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NO STUDENT SHOULD STRUGGLE IN SILENCE:

A STEP-BY-STEP GUIDE TO PRIORITIZING STUDENT MENTAL HEALTH IN SCHOOLS
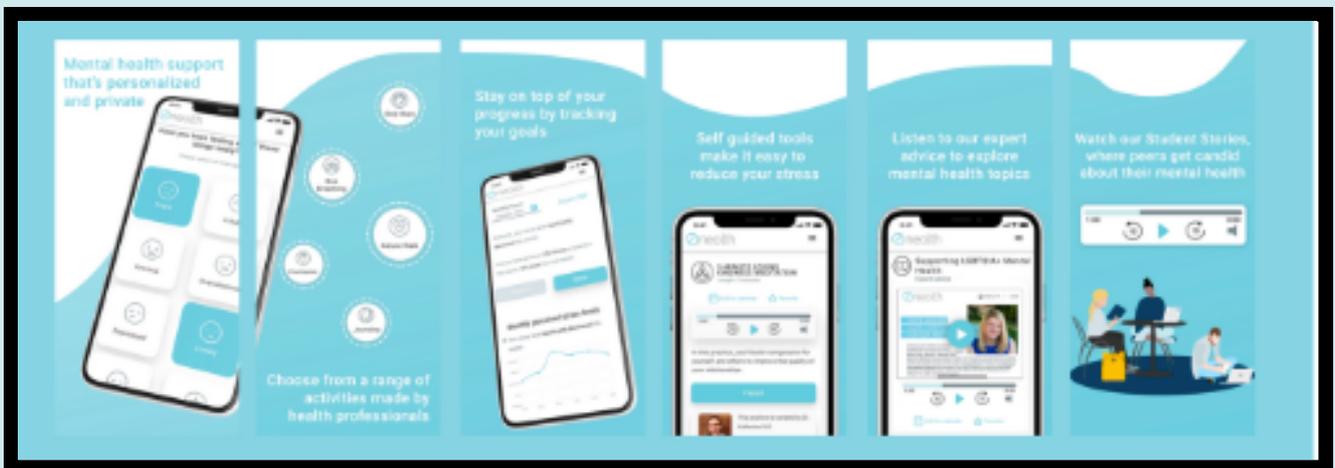
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INTRODUCTION

Neolth provides stress and mental health support by delivering on-demand, personalized care to students. Neolth's self-guided digital platform and mobile app were built by healthcare and education professionals, in partnership with a diverse body of students. The solution provides on-demand resources for relaxation, emotional awareness, health education, stigma reduction and even real-time crisis care referrals. Counselors are able to use the platform to track high-risk students' mental health symptoms, stress levels, engagement with the platform through our secure health-tracking tool.

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Essential Questions

Question 1: How will we use Neolth?
- Self-guided mental health support for the entire student body.
- Implemented for high-risk students that interact with counselors.
- Integrating Neolth into the curriculum during homeroom, health class, or PE class.

1

Question 2: Which educators will use Neolth?
- Homeroom teachers
- Advisory teachers
- Counselors/Psych services
- Health teachers
- Special education teachers

2

Question 3: What resources do we have?
- Funding for student and educator accounts
- Person or team to take charge of the rollout
- Time for 60 implementation support call

3

Question 4: What Neolth package is right for our school?
- Student accounts (includes premium educator accounts at not extra charge)
- Premium educator account
- Free educator account

4

Question 5: What else?
- Implementing Neolth these ways ensures that no student is struggling in silence. Counselors can easily monitor and safely track students' activity on the app. Infusing curriculum with mental health beneficial for the students' health and academic performance!

5

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Neolth is a low cost, digital resource that eliminates barriers for students who need mental health support.
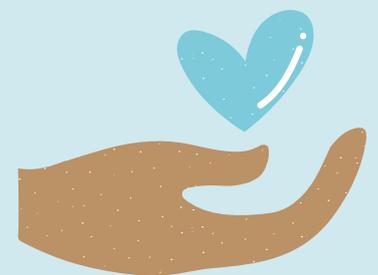
Step-By-Step Plan

Now that you've narrowed your focus, let's move on to the steps needed to roll-out Neolth successfully in your school.

1 Person or team responsible for rollout chose topics of relevance to their students that could be highlighted in outreach messaging, including academic stress, COVID stress, loneliness, imposter syndrome and peer support. The Neolth team creates outreach material that addresses these topics.

2 Neolth team provides a 60 minute implementation training to educators, counselors and administrators to walk through the tool, answer questions and address any barriers to implementation.

3 Educators sign-in to the educator account and plan for when to use Neolth practices and videos in their classrooms. The calendar feature in Neolth makes this very easy, as well as allowing teachers to assign lessons and track progress.

4 Team uses Neolth's communication pack to send emails, social media posts, or hang posters to educate students about Neolth. Students also receive individual account credentials.

5 Team sends home parent communication about Neolth, the benefits, and materials to support their student with mental health.

6 Students download Neolth like they would any other app and use the self-guided program in their own time. If they have any questions, they can contact Neolth's support team.

7 Counselors use the analytics dashboard to see aggregated, de-identified information from the student body.

Student Account

Neolth is a low cost, digital resource that eliminates barriers for students who need mental health support.

Personalization Survey
Content is tailored to student health goals and needs based on a confidential survey.

Self-Guided Practices
Students choose when to learn and practice and what strategies work best by using our customizable calendar and practices library.

Expert Videos
Students hear real stories from other students to reduce stigma related to mental health.
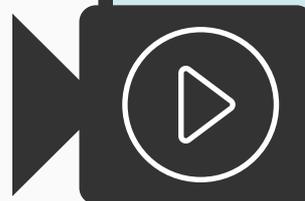
Student videos
Students hear real stories from other students to reduce stigma related to mental health.

Crisis Resources
Access to 24/7 mental health resources and referrals so students can access help when and where they need it.

EDUCATOR ACCOUNT

Preventative Mental Health Resources at Your Fingertips

	FREE	Premium
Customizable Calendar	✓	✓
Lesson Plans	✓	✓
Expert Videos	20	119
Student Story Videos	6	75
Guided SEL Practices	20	99 (79 audio and 20 written)
New Content	N/A	Added Weekly
Bonus Feature	N/A	Assign Lessons & Track Progress

Neolth

PRIORITIZE YOUR MENTAL HEALTH THIS YEAR

SIGN UP FOR FREE
Neolth is on demand and personalized to you!

A mental health app offering relaxation practices, educational videos, and other services to support you.

Scan the QR code or go to neolth.com

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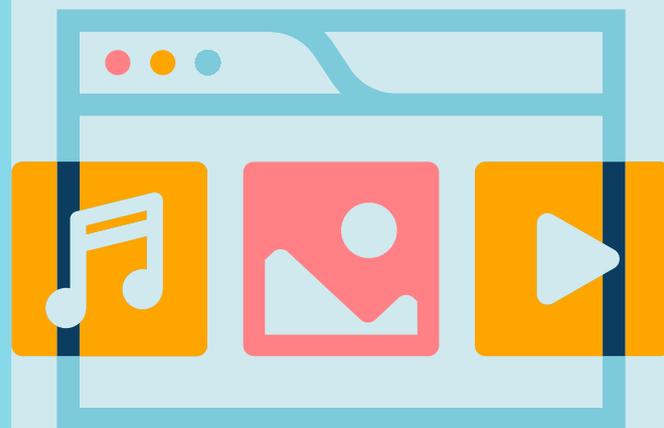
When you sign on as a partner with Neolth, you receive a full communications packet that includes orientation material, social media and email templates, student outreach templates, lesson plans on the educator dashboard and general tips on rollout and sustainability of a schoolwide mental health initiative. In addition, counselors can access the Analytics Dashboard to get schoolwide and individual student data. The following examples are part of a comprehensive package of resources that you get as part of the partnership.

Social Media Stress

Neolth User!

Feeling Consumed By Social Media?

65% of students find social media stress inducing. Your social media habits can become unhealthy, but you do not have to let it consume you. You have the capability to change and strengthen yourself mentally, and we are here to help. Begin your journey by downloading Neolth. Get FREE access when you use your school email during sign up!

Neolth User!

NEOLTH

With Neolth, you can gain:
- Personalized self-care practices
- Stress level tracking
- Educational content from professionals
- Relatable student stories
- Live-streamed mental health events

Neolth User!

NEOLTH

Unhealthy social media habits disturb your peace and can lead to extreme mental health illnesses.

Begin Your Transformative Journey Today!

Get the support you need by downloading

neolth **FREE!**

With the beginning of a new school year comes stress associated with social media. Relieve feelings of FOMO, stress, and anxiety by downloading Neolth, an app for mental health support. Start today to begin your FREE journey towards a less stressful school year!

Parent Letter

Dear Parent/Guardian,

I want to inform you about a new service that [school name here] is offering to our students. As you know, mental health is important to both personal wellbeing and academic success. In order to prioritize mental health at our school, we have partnered with Neolth for the upcoming school year.

Neolth is a digital platform and mobile app that delivers self-guided, personalized stress and mental health support to students. With this on-demand service, students can get help when and where they need it most. By working with Neolth, our school will be able to regularly check in on students' mental health, reduce the harmful effects of stigma, help students build resiliency skills and provide comprehensive mental health education.

With Neolth, students will have access to self-guided relaxation and social-emotional practices like journaling and breathing exercises. Students will also have access to a video library that contains educational content made by health professionals and stigma-reducing content made by students. During real world implementation in schools, students' stress decreased 22.2% after 8-weeks and 39.8% after 12 weeks on Neolth (as measured by the Perceived Stress Scale).

If you would like more information about our work with Neolth or if you do not want your child to access this resource, please contact me. You can also visit their website at neolth.com or watch this 2-minute explainer video to find more information about their app, mental health in general and how to speak with your child.

Sincerely,

[Name Here]
[Role at School]
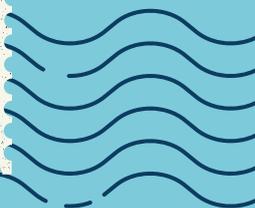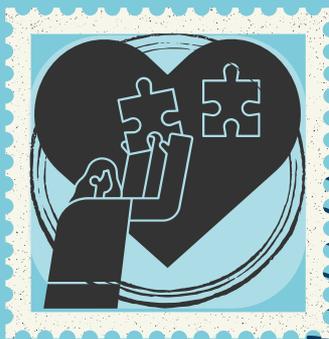
Analytics Dashboard
Summary of All Students Using Neolth
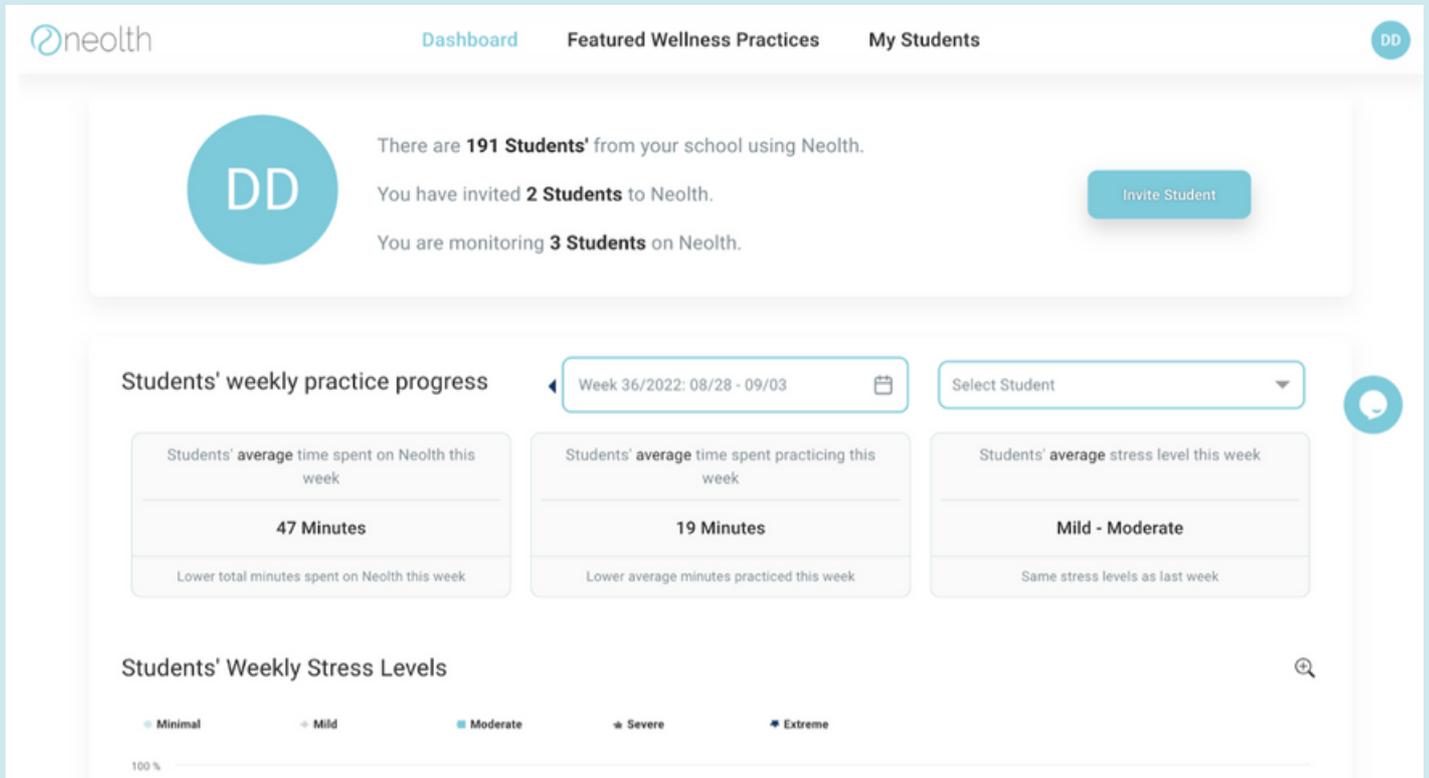
KEY FEATURES:

1. *Aggregate of all students using Neolth to inform schoolwide efforts, such as embedding more mindfulness practices into classes or email/social media outreach to students.*

2. *Week over week data to show progress around stress levels and student practice.*

3. *Data to support implementation success for additional funding to continue to invest in mental health resources in your school.*

neolth APP
FOR STUDENTS

FEASIBILITY AND IMPLEMENTATION OF A DIGITAL MENTAL HEALTH APP FOR STUDENTS

PURPOSE

Test the feasibility of a digital intervention delivered to students.

Explore the efficacy of the program to reduce perceived stress, as measured by the Perceived Stress Scale 4 (PSS-4).

Provide insight into the potential of a digital app that reduce stress for students and the feasibility of implementing such a program at the school level.

METHODS

Site One: A large, urban, public school in the Pacific Northwest. 127 students from a health course signed up between January 2021 and April 2021. Students received two announcements about Neolth on their student portal from their teacher.

Site Two: A small, private school in California. 145 studednts from the school signed up between August 2020 and April 2021. The student body received ~10 communications about Neolth, including emails from their wellness center.

Site Three: A small, private school in the Midwest. 100 students signed up between Februrary 2021 and April 2021. The student body received 1 email about Neolth from counselors. Counselors also made 5 Instagram posts to their school account. This site was limited to 100 participating students.

Engagement: At all sites, students opt-ed in to use Neoth. Studentsselected their own prefrences for enagagement rates and were not given any specifications regarding the amount of time they should spend using the program.

Lesson Plan

Grade: Middle and High School
Topic: Learning to Forgive

Subject: Advisory/Health
SEL Competency: Self-Awareness

Goal: Self-Awareness
The goal is to educate students about forgiveness as a self-awareness strategy to ease negative emotions that impact relationships.

Materials Needed:
Paper, sticky notes pads and pens
Demonstration materials: water, vinegar, baking soda, tissue, Ziploc bag, tray

Learning Objectives:
Students will understand and reflect on the importance of forgiveness and the consequences of not forgiving ourselves or others.

Structure/Activity:
1. Ask students what it means to forgive. Have students share experiences when they have forgiven themselves or others (3-5 min)
2. Ask students if there are reasons not to forgive (3 min)
3. Teacher does a demonstration to show what can happen when we don't forgive - feelings get bottled up and we end up hurting ourselves (instructions below) (6 min).
4. Teacher and students discuss the importance of forgiving others and ourselves (2 min).
5. Have students write a letter to themselves forgiving themselves or someone else (5 min)

Optional: Students can share this with the whole classroom, in pairs, or keep private

Demonstration Instructions:
1. Put 1/4 cup of warm water into the Ziploc bag.
2. Add 1/2 cup of vinegar to the water in the Ziploc bag.
3. Put 3 teaspoons of baking soda in the tissue, then fold it up.
4. Zip the sandwich bag shut but leave a corner open, enough to fit the tissue full of baking soda in.
5. Slip the tissue in, quickly seal the bag and put it down on the tray and step back.
6. Watch the bag slowly expand and explode!

Formative Assessment: On the top of a piece of chart paper, write *Forgiveness* is....

Each student completes this sentence on a sticky note and posts it on the chart on the way out of class. This gives the teacher a sense of their take-aways.

Optional: Assign students to watch the Neolth video *Guilt and Shame* and write a one-page summary of what they learned about forgiveness and how that connects to guilt and shame.

Analytics Dashboard

Individual Student Connected with Counselor
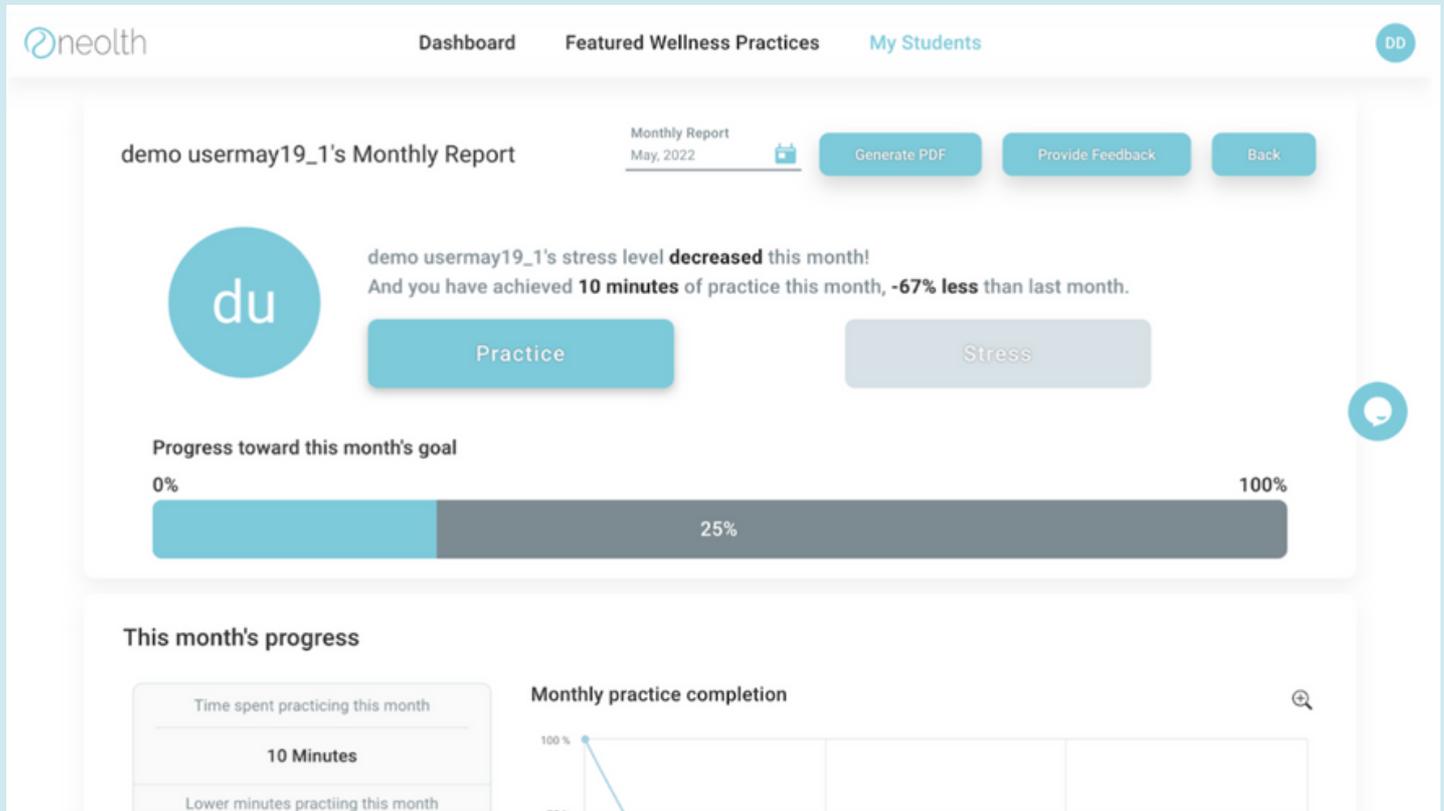
KEY FEATURES:

1. *Shows data related to individual students around stress and mindfulness apractices.*
2. *Monthly summary data to show progress and areas for growth around stress levels and mindfulness practice.*
3. *Allows for transparency and accountability for students between counseling sessions.*

neolth APP FOR STUDENTS

FEASIBILITY AND IMPLEMENTATION OF A DIGITAL MENTAL HEALTH APP FOR STUDENTS

RESULTS

Enrollment: 6% of the student body signed up after a single email (Site 3). When provided extra credit, more than 50% of students signed up (Site 1). Up to 45.7% of total enrolled students were BIPOC.

Stress Levels: Stress decreased at all sites, up to 22.2% after 8 weeks and 39.8% after 12 weeks.

Engagement: Students spent on average 63.3 minutes per week active on Neolth and up to 1,277 minutes per week with the Neolth app or browser open.

To access the full report, email hello@neolth.com

IMPLICATIONS

High Sign Up Rates: All sites achieved high sign ups with limited communication to students (2-10 touches) and an opt-in approach, demonstrating feasibility of implementing a digital health app.

Preferences: Up to 57% of students wanted to use all 7 types of relaxation practices. This demonstrates the importance of providing diverse therapeutic techniques.

Clinical Impact: Delivering relaxation and psycho-education via a mobile app presents a practical, affordable approach to reducing student stress in a short period of time.

Engagement: Providing multiple ways for students to use an app is key for engagement. Beyond using their self-guided relaxation practices students spent 12% of time on their dashboard, 5.2% on their calendar, 14.9% on their reports, 8% in their practice library, 22.2% in their community videos, and 5.6% doing health check ins.

Future Implications: Results could be applied to the design and implementation of Neolth as a cost-effective, convenient and engaging digital intervention in schools.