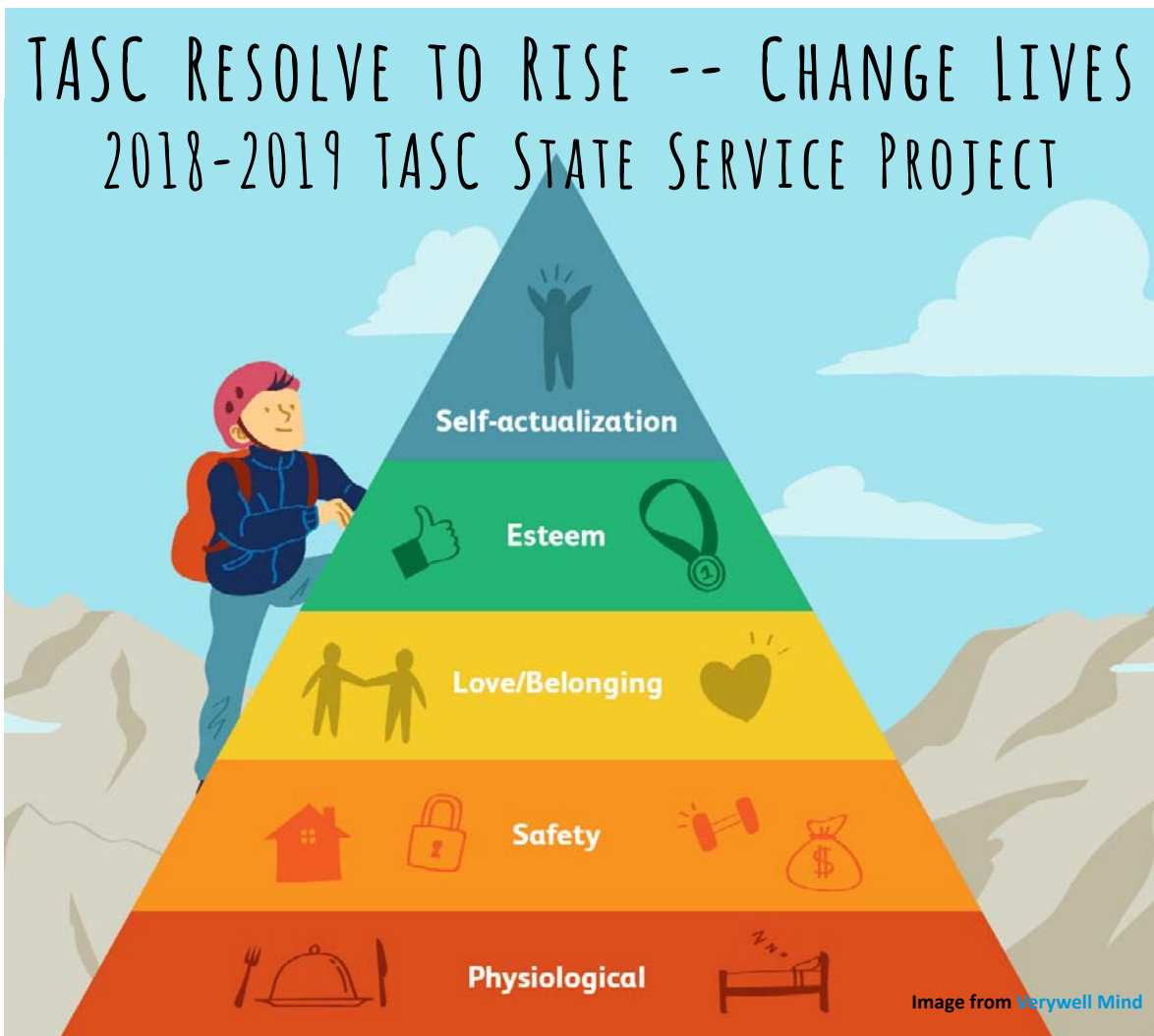


TASC RESOLVE TO RISE -- CHANGE LIVES

2018-2019 TASC STATE SERVICE PROJECT



Mental Health is a highly relevant topic, and increasing numbers of mental disorders are being **documented in schools**. While most youth are physically and emotionally healthy, increasing numbers of young people experience **emotional, mental, or behavioral** disorders, and **suicide rates are on the rise**.

TASC challenges you to **Resolve to rise --Change lives** as we work to meet the challenge of mental wellness in our schools. Maslow's hierarchy of needs is a well-accepted theory about the needs that motivate human behavior. Let's climb this mountain together and empower students in our schools to reach their full potential.

Below are ways your council can help our great state rise to the peak and plant our flag together. This silent epidemic will not be silent anymore. Let's turn a mental health week into a year of mental wellness.

#TASCreachthepeak

Yours in leadership,

Emma Waring, Lainey Freeman, Cheney Stephenson, Jarret Carnes, Madeleine Jones

What: Address mental wellness in our schools

Why: Empower students to reach their full potential

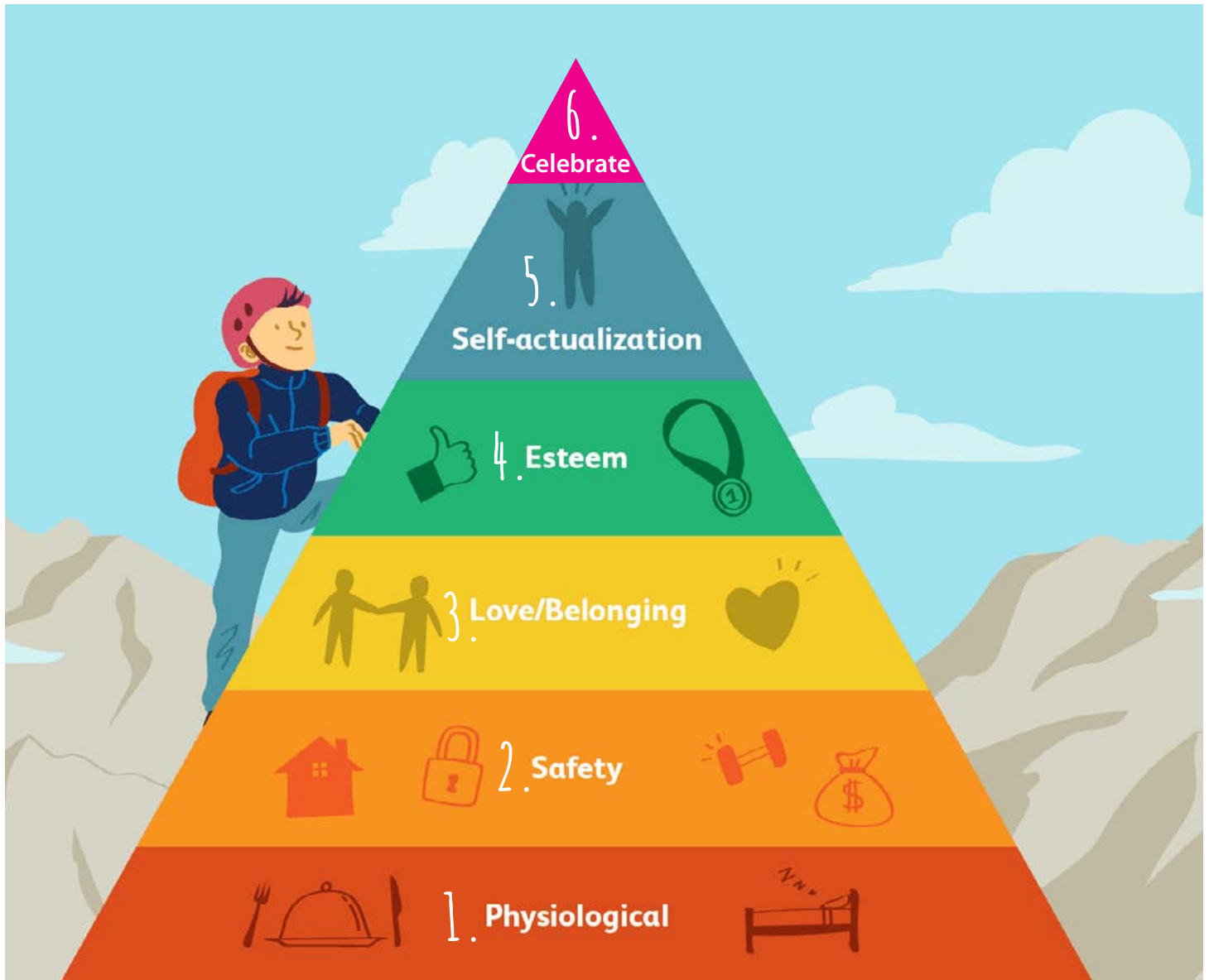
How: Consider Maslow's Hierarchy of Needs as we work to create a culture of mental wellness in our schools

STATE-WIDE GOALS:	
At least 300 councils will report organizing at least one project to address mental wellness	
At least \$100,000 in goods and/or monies will be donated to groups serving a high-risk population	
At least 10,000 hours of service will be given to address the issue of mental wellness	
At least 300,000 people will be reached through projects, social media, presentations, flyers, etc.	

Base Camp: Before you begin to climb, reach out to those in your school and district with whom you might partner. Talk with your principal, your school counselors, your school social worker or crisis counselor, Communities in School, your foster and homeless liaison, your District SHAC (School Health Advisor Committee), etc. Dive into this issue to learn what the needs are in your school, what is being done to meet these needs, and how your council can best address them. Then decide what you can do and resolve to make it happen.



Ready to climb? We all must start at the base of the mountain.



RESOLVE TO RISE—CHANGE LIVES

Click on a level to view tasks



LEVEL 1-PHYSIOLOGICAL: MEET BASIC NEEDS

All people need their basic needs (food, shelter, clothing) met. Determine what is needed in your school and how you can help meet these needs.

- Show [this video](#) and have a drive to fill your school supply closet or help foster/homeless students. (Be sensitive in the way you advertise this. These students are part of your student body.)
- Host a can food drive! Set a goal for your council/school and donate to local shelters.
- Host a thanksgiving or holiday meal drive and work with your counselors to provide holiday meals for the underprivileged students/families at your school.
- Create a school supply closet with school supplies, jackets, snacks, etc.
- Plan a backpack buddy program to provide food for those who might have it over the weekend.
- Plan a coat or blanket drive for the winter.
- Collect goods to create blessings bags (toiletries, band-aids, socks, personal hygiene items) for shelters.



ARE YOU READY TO CLIMB A HIGHER PEAK? [CLICK HERE FOR MORE IDEAS.](#)



OR [BACK TO MOUNTAIN](#)



LEVEL 2-SAFETY: BOTH PHYSICAL AND EMOTIONAL

As we climb the mountain of human needs, the next stop is a bit more complex- safety. Individuals must feel in control of their lives to move closer to mental well-being. Let's start the next climb.

- Show [this video to teachers](#). It may help to understand why some students act the way they do. Ask them to partner with StuCo this year to provide the support to change lives.
- Show [this video to your student body](#). What can we do to provide safety and security for all students?
- Fundraisers! Sell food and merchandise to support organizations that promote and raise awareness regarding mental health/wellness.
- Create advertisements, host events, etc. that work to reduce bullying (physical, cyber, etc.)
- Plan a project to address social media bullying.
- Talk to your counselors and/or principal about having safe spaces for LGBTQ youth. (LGBTQ youth contemplate suicide at almost three times the rate of people their age.)
- Hang up Crime Stoppers posters with information for reporting bad/illegal behavior
- Work with your younger feeder schools to create positive, supportive environments at their campus. Teach them how not to be a bystander.
- Hold special weeks focusing on love/belonging, i.e. Kindness Week.
- Take what you need, leave what you can displays.
- Helpful Hotlines: distribute business cards with important resource numbers (suicide prevention, poison control, rape hotline, etc.)
- Remember basic safety needs and continue your work to prevent distracted driving, drug and alcohol abuse, etc.
- Resources: <https://www.pflag.org/resource/top-ten-ways-make-schools-safe>



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[OR BACK TO MOUNTAIN](#)





LEVEL 3: LOVE AND BELONGING

We've reached steeper terrain. At this height, emotional relationships and love drives human behavior. In order to avoid getting lost or stuck, it is important to push involvement and inclusiveness. Below are suggestions to continue the trek to the top.

- Locker Challenge! Pass the challenge on to your student body with notecards in their lockers.
 1. Your challenge, should you choose to accept it, is getting to know a cafeteria worker.
 2. Your challenge, should you choose to accept it, is getting to know a custodian.
 3. Your challenge, should you choose to accept it, is meet two new people.
 4. Your challenge, should you choose to accept it, is open the door for ten people today.
 5. Your challenge, should you choose to accept it, is shake your teacher's hand every day for a week.
 6. Your challenge, should you choose to accept it, is pick up five pieces of trash each day for a week.
 7. Your challenge, should you choose to accept it, is give a genuine compliment to five people this week.
 8. Your challenge, should you choose to accept it, is tell a friend what you really appreciate about him/her.
- Unplug! Offer incentives for students to use their phones less and be present in the moment.
- Show [this video to teachers](#). Remind them that every student desires approval. What can we do to look for the good in people?
- Join! Create pamphlets with every club your school offers and ways to join and find a place to belong. Better still, have a club fair.
- Spirit Mania! Showcase the talents of multiple/under-appreciated groups during pep rallies.
- Plan projects with/not for special needs students.
- Plan a no one sits alone day. Expand it to the entire year.
- Create a group that welcomes new students.
- Host fish camps
- Plan events that appeal to all segments of your student body
- Learn names
- Welcome students as they come into school.
- Have a Winter Wonderland decoration contest. Let organizations or groups of students decorate trees for the school. (You could consider asking that all decorations be handmade or created from recycled objects.)



ARE YOU READY TO CLIMB A HIGHER PEAK? [CLICK HERE FOR MORE IDEAS.](#)

[OR BACK TO MOUNTAIN](#)





LEVEL 4: ESTEEM

We are already more than halfway up the mountain, and it's time to consider respect and appreciation. People need to know they are valued and that they make a positive contribution. Students also need to unite and say, "Our school" not "their school." Provide ways for all students to contribute. Below are suggestions to conquer this level.

- Show [this video to your student body](#). Let's take time for appreciation. Have more time? [Try this one](#).
- Follow up. [Show this video](#). Better still, create one of your own with your students as stars.
- Appreciation Station! Create little presents to hand-out to teachers and faculty/staff.
- Cover mirrors in the restrooms with messages about being more than your image.
- Custodian Week! Help them with duties, make posters, give them a cake.
- Principal Lunch! Treat your principal with lunch and discuss upcoming events you have planned.
- Kindness Clips! Grab clothes-clips, write inspirational messages, clip to people around school.
- Recognition! Constantly recognize teams that accomplish successes, through PSA's, posters, and parties.
- Recognize the groups that may not reach "success" but work hard and don't give up.
- Have a BeYoutiful Week.
- Be sure all groups are celebrated. Organize attendance at band and choir concerts, support theater, have a student art show.
- Plan a school beautification day. Be sure to have tasks and tools for all who come.
- Encourage student voice. Determine what your student body wants to improve and make it happen.
- Real Reflection! Cover your restroom mirrors with positive notes or in a manner designed to promote seeing yourself for who you really are and not what you look like.
- Work with feeder schools to promote health self-esteem in younger students.
- Remember to show appreciation for your custodians and cafeteria workers.
- Resources: <https://positivepsychologyprogram.com/self-esteem-worksheets/>
<http://www.edudemic.com/17-resources-for-self-image/>



ARE YOU READY TO CLIMB A HIGHER PEAK? [CLICK HERE FOR MORE IDEAS.](#)

[OR BACK TO MOUNTAIN](#)





LEVEL 5: SELF-ACTUALIZATION

We're close to the summit with one more leg of the journey! While we want all students to succeed; students and schools also need a peak experience that creates a deep sense of social pride. TASC, we challenge you to resolve to rise and know why mental health matters. Below are suggestions to plant your flag at the top of the mountain peak.

- Express Gratitude! Ask the student body to give shout-outs to the teachers they are grateful for.
- Share these videos and provide the opportunity for all students and staff to give/do/provide.
[One](#) | [Two](#)
- Organize Senior parades in elementary and middle schools at graduation time.
- Recognize outstanding graduates. Ask them to return to speak to your school.
- Plan a whole school project that everyone can participate in and celebrate your success together. Ensure there are many ways to participate (not just by donating money, goods, etc.)
- Find a sponsor to provide a school spirit shirt for every person in your building.
- Gather ideas for a school mural from the student body. Have a contest to design it. Enlist artists from the school to paint it.
- Share [this video](#) and recap what you have worked to accomplish this year.



ARE YOU READY TO CLIMB A HIGHER PEAK? [CLICK HERE FOR MORE IDEAS.](#)

[OR BACK TO MOUNTAIN](#)





LEVEL 6: CELEBRATE!!!

Remember to plant your flag at the top of that mountain and celebrate your success!

- Create your own video highlighting good things from the past year. (Remember to include acts of kindness, picking up a piece of trash, opening a door, not just the championships. Be sure to have lots of smiles in it.)



ARE YOU READY TO CLIMB A HIGHER PEAK? [CLICK HERE FOR MORE IDEAS.](#)

[OR BACK TO MOUNTAIN](#)



REACHING HIGHER PEAKS:

If your council is ready for a bigger challenge, try some of these:

- o Host a Homeless for a Night event. Students sleep on the field outside for the night with blankets, that will be collected in the morning by StuCo and donated to those in need.
- o Create comfort kits for kids in the foster care system:
<https://www.comfortcases.org/whats-in-a-comfort-case> *
- o Work with Habitat for Humanity, your council, school or TASC District can sponsor the construction of a house in your community that will support a family.
<https://www.habitat.org/where-we-build/united-states-canada>
- o Have a **Stop the Silence** project. Help child abuse.
- o Participate in **Project Semicolon**. Help prevent suicide.
- o Explore working with your building trades class to build a tiny house for the homeless.
- o Consider partnering with **Texas Advocacy Project**, stock Rainbow Rooms for foster families.
- o Raise money to provide duffle bags for foster kids: <https://www.togetherwerise.org/>*
- o Hold a mental wellness week.* Bring in a speaker. Use videos, posters, etc. There are a variety of topics that this kind of week could cover. They might include:
 - Healthy relationships
 - How to handle stress
 - Education on how to help those struggling with a diagnosed mental illness such as anxiety or depression.
- o Foster children unfortunately do not always receive the love and belonging they deserve. 75% of children in foster care are working below grade level. While working to create an accepting environment at school, partner with Adopt Together to raise money for a specific family that is willing to spread the love and help a child. Your council/school could connect a loving family and change a child's life.
<https://adopttogether.org/families/>
- o Continue your work to prevent Human Trafficking.
- o Plan a **Dude be nice** week or project.
- o Plan a dating violence awareness campaign.
- o Create mental health kits and provide them for your counselors.
<https://themighty.com/2017/10/what-to-put-in-mental-health-crisis-kit/>
<http://www.drcordes.com/blog/safetykit>
- o Team up with your special education department and host a Special Olympics! You will get to connect with students and help them raise their self-worth. This level is all about making others feel valued, so get students involved and recognize them for their efforts.
https://www.specialolympics.org/Sections/What_We_Do/Project_Unify/Project_Unify.aspx
- o Plan an RSVP project for your entire student body.
- o Review the **TASC Endorsed Programs**. There are so many ways to help.
- o MORE Resources:
<https://myhealth.uncc.edu/mental-wellness>
<https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>
<https://shcs.ucdavis.edu/wellness/what-is-wellness>
<https://www.lifehack.org/articles/communication/8-things-the-happiest-people-every-day.html>
<https://www.helpguide.org/articles/stress/stress-management.htm>