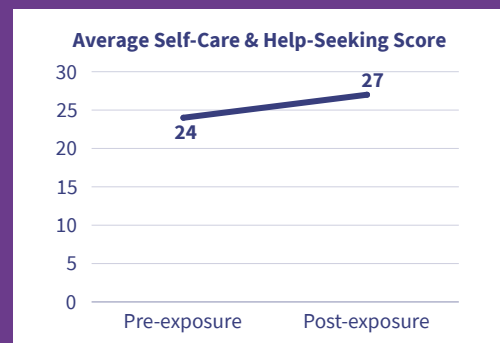
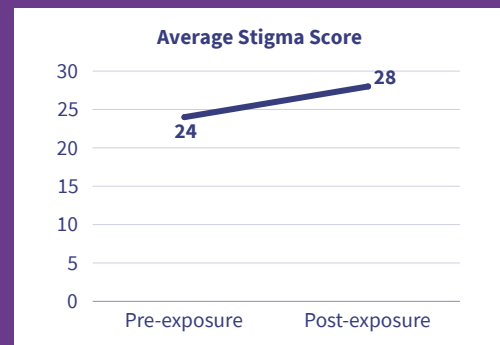
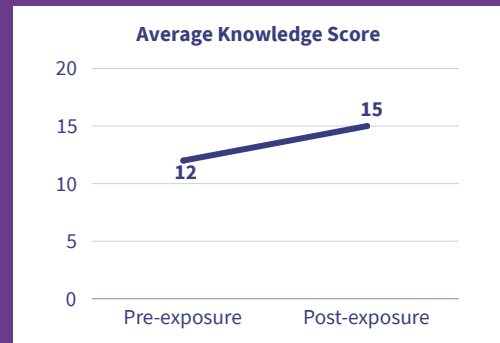
## Summary

After exposure to the MHC curriculum, students exhibited significant increases in knowledge, significantly more positive attitudes toward mental illness (stigma reduction), and significant increases in understanding of self-care and help-seeking strategies. A detailed breakdown of each section follows.

**Knowledge:** students improved from 12 to 15 correct responses after exposure out of a total score of 21 (significant @ .000 probability).

**Stigma:** students improved from 24 to 28 of a total score of 35 (significant @ .000 probability).

**Self-Care & Help-Seeking strategies:** students improved from 24 to 27 of a total score of 30 (significant @ .000 probability).





## Testimonials

- High School Educator

*"One of the most relevant and well-presented professional trainings in my 15 years of teaching. I've successfully applied this content in my work with students, my relationships with others, and with my own children."*

*"I knew something wasn't right, but I didn't have the words for it. This was the best class — with really important information that we all need!"*

- 8th Grade Student

- K-12 Wellness  
Director

*"I had been searching for a research-based mental health curriculum for our students. I was disappointed with the very few options that I found. The only one I considered before MHC was cost prohibitive and not nearly as comprehensive. When I learned about the MHC curriculum, it checked all the boxes. My teachers could hit the ground running with everything that was given to us AND we were also given more than enough materials and activities to expand on the units in the future. The best part—our students loved it!"*



## Sources

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## Contact Us

*Bring our programs to your school,  
organization, or community today!\**



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**Mental Health Collaborative is dedicated to building  
resilient communities through mental health  
education and awareness.**

*\*All of our training programs are offered virtually and in-person can  
be customized to meet the needs of your school and community.*