



empowerU

## TOOLKIT: How to build and fund a turnkey SEL program that will increase student engagement.

**The collective trauma of the pandemic has caused the critically high levels of mental health obstacles to soar by 25%, negatively impacting students' ability to focus and learn.**

Districts know that every \$1 invested in SEL will increase student academic outcomes by 10x. School administrators are eager to implement effective and turnkey SEL programs that can re-engage and motivate struggling students.

This toolkit is designed to help districts implement and fund a turnkey SEL program that can deliver transformational student support and outcomes - without burdening existing staff or creating a need for additional hires.

## AN APPROACH THAT WORKS

# Student Transformation Without the Need for Additional Hires

EmpowerU has reimagined the out-dated delivery of social-emotional supports to schools, increasing student access to mental health supports while improving outcomes, such as persistence, grades and attendance.

Our tech-powered program helps students master core social-emotional concepts by combining skill building lessons with 1:1 online coaching by master-level therapists - all delivered in daily doses through the EmpowerU portal.

EmpowerU's turnkey SEL program can be implemented quickly - without a heavy lift from existing staff or the need for additional hires.

## How It Works

1

EmpowerU works within your district's MTSS framework to identify students at Tier 1 and Tier 2 that are in need of additional SEL and mental health support.

2

Engaging lessons are delivered to students in daily digestible doses through the EmpowerU portal. Each lesson builds upon the next to ensure mastery of core concepts.

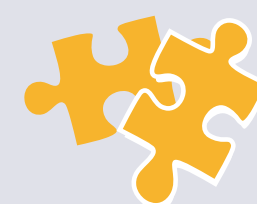
4

EmpowerU coaches engage students as active participants in their wellness journey, helping them increase motivation, persistence and success, before the need for more costly interventions.

3

Once the student completes their daily SEL lesson, their 1:1 EmpowerU coach signs onto the portal to deliver daily support and encouragement, personalized to each individual student's unique goals and challenges.

### Core Concepts



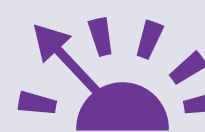
**1 Self-Identity**  
Student learns about self in order to best make personal changes and improve quality of life



**2 Motivation & Habits**  
Student creates personal change by mastering strategies for habit change and motivation



**3 Inner Coach**  
Student improves distress tolerance by using realistic self-talk (Inner Coach over Inner Critic)



**4 Emotional Regulation**  
Student learns and successfully implements strategies for emotional regulation



**5 Community**  
Student is able to identify community of support and make more meaningful connections

# Proven Results that last.

EmpowerU coaches help students set and meet goals in four areas of their lives: Personal, Emotional Social and Academic.

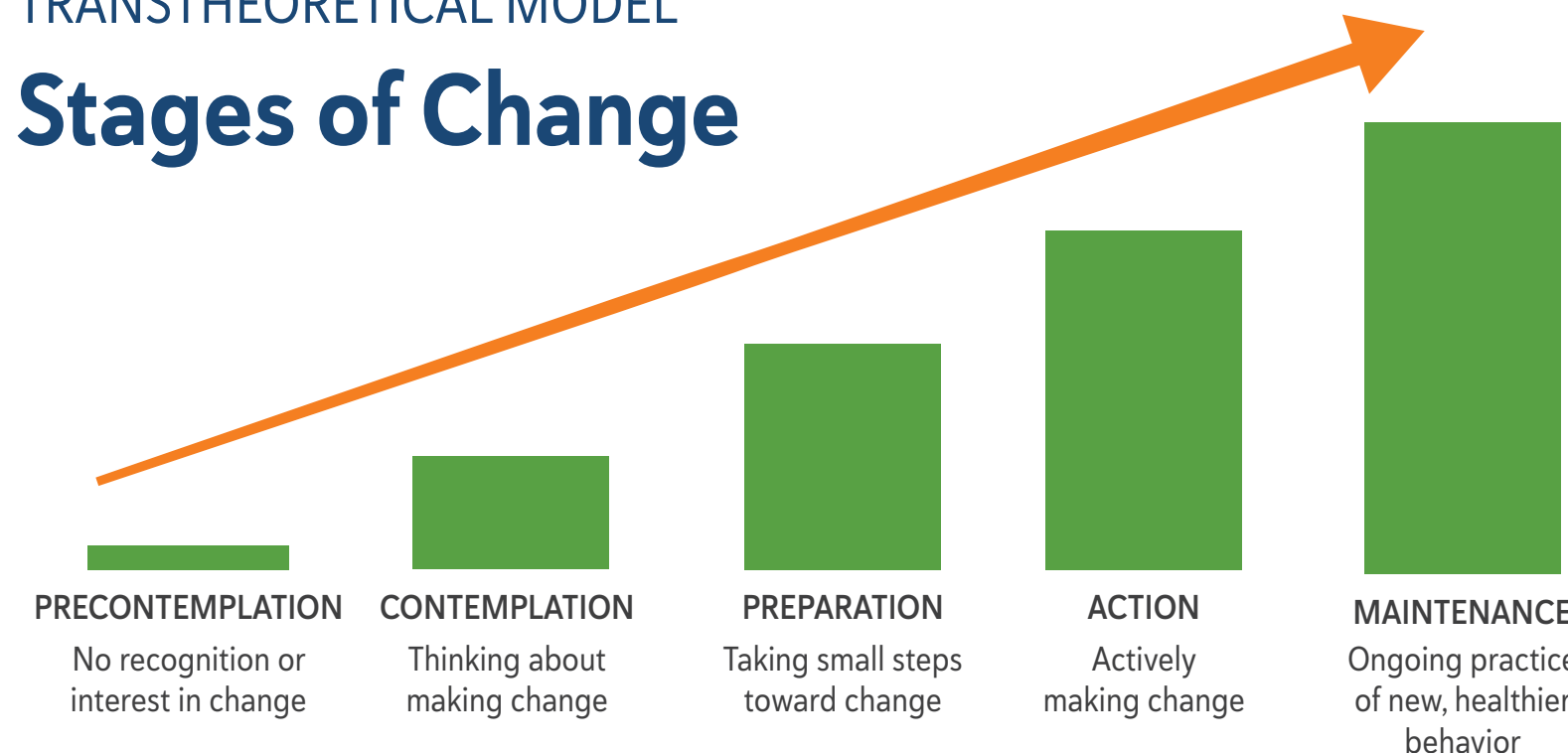


“ I used to think that I had no control over my emotions, but EmpowerU has helped me realize I actually do! I am now more focused and calm which has helped me in many areas of my life. ”

- FEMALE STUDENT  
11 GRADE  
MINNEAPOLIS

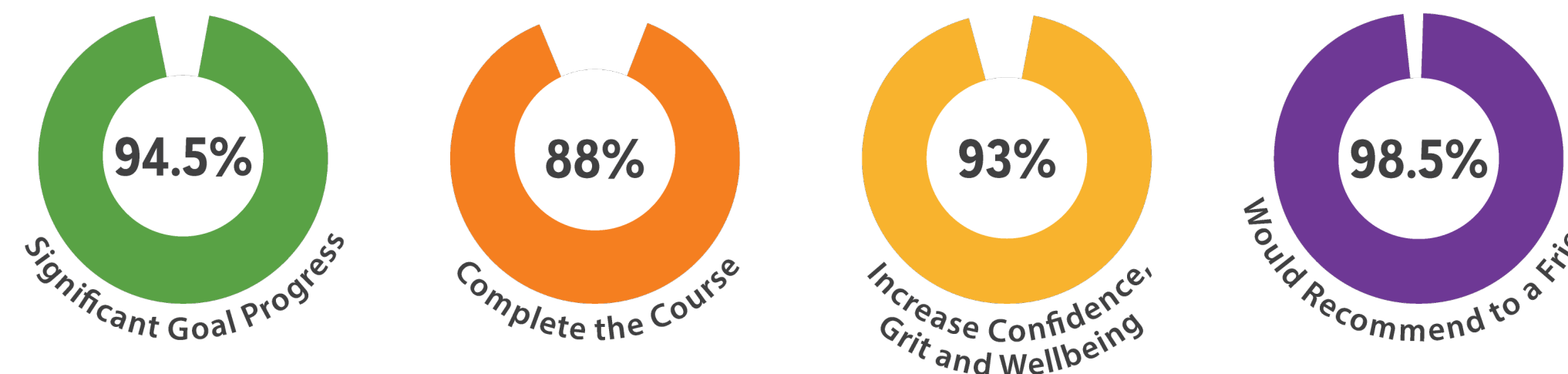
EmpowerU coaches are highly trained, empathetic therapists who help students face their obstacles and make connections between daily lessons and the unique challenges in their lives, fueling growth. Student goal progress is measured using an assessment tool based on the widely used and accepted work of Prochaska and DiClemente.

## TRANSTHEORETICAL MODEL Stages of Change



Our 3-year data study measured the increase in student growth from pre-to-post intervention at 1.8 stages of change in each of their four goal areas, which means that students went from just thinking about making goal change to actively working on their goals each day.

In addition, more than 93% of students who complete EmpowerU’s online program make a dramatic shift from discouragement and anxiety to improved wellbeing, motivation and hope and 98.5% would recommend to a friend.



## EmpowerU qualifies as a SEL/Mental Health program that can be fully -funded under each of these funding options:

| FUNDING SOURCE   | DESCRIPTION  | MORE INFO   |
|--|--|---|
| <b>ESSER I and II from the American Rescue Plan, Coronavirus Aid, Relief, and Economic Security (CARES) Act, and Coronavirus Response and Relief Supplemental Appropriations (CRRSA) Act</b> | <p>Elementary and Secondary School Emergency Relief (ESSER) Funds to provide relief from COVID-19. American Rescue Plan provides \$123B for K-12 Education for COVID-19 relief. Approved March 2021.</p> <p>American Rescue Plan Section 2001 (e) (1): Address learning loss through the implementation of evidence-based interventions...[to] respond to students' academic, social, and emotional needs and address the disproportionate impact of the coronavirus .</p> <ul style="list-style-type: none"> <li>• Providing mental health services and supports.</li> <li>• Implementing evidence-based activities to meet the comprehensive needs of students.</li> </ul> | <p><a href="#">US Dept. of Ed</a></p> <p><a href="#">ESSER FAQ</a></p> <p><a href="#">ESSER Fact Sheet</a></p>                    |
| <b>GEER and GEER II: Governor's Emergency Education Relief from CARES and CRRSA</b>  | <p>Governor's Emergency Education Relief (GEER) funds provide relief from COVID-19.</p>  | <p><a href="#">GEER Fact Sheet</a></p>  |
| <b>Title Funding</b>   | <p>Funds available through ESSA (Every Student Succeeds Act) may be used to support SEL</p> <ul style="list-style-type: none"> <li>• Title 1: Now supports school based mental health programs through expansion of funding due to COVID19</li> <li>• Title IV: Funding available to provide healthy and safe environments for students.</li> <li>• Title VI: Funding available specifically to rural schools to support healthy and safe students.</li> <li>• Title VIII: Funding available to support children on Indian lands, military bases, low-rent housing, or Federal Properties</li> </ul>   | <p><a href="#">Title 1</a></p> <p><a href="#">Title IV</a></p> <p><a href="#">Title VI</a></p> <p><a href="#">Title VII</a></p>   |
| <b>Project SERV (School Emergency Response to Violence)</b>  | <p>Project SERV funds can be used to support Mental Health Services and distance learning.</p>   | <p><a href="#">Project SERV</a></p>   |
| <b>Education Innovation and Research Program</b>   | <p>Funding to create, develop, implement, replicate, or scale innovations to improve student achievement.</p>  | <p><a href="#">EIR Program Details</a></p>  |
| <b>Medicaid</b>  | <p>Medicaid reimbursement program provides funding for SEL programming.</p>  | <p><b>Varies by County</b></p>  |
| <b>Department of Defense Education Activity</b>  | <p>DoDEA Educational Partnership grants support K-12 Military Connected Student Achievement.</p>   | <p><a href="#">DoDEA Grant Information</a></p>  |
| <b>Additional Grants and Foundations</b>   | <p>Additional grant opportunities are available by state and easily accessible through an online database<br/>Local charities provide funding for a variety of school programs.</p>  | <p><a href="#">Federal Grants Database</a></p> <p><a href="#">FundsNet</a></p> <p><a href="#">Community Foundation Finder</a></p> |



**EMPOWERU CAN BUILD A COMPREHENSIVE AND EFFECTIVE SEL PROGRAM FOR YOUR SCHOOLS.**

For more information, contact [info@empoweru.education](mailto:info@empoweru.education) or fill out our information form on our [website](#).