



## FAQs

### **ABOUT *Understanding Mental Wellness***

**Q: What Subject Matter Experts were consulted during the development of the course?**

**A:** EVERFI's in-house experts, [Erin McClintock](#) and [Dr. Dan Zapp](#), alongside external SMEs, [Victor Schwartz with MindStrategies](#), and [Ross Szabo](#).

**Q: Can I see a demo of the course?**

**A:** Yes!

- Visit [www.everfi.com/login](http://www.everfi.com/login)
- U: MLBDemoAcct
- P: everfi123

**Q: Is *Understanding Mental Wellness* an evidence-informed prevention program?**

**A:** Yes. All of the contributing content and theories behind the development of the program come from well-known frameworks in the fields of psychology, education, and public health. For example, the majority of coping strategies shared with students throughout the course are rooted in cognitive behavioral therapy. A rigorous literature review was conducted in advance of course development, and objectives were measured and developed based on National Health Education Standards.

**Q: What's the difference between *Understanding Mental Wellness* and *Mental Wellness Basics*?**

**A:** *Understanding Mental Wellness* is the name of the updated course released in 2022. *Mental Wellness Basics* was the name of the course students took prior to the 2022-2023 School Year.

**Q: Is this content appropriate for younger audiences?**

**A:** EVERFI's team of instructional designers and SMEs have created the course to be best implemented with students in Grades 8 - 10. But the EVERFI model allows for flexibility in how the course is ultimately implemented, which gives educators the opportunity to determine the best fit. In the 2021-2022 school year, approximately 20% of implementation occurred in Middle School. Because the content and vocabulary is specifically designed for 8-10th grade, we typically don't recommend it's implemented any younger than 7th grade. We also sometimes see it implemented with older grades as it fits better into the curriculum for 11th or 12th grade.

## **IMPLEMENTATION & CURRICULUM:**

**Q: Can I get a list of teachers implementing *Understanding Mental Wellness* in my footprint?**

**A:** We do not share Personally Identifiable Information (PII) externally. EVERFI must receive permission, in writing, from the teacher to allow us to share any contact information.

**Q: How do teachers typically work the *Understanding Mental Wellness* program into their curriculum?**

**A:** There are a variety of implementation strategies utilized for this program, all very dependent on the individual school and district. The EVERFI implementation team works with teachers and administrators to determine the best curriculum fit and integration strategy for their goals. Here are some common implementation scenarios we see with this course:

- Health Class: Teachers using the modules during class time to cover the basics of mental health. Some teachers will use the curriculum on back-to-back days to introduce or wrap-up their mental health unit, others will use the modules over the course of a few weeks as they work through their mental health unit.
- Health Careers Class: Same implementation options as #1 except in a different context
- Advisory Period: School Administrators and Counselors using the course during an "Advisory/Homeroom Period" where students are receiving lessons on mental health, drug/alcohol awareness, digital safety, etc

**Q: Do teachers see the answers the students give? If there is any indication of a student needing immediate help how would a teacher know?**

**A:** Teachers do not see the answers students provide on the open-ended questions.

Reflection Questions: Each lesson contains pre and post reflection questions to give students a chance to consider how information impacts their lives.

**Q: The hotline resources are listed in the beginning of the module, is there a page where it pops up again at the end of the online session?**

**A;** No – the resources are not at the beginning and end.

But, at the beginning of every module, there is a notice “Mental Health Resources” with a linked “information button”

**Q: Does EVERFI require an MOU or contract from a school or district before implementing the course?**

**A:** EVERFI's implementation model relies on creating a burden-free environment for implementation and establishing strong relationships both at the school and district level, so we do not utilize school MOUs for our programs. With our programs, we find that requiring an MOU before implementing the course can slow down or completely prevent adoption.

**Q: What resources exist for parents?**

**A:** Because EVERFI doesn't have a direct relationship with the parent network, we rely on the teachers/administrators to pass along information. We are exploring other resources to consider for a more direct connection between MLB and parents (ex: adult-focused interactive learning modules on speaking about mental health with your teen) and would welcome ideas from, and discussion with, MLB.

**Q: Is there risk to the sponsor if a student indicates they need help but a teacher isn't aware and an incident occurs?**

**A:** This course is not intended to serve as an analysis of a student's psychological behavior. &/or measurement of the current state of a student's mental health – the curriculum teaches students the importance of paying attention to their mental health and the ways in which they can implement coping strategies to manage their own challenging thoughts, emotions, and behaviors. Separately, MLB has partnered with Crisis Text Line. EVERFI will be including this information into the resources shown to the students in the event they need to access real-time help.

**Q: I have a contact who I think would be interested in learning more about the program. Where should I send them?**

**A:** If you would like to make an introduction to our local implementation team, please contact your EVERFI Representation to confirm whether they have an existing relationship or not. If you just want to point them to our platform, you can send them to:

<http://www.everfi.com/newteacher>

**Q: Why would a district have piloted *Understanding Mental Wellness* already?**

**A:** In many cases, EVERFI has worked with districts across the country to implement one of the twenty available EVERFI resources (covering topics such as financial education, career readiness, and substance abuse education). As such, we've developed strong relationships with teachers and district-level administrators, which helps us more successfully implement new resources when they are introduced by sponsors. Due to the overall need for mental health education in recent years, and some state-specific mandates, we've received requests from some districts to pilot *Understanding Mental Wellness* with their students. To support our network of educators, we've responded to those requests by opening up the resource to select schools across those districts. [See next Question to understand how MLB's funding can provide deeper support to districts that have piloted *Understanding Mental Wellness*].

**Q: I found out that a school district in my division already used *Understanding Mental Wellness* last year. How is MLB's sponsorship providing deeper support for districts? What is the value of our funding?**

**A:** The MLB sponsorship will be able to contribute additional expertise and enhanced support to the sponsored districts to help address and support student mental health. MLB has also helped equip EVERFI with the resources to provide deeper support, professional development opportunities, and data to help strengthen school district's overall efforts in the mental health and wellness space.

## **DATA & REPORTING:**

**Q: How many schools should I expect will implement *Understanding Mental Wellness* in my division?**

**A:** EVERFI will have activation goals across the entire program and will set Club Market specific goals. To learn more about your Club Market's goal for the 2022-2023 academic year, please contact Ashley Weiner (aweiner@everfi.com).

**Q: How often will activation updates be provided?**

**A:** EVERFI will provide a monthly report that will include:

- To the League: Total number of students, schools, and teachers active on *Understanding Mental Wellness* across the entire program and Club markets.
- To the Club: Total number of students, schools, and teachers active on *Understanding Mental Wellness* by Club.

**Q: Where can I find an update about a specific school's usage?**

**A:** If you would like more insight into a particular school - that is active or not - please contact Ashley Weiner (aweiner@everfi.com).

**Q: What information is collected in the embedded course surveys?**

**A:** All of EVERFI's course surveys are optional and any responses stored and shared are de-identified and aggregated. The *Understanding Mental Wellness* survey questions provide outcome data that measures behavioral and attitudinal shifts.

**Q: When will I have access to the survey data?**

**A:** EVERFI provides aggregated survey data following the conclusion of each school year in the form of an Impact Report. Impact Reports will be provided both at the program-wide level and by division, which will reflect usage from the school year, and aggregate assessment and survey data.