

**Mental Health Matters
HCA Healthcare
Classroom Connect Event**

Event Overview:

Join us for an enlightening and engaging event designed to explore the world of mental health, its significance, and the strategies for fostering well-being. "Mental Health Matters" is a high school event that prioritizes open conversations, education, and support. Together, we'll address the importance of mental health, share valuable insights, and equip students with the tools to take care of their emotional and psychological well-being. It's a space for discovery, empowerment, and building a healthier and more compassionate community. Your well-being is your journey, and it matters.

Date: [INSERT HERE]

Location: [INSERT HERE]

Time: [INSERT HERE]

DIVISION POC: [INSERT HERE]

School POC: [INSERT HERE]

Spaces: [INSERT HERE]

Library

of Students: [INSERT HERE]

Giveaways: (Optional) [INSERT HERE]

A/V: [INSERT HERE]

Facility Needs: [INSERT HERE]

Parking: [INSERT HERE]

Check In: [INSERT LOCATION DETAILS HERE]

Walkthrough: [INSERT HERE]

Waivers: HCA Healthcare provided media releases

Guests: [INSERT HERE]

Schedule: [OBJ]

Time	Duration	Description
------	----------	-------------

[INSERT HERE]	60 minutes	Prep time <ul style="list-style-type: none"> - Team Arrival - AV Testing
[INSERT HERE]	5 minutes	Students Arrive <ul style="list-style-type: none"> - School contact welcomes and gives instructions on where students should sit.
[INSERT HERE]	5 minutes	Welcome & Introduction <ul style="list-style-type: none"> - [SCHOOL REP] INTRODUCTION - [HCA DIVISION REP] - [MODERATOR TAKE OVER]
[INSERT HERE]	5 minutes	PANEL INTRODUCTION <ul style="list-style-type: none"> - [INSERT PANELIST] - [INSERT PANELIST] - [INSERT PANELIST] - [INSERT PANELIST]
[INSERT HERE]	20-25 minutes	PANEL DISCUSSION <ul style="list-style-type: none"> - Led by [MODERATOR]
[INSERT HERE]	25 minutes	STUDENT BREAKOUTS (Discussion Guide) <ul style="list-style-type: none"> - What are some common misconceptions or stereotypes about mental health and depression that you've come across? How can we address and dispel these misconceptions? - What role does open communication play in breaking the stigma surrounding mental health? How can we encourage more open conversations about these topics? - Discuss the impact of academic pressure on students' mental health. What strategies can schools implement to help students manage stress and mental health challenges? - In your opinion, what are some effective ways to support yourself or a friend who might be struggling with depression or their mental health? - Discuss the importance of seeking professional help when dealing with severe depression or suicidal thoughts. What resources are available for students who need assistance? - How can we create a more inclusive and supportive environment for students who are dealing with mental health concerns?
[INSERT HERE]		Students depart

[INSERT HERE]	60 minutes	Clean Up - Breakdown & CLEAN event space
---------------	------------	--

Learn more about our Partners:

About EVERFI:

EVERFI from Blackbaud (NASDAQ: BLKB) is an international technology company driving social impact through education to address the most challenging issues affecting society ranging from financial wellness to mental health to workplace conduct and other critical topics. Founded in 2008, EVERFI's Impact-as-a-Service™ solution and digital educational content have reached more than 45 million learners globally. In 2020, the company was recognized as one of the World's Most Innovative Companies by Fast Company and was featured on Fortune Magazine's Impact 20 List. The company was also named to the 2021 GSV EdTech 150, a list of the most transformative growth companies in digital learning. Blackbaud, the leading provider of software for powering social impact, acquired EVERFI in December 2021. To learn more about EVERFI, please visit everfi.com or follow us on Facebook, Instagram, LinkedIn, or Twitter @EVERFI.

About HCA Healthcare

HCA Healthcare, a leading healthcare organization, is committed to advancing the delivery of high-quality patient care, medical innovation, and community health initiatives. Through a network of hospitals and healthcare facilities, HCA strives to make a positive impact on healthcare, prioritizing the well-being of individuals and communities across various regions.

Guest Speaker Bios:(IF APPLICABLE)

Social Media & Mental Wellness
EVENT SCRIPT

This script is SUGGESTED but not a word-for-word requirement. Please feel free to add any additional comments, questions, or stories that you feel would add value to the conversation! We want this to be natural to who you are and how you speak.

Event Script

[INSERT TIME]	<p>Opening Remarks [SCHOOL REP AND HCA REP]</p> <p>[SCHOOL REP] Hello and welcome to [DIVISION NAMES] event, we are so excited to be here with you today. We are thrilled to have you all here today, and we extend our gratitude to HCA Healthcare for their generous sponsorship, enabling us to gather and address this critical topic. I'd now like to turn it over [DISION REP TO SPEAK]</p>
---------------	--

[DIVISION REP SPEAKER]:

Good morning/afternoon/evening, everyone, and welcome to "Mental Health Matters," an event dedicated to fostering conversations about mental health among high school students.

In today's fast-paced world, where pressures and expectations often feel overwhelming, conversations about mental health have never been more crucial. Yet, unfortunately, they are often overlooked or stigmatized. Today, we aim to change that narrative by shining a spotlight on the importance of mental well-being and providing a platform for open and honest dialogue.

Throughout this event, you will have the opportunity to hear from esteemed professionals in the field of mental health. They will share insights, expertise, and practical strategies to help you navigate the complexities of mental wellness. Their guidance will serve as a valuable resource as we collectively work towards promoting a culture of understanding and support.

However, the heart of today's event lies in your voices, the voices of our high school students. Following the professional presentations, it will be your turn to participate actively in small group discussions. This is where real change begins - in the sharing of experiences, perspectives, and solutions. Your contributions are invaluable, and we encourage you to engage wholeheartedly in these conversations.

Together, let us break down the barriers surrounding mental health, foster empathy and compassion, and create a community where everyone feels heard, supported, and empowered. Thank you once again for joining

	<p>us, and let's make today's discussions meaningful and impactful.</p>
<p>[INSERT TIME] 20-25 minutes</p>	<p>Professional & Student Panel Discussion</p> <p>Theme: <i>Mental Health Matters</i>: Importance of prioritizing mental and physical health</p> <ul style="list-style-type: none"> € Moderator: € HCA Panelist: € Guest Panelist(IF APPLICABLE): <p>Moderator: I'd now like to introduce you to today's panelists... [INTRODUCTIONS]</p> <p>MODERATOR:</p> <p>Thank you all for your introductions. Lets jump into the questions:</p> <p><i>Potential Questions:</i></p> <ul style="list-style-type: none"> • What proactive steps can high school students take to prioritize their mental well-being amidst academic pressures and social expectations? • How can we as a community break down the stigma surrounding mental health issues and create a more supportive environment for those who may be struggling? • In your experience, what are some effective coping mechanisms or self-care practices that students can incorporate into their daily routines to promote mental wellness? • Mental health challenges can often intersect with issues of identity, diversity, and inclusion. How can we ensure that our support systems and resources are inclusive and culturally competent? • As we navigate the digital age, with increased screen time and social media

	<p>usage, what are some strategies for maintaining a healthy balance and protecting our mental health in a technology-driven world?</p> <p>MODERATOR: Thank you all for sharing!</p> <p><i>[If time allows]</i> I see we also had some questions from the audience. Let's try and get to some of those!</p> <p><i>[Questions from audience:]</i></p> <p>MODERATOR:</p> <p>This has truly been a great conversation! Thank you panelists for taking part in today's discussion and we hope that you all got at least one or two things from it that will apply to your helping your own mental wellbeing.</p>
<p>[INSERT TIME] 30-45minutes</p>	<p>MODERATOR:</p> <p>Students, please listen carefully. We are going to split into your preassigned group numbers. You will be breaking out into groups. Please find your group number and move quickly to that breakout space. Once you are done with your Breakout groups, we will reconvene and close out. See you all soon!</p>
<p>[INSERT TIME]</p>	<p>[HCA REP TO MAKE CLOSING STATEMENT]</p>

CREATING A SAFE SPACE

Before we get started, we want to establish some expectations for the space that we will share today. First, we want to ask that each of you be respectful of one another, and treat one another with kindness. We also ask that what is said in this space stays in this space-- we want to create dialogue where everyone feels comfortable sharing.

Finally, while we are hoping to keep the conversation as positive as possible, we do know that mental health is something that is deeply personal for many of us, and some of what we talk about

may bring up a variety of emotions for you. We encourage you to do what you need to do to protect your own mental health during this event-- don't speak up if you don't feel comfortable doing so, take space if you need it.

[If teacher confirms this is applicable] We also have staff on hand that you can speak with during or after the event should you need to.

[Social Media Changes](#)

[@HCA\[DIVISION HANDLE\]](#)

[@HCAHealthcare](#)