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FOR IMMEDIATE RELEASE

The Governor's Prevention Partnership Brings Mental Health and Wellness Curriculum to Connecticut Middle School Students

Wethersfield, CT (Oct 10th, 2019) - The Governor's Prevention Partnership today announced the launch of an interactive mental health and wellness partnership with EVERFI.

The digital course targeted at middle and high school students, *Mental Wellness Basics*, is a no-cost digital resource made available through The Governor's Prevention Partnership's collaboration with the nation's leading education technology innovator, EVERFI, Inc. EVERFI supports digital access to programs addressing critical life skills across the nation.

According to the National Alliance on Mental Illness, approximately 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year ([NAMI](#)). *Mental Wellness Basics* a program, developed by EVERFI, is designed to equip students in grades eight to ten with the knowledge and skills necessary to build, maintain, and promote positive mental health in themselves and their peers. This program will be offered to 10 middle schools in the Hartford area, and will educate students on mental health issues by exposing them to the experiences of others in order to develop awareness and empathy, reduce stigma, and provide facts on the prevalence and symptoms of mental health conditions. The course uses a population-level approach to what is often viewed as an individual issue.

With close to 3.24% of adults (according to [SAMHSA](#)) in Connecticut living with serious mental health conditions, it is more crucial than ever for learners to be equipped with information about mental health disorders, and that treatment is effective and available.

"When it comes to supporting our middle school students, early intervention helps to get them on the right path," said Jill Spinetti, President and CEO of the Governor's Prevention Partnership. "Our partnership with EVERFI will allow us to deliver these important resources on mental health issues directly to students and further help us realize our mission of promoting positive outcomes for young people."

Through a public health lens, *Mental Wellness Basics* provides students with opportunities to explore their own mental health, identify challenges they may face,

and develop concrete strategies for managing those challenges, while increasing their awareness of resources and empowering them with the knowledge, and language necessary to identify and support a peer in need or at risk.

“It is critical to approach the challenge of mental health with awareness from all perspectives,” said EVERFI Co-founder and President of Global Partnerships Jon Chapman. “We wanted to design a program that benefits those who are impacted by mental health challenges, those who want to build and maintain positive mental health, and those who have the opportunity to positively impact the mental health of a friend or peer.”

Mental Wellness Basics uses a results-based approach that is already making a difference for thousands of students:

- Since 2018, **65,000+** students have been reached across **1,200+** schools.
- **30%** more students know what coping strategies to use to protect their mental health
- **70%** of students said the course helped them understand how to support a friend in need

Stigma about mental illness can result in misunderstandings, discrimination, and treatment avoidance. EVERFI data indicates that students are most likely to reach out to a friend (45 percent) or parent (24 percent) when experiencing stress or emotional challenges. Only three percent indicated that they would reach out to a counselor, while five percent would not reach out to anyone at all.

This course serves as another way the Governor’s Prevention Partnership is focusing on promoting safe school environments and will be an additional resource to the Partnership’s already developed E3: Encourage, Empower, Engage program.

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About Governor’s Prevention Partnership

The Governor’s Prevention Partnership equips, empowers, and connects organizations, communities, and families to prevent substance abuse, underage drinking, and violence among youth and promotes positive outcomes for all young people in Connecticut. Created in 1989, the Governor’s Prevention Partnership is a not-for-profit partnership between state government and business leaders. Learn more at www.PreventionWorksCT.org, or follow us on Facebook, Instagram, LinkedIn, or Twitter @PreventionNews.

EVERFI, Inc.

EVERFI is a technology company driving social change through education that addresses the biggest issues affecting society ranging from financial wellness to prescription drug safety to workplace conduct. Founded in 2008, EVERFI is fueled by its Software-as-a-Service (SaaS) platform and has reached more than 30 million learners across the U.S. and Canada. EVERFI’s Networks bring together financial

institutions, colleges and universities, and some of the largest corporations to leverage insights and connections to drive impact. Some of America's leading CEOs and venture capital firms are EVERFI investors including Amazon founder and CEO Jeff Bezos, Google Chairman Eric Schmidt, Twitter founder Evan Williams, Advance Publications, Rethink Education and Rethink Impact. To learn more about EVERFI visit everfi.com or follow us on Facebook, Instagram, LinkedIn, or Twitter @EVERFI. Learn more at www.everfi.com.