

Building Resilience for Healthy Kids



What is the Healthy Kids program?



A program that improves student's positive self-affect, resilience, and self-efficacy



A six-week 1:1 weekly goal setting structured approach



An evidence-based program developed from research at the American Academy of Pediatrics and Harvard University



An equitable approach, achieving equitable outcomes

A School-based Resilience Program

Dear parent(s) and guardian(s),

District 11 is thrilled to inform you that Swigert Middle School is participating in a program called *Building Resilience for Healthy Kids*. This exciting program is created to cultivate, inspire, and research resilience in our children so that they grow up with the capacity to navigate adversity, recover from setbacks and adapt well to change.

Developed and implemented by Children's Hospital and funded through the Colorado Springs community in January 2020, Healthy Kids is an innovative, upstream, school-based resilience program that partners 6th grade students with a Children's trained health coach. The Health Coaches from Children's have extensive training in health coaching, as well as a bachelor's or master's degree and national certification in health coaching. The coach works 1:1 with students to develop and foster resiliency skills utilizing motivational and strength-based techniques over a 6-week period. During each 15-20-minute weekly coaching session, the health coach assists the student in identifying areas of their life in which they would like to build resilience, utilizes motivational and strengths-based techniques to support the student in developing goals and skills to improve resilience, and provides non-judgmental support to the child along the way.

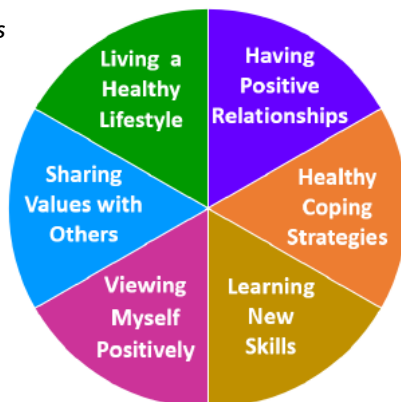
Throughout the 21'-22 school year, each student will be provided a health coach who will work with the student for a portion of a semester, approximately 6 weeks. Dependent upon their team assignment, half of the students will receive coaching in first half of the semester and the other half in the second half. The weekly one-on-one coaching sessions are approximately 15-30 minutes in length. The role of the coach is to support students in:

- Identifying and leveraging their strengths, past successes, and abilities, to continue to build resilience, and self-efficacy
- Creating their own meaningful and self-determined goals
- Providing non-judgmental support to the student along the way

Over the past two years, 1,500 Colorado Springs 6th grade students have participated in the *Healthy Kids* program.

RESILIENCE WHEEL

Research shows that there are 6 fundamental pillars of resilience - shown in the graph to the right. Throughout the program, students will create goals related to one or more of these categories.



What is Resilience?

Resilience is the ability to respond to and recover from adversity. Research shows that building resiliency can reduce kids' chances of developing mental health conditions, such as depression and anxiety. Resilience can also help offset factors that increase the risk of mental health conditions, such as being bullied or experiencing trauma, and for kids with an existing mental health condition, being resilient can improve their ability to thrive.

An Evidence-Based Approach

This program is also a research study, and as a result has been approved by the school, hospital, and university Institutional Review Boards (IRB's). The research conducted in this study is critical to current and future understanding of what contributes to building resilience in healthy children of this age group. Your child's privacy is an utmost priority and all research and data will be kept confidential and will be used for research purposes only.

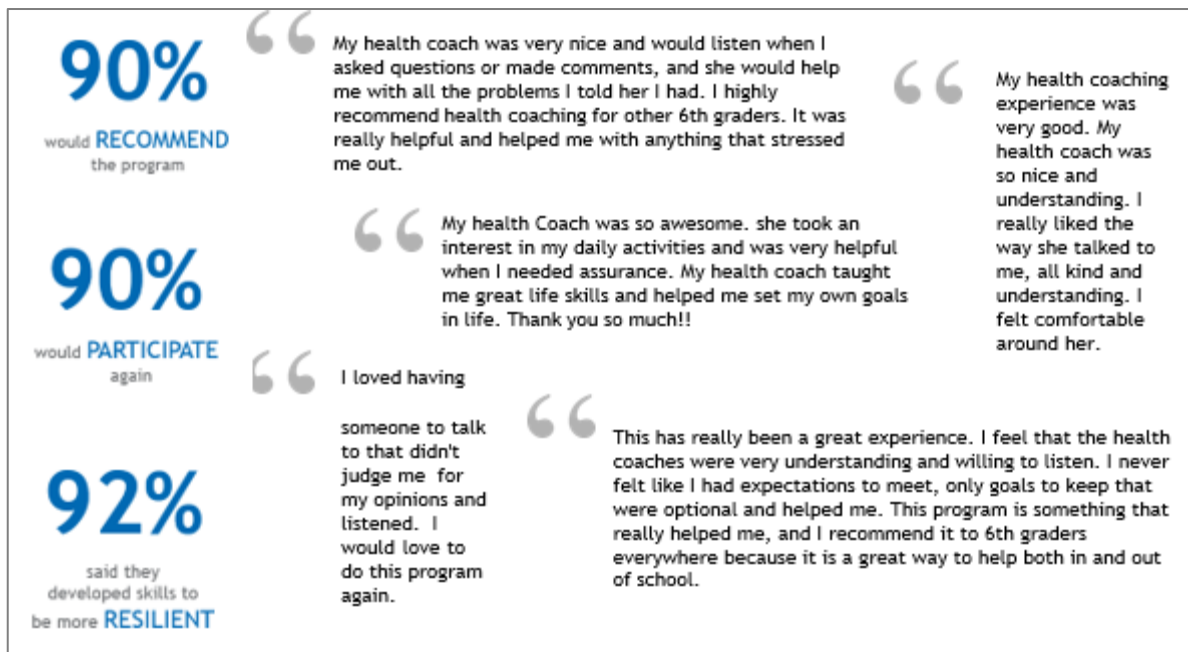
The students will complete questionnaires at the beginning and end of the program to measure their resilience, health behaviors, self-efficacy, and mood. The impact of health coaching in the school setting and its ability to improve these above items will be researched.

Also, this program has been developed with existing evidence-based tools created by the *Center on the Developing Child at Harvard University* and the *Child & Youth Resilience Measure (CYRM)*, which are derived from factors needed for a child to build resilience.

Results demonstrates that students who participated in the Healthy Kids program experienced:

- increased resilience, self-efficacy, and emotional self-regulation
- decreased symptoms of anxiety and depression

What Students are Saying....



Contact and UnEnrollment Information

If you would like to unenroll your student in this program, please contact Emily Pyle, Children's program manager by **Friday, January 28th**.

Emily.Pyle@childrenscolorado.org

Again, we express sincere excitement in boosting your child's resilience, communication skills and leadership potential. At Children's Hospital Colorado Springs, we can't think of a better to invest in our future, than investing in our community's youth.

Sincerely,
The Healthy Kids Team