



GROUP COMPOSITION

All groups are facilitated by a GFPS Mental Health Therapist with support from School Counselors. Students meet weekly during designated class periods for 50 minutes

GROUP STRUCTURE

- Mindfulness/Grounding Activity
- Weekly Topic
- Experiential Activity
- Student Led Discussion
- Skill Application
- Closing Ritual

PROJECT OVERVIEW

- Project focuses on grades 7-12
- Students are trained in evidence-based mental health practices and how to identify peers who are struggling with anxiety, depression, trauma or grief
- Students are able to refer peers to the appropriate resources

FOR MORE INFORMATION

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GFPS TEEN MENTORING PROJECT

In partnership with Alliance for Youth & United Way of Cascade County



EARLY PROJECTS

- Created hygiene stations in secondary schools
- Mental Health Wellness Week facilitated by peer mentors
- Presentations on suicide awareness and resourcing led by peer mentors
- Instagram accounts focusing on promoting mental health resources, coping strategies and creating a positive culture change in the schools
- Being able to identify and refer their peers who are struggling to the appropriate resources
- Peer mentors trained in Question, Persuade, Refer (QPR)

PROJECT OBJECTIVES

- Training in QPR with peer mentors will continue
- Topics taught by licensed therapists include: mindfulness, grounding, reflective processes, effective communication, open-ended questioning and active listening skills.
- Focus on youth voice surrounding mental health
- Longitudinal cultural changes across each of our 21 schools
- Students have weekly access to licensed mental health providers

MENTORING OUTCOMES

- 01.** Use evidence-based coping strategies with depression, anxiety, trauma and grief
- 02.** Change in culture and stigma around seeking mental health in school
- 03.** Fewer students presenting to the ER for active and passive suicidal ideations
- 04.** Decreased rates of drug and alcohol use among teens
- 05.** Higher rates of college or trade school enrollment



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I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

-Maya Angelou