

MENTAL WELLNESS INITIATIVE



*A comprehensive approach to
mental wellness!*

MyBrain365 *Powered by Roberto™*

MyBrain365 is a program that engages students throughout the school year and beyond in the practice of monitoring their brain health. At the end of a “Happy Life” assembly or classroom instruction students are introduced to the Roberto App and will be shown how to measure their brain performance using a cell phone or tablet—in about 6 minutes. Each student will create his or her own unique Brain Performance Profile and then will routinely use the app to monitor how their brain is performing in light of the many factors that can impact their brain health and their mental wellness.

Youth Mental Health First Aid

This training is for adults helping youth ages 11 to 18. The class is for professional, para professionals, support staff, and administrators of the district. Participants are Nationally Certified for 3 years as a Mental Health First Aider. YMHFA is listed on the U.S. Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry of Evidence-based programs and Practices; and, it is included in *The Violence Prevention Report* required by the government or agencies in many states.

Student Education

This is a presentation entitled “A Healthier Mind.” Students learn about mental health issues, identifying signs and symptoms in themselves and in their friends, from first stage of the medical condition through fourth stage. Additionally, students learn how to access help early. Can be taught in an assembly or classroom-style teaching.

Community Mental Health Fair

This Mental Health Fair brings together service providers and other resources that are available in the school community to help and support students, parents, and staff members when there are questions or needs. The Fair can be presented internally to the school students, faculty and staff; or, it can be provided as a community event.



*This initiative is extremely flexible.
We work with the school district to seek grant
funding to cover the program costs. For more
information, please contact:*

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