MyWellness
Because wellbeing is always personal.

* Formerly MyHealthMyWay
Problem: Youth Mental Health Challenges Are Exploding

Complex Problem

1) Analysis Paralysis
2) Costly & Complex Solutions
What Makes Positive Change Possible?

Find the “Bright Spots” and Replicate Them!
Where to Focus: A Stream Parable

- **415-to-1**: National average of K-12 students to school counselors in 20/21
- **311-to-1**: Average of high school student-to-school counselor ratio.
  - 4 out of 5 high school students are enrolled in schools where there is an insufficient number of school counselors = 11 million high school students
MyWellness: A “Bright Spot” Upstream Solution

- Flexible, personalized curriculum and measurement tool
- Engages teens in building their own capacity to mitigate and/or prevent mental health challenges
- Equitable & Infinitely scalable
- Personalized data informs teens’ skill-building and measures growth in agency over their own wellbeing

Upstream Solution:
- Tackles the problem early
- Proactive/Preventative
- Equitable
- Minimal cost
- Infinitely Scalable
- Equips young people

Downstream Impact:
- Frees resources to address most serious cases
Introductory Video

Pathways High MyWellness Overview Video
MyWellness Curriculum & Measurement Tool

Addresses four critical components of wellbeing, all within a *socially connected and supportive* environment:

1. Self-awareness
2. Mental Health (My Mind)
3. Physical Health (My Body)
4. Finding Purpose (My Path)
My Wellness

My Mind

My Body

Growth After Completing My Wellness Seminar

My Self-Awareness

My Path

Pre-Seminar Results

Post-Seminar Results
Unleashing Youth Agency: Infinitely Scalable

MyWellness meets young people where they are and supports their development of agency over their own wellbeing, empowering them on their wellness journey. Agency is powerful and infinitely scalable.
Pathways High Knows the Drivers of Youth Engagement

- Meaningfulness to the individual
- Personalization
- Connections (with peers and adults)
- Active, hands-on
- Real-world relevance
- Autonomy/Agency

Solution must be student, not institutionally-centered. One size does not fit all.
Facts and Figures Alone aren’t Sufficient to Create Healthy Behavior

Effective Health Education must Provide:

1. Opportunities for students to engage with content
2. Knowledge and skill acquisition
3. Engaging, relevant experiences
4. Participation and active learning
5. Opportunities for self-reflection and personalization
“Schools say they care about mental health, but I do not feel like they care about MY mental health. ... We need guidance going forward with our life and to get help from those who will teach us what we don’t know. Similar to networking, you can use what others know to help with current real-life situations.”

Source: Energy Converters & City Forward Collective
Personalization is the Norm in all Facets of Life
Mental Health Literacy and Creative Coping Seminars

- Flexible syllabus can be adapted for different programs and durations
- Leverages students’ Indigo Personality Profiles
- PH faculty and student-curated content (articles, websites, webinars, podcasts, partner resources, etc.)
- Students research and report on mental health topics relevant to them
- Student Surveys (pre & post-seminar)
- Analytics Tool/Spider Diagram measures growth in agency over wellbeing
Collaboration with IndigoPathway to Build Self-Awareness

Welcome to the My Wellness Survey

- Fast and Easy
  Set aside 10 minutes uninterrupted.

- Select to the edges
  Your results will be more accurate if you select "Not at all like me" and "Very much like me".

- Be Yourself
  There are no right or wrong answers.

1. I like being in leadership positions.
   - Not at all like me
   - Somewhat like me
   - Very much like me

2. I frequently push myself to learn new things.
   - Not at all like me
   - Somewhat like me
   - Very much like me
Indigo Report/Profile - The Key to Self-Awareness

Kyla Chester-Hopkins

Top 5 Skills

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<th>Skills</th>
<th>Personal Skills Ranking</th>
<th>Presenting</th>
<th>Managing/Coaching</th>
<th>Personal Responsibility</th>
<th>Negotiation</th>
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Strengths

- Capable of addressing conflict in a win-win scenario.
- Motivates others to be the best they can be.
- Motivates leaders to express themselves.
- High energy optimism for new ideas.
- Difficult focused when leading others.
- An independent self-starter who will refine and enhance her surroundings.

Motivators

1. Individualistic - Rewards those who value personal recognition, freedom, and control over their own destiny or others.
2. Intellectual - Rewards those who value intellectual achievements in art, science, and technology.
3. Traditional - Rewards those who value traditional heritage in family, faith, and community.
4. Social - Rewards those who value social interactions and group activities.
5. Utilitarian - Rewards those who value practical accomplishments and results.

What Motivates You

Kyla Chester-Hopkins

Value to a Team

- Can support or oppose strongly.
- Accomplishes goals through people.
- Pioneering.
- Dedicated to her own ideas.
- Team player.
- Builds confidence in others.

Motivators

- Individualistic: Mainstream
- Aesthetic: Mainstream
- Social: Mainstream
- Utilitarian: Mainstream
- Traditional: Mainstream
- Theoretical: Indifferent

My Wellness

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In Their Own Words

- “The Creative Coping seminar was the favorite part of my day!”
- “I love the awareness I’m building about myself and the coping strategies that work best for me.”
- “I’ve learned so much from other students about healthy ways to cope with stress.”
- “It’s empowering to see my progress.”
Real Results - PH Student Growth in Agency

Distance traveled measures progress in agency after taking Creative Coping seminar.
Proposed Features for MyWellness App

- Playlists (e.g. Coping Strategies, Favorite Resources)
- Personalized Recommendations based on Indigo Profile & historical data
- Facilitated Sharing with Peers (e.g. Art/Graffiti Wall, Music, Podcasts, Articles)
- Journaling/Notes of encouragement to future self
- Student Ratings to Curate Content for self and others (influencing curriculum)
Good morning, Chandler.

What would you like to work on today?

Art Therapy
Mental Health

Discover how the power of creating art is beneficial for mental health progress.

LEARN MORE

1. How well do you know yourself?
   - Not well
   - Intimately acquainted

2. If you experience a negative emotion, you will recognize it and respond in a way that feels good to you.
   - I cannot control the way I respond
   - I have full control over my response

3. What was your biggest emotion this week? What made it feel big?

   Write your response here.

4. Leave a positive note to your future self.

   Write your response here.
My Self-Awareness

- Interface with Indigo Personality and Motivations Survey/Report
- "Map Your World" Seminar
  - Flexible Syllabus provides opportunity for students to create artwork that expresses their unique identity & can be adapted for different program durations
  - Pathways High content (demonstration videos, student interviews, speakers)
  - Student Surveys (pre & post-seminar)
  - Analytics Tool/Spider Diagram measures growth in agency over wellbeing
“It Starts with A Question” Seminar

- UWM-approved Concurrent Enrollment Syllabus provides students with two (2) elective credits while pursuing a project they are passionate about
- Pathways High content (student project examples, student interviews, other ideas ?)
- Student Surveys (pre & post-seminar)
- Analytics Tool measures growth in agency over wellbeing
My Body

- Physical Wellness Seminar
  - Builds mind-body awareness

- “Growing Food to Thrive, not just Survive” Seminar
  - Seminar co-developed by Pathways High and growing partner
  - Pathways High content (student project examples, student interviews, internships, and field experiences)
  - Student Surveys (pre & post-seminar)
  - Analytics Tool measures growth in agency
MyWellness Delivers on all Five Recommendations

1. Opportunities for students to **engage** with wellness content ✔
2. Knowledge and **skill** acquisition ✔
3. Engaging, **relevant experiences** ✔
4. Participation and **active learning** ✔
5. Opportunities for **self-reflection and personalization** ✔