



Mental Wellness Conversation

Event Concept:

The Mental Wellness Conversation is based on two discussions. These discussions are based on three scenarios from a worksheet that originated from the Mental Wellness Basics program. The first conversation happens at the table and includes students and adults from the team and United Way. The second conversation is a group conversation that is led by an emcee and is between the panelists and the students about the mental wellness scenarios that they discussed initially in their small groups. This is the ideal opportunity for all involved to learn more about multiple perspectives on character.

WHO: Team, United Way, United Way Volunteers, 100 students

WHAT: Panel Guests, Tables of 6 students with 2 adults

WHEN: Depending availability

WHERE: School on active on Mental Wellness Basics

Event Format:

- Local emcee will be selected by the team and United Way
- There will be a panel of 3-4 individuals in front made up of team and United Way personnel
- All others team, United Way, and volunteers will be at tables with students (each table will have 2 adults and 6 students)
- The discussion will be based on a worksheet containing three Mental Wellness Basics scenarios
- First 30 minutes of the event will be a conversation at the tables - panelist will join a table
- Second 30 minutes will be between the panelist, the emcee, and the students about how they would deal with the scenarios

Pre Event Needs:

- EVERFI Identifies and invites participating school, subsequently coordinates logistics with them
- TEAM/United Way selects the panelist they would like to participate in discussion
- EVERFI to provide questions/scripts ahead of time to be reviewed by TEAM/United Way
- TEAM/United Way identify a local emcee
- EVERFI will set up time to review the script with the emcee prior to the event

Event Coordination:



- EVERFI will provide 2 team members to facilitate the event set up, delivery, and break down
- United Way and Team will provide volunteers and staff to fill the tables with adults. For a group of 100 students we would need ~34 adults. This can be supplemented if necessary.

Example Schedule for Character Conversation:

9:30 AM: EVERFI Staff arrives at (School) for event set up

10:30 AM: Team and United Way Staff arrive at School

10:45 AM: All students will be seated at assigned tables

10:50 AM: All Special Guests are seated in the front of the room/library/cafeteria and additional guests are seated at assigned tables with students

11:00 AM: Event begins with a Welcome and Introduction from Principal

11:05 AM: Special Guests will take their seats at designated tables to participate in conversations with students

11:15 AM: Special Guests will rotate tables and continue conversations with the students

11:25 AM: Special Guest move back to the front of the room to begin the group discussion

11:25 AM-11:45 AM: Group Discussion around the 3 situations presented on the worksheet. Special Guests will run the discussion and will ask additional questions of the students.

11:45 AM-11:50 AM: Special Guests will give final thoughts and reminders to students to close out the conversation and event.

11:50 AM-11:55 AM: Group Photo with Special Guests and Students