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June 6, 2022

BJA's STOP School Violence Program
U.S. Department of Justice
Office of Justice Programs
Bureau of Justice Assistance

Dear BJA's STOP School Violence Program Reviewers:

I serve as Utah State Superintendent of Public Instruction over our K-12 education system and am writing to lend my endorsement and support for Stand4Kind as a recipient of the BJA's STOP School Violence Program's 2022 grant.

Stand4Kind has been shown effectiveness in helping our education leaders in their efforts to reduce violence and create a positive environment for students. Their training programs, using the power of peer-to-peer involvement and anti-bullying training has saved lives based on testimonials from student participants. Since 2014, 400 students have said they planned a time and a means to take their own lives, only to change their mind because of stand4Kind. This is an amazing achievement.

Each year, Stand4Kind brings their anti-violence programs to more than 400 schools, reaching 300,000 students, 6,000 teachers and 4,000 parents. I am very impressed with their "school ambassador" program in which they train 11,000 students to serve as ambassadors in each school. Their involvement has made a key difference in Utah schools statewide.

I highly recommend Stand4Kind to be a valued recipient of your grant. If I can provide you with further details, please feel free to contact me.

With respect and appreciation,

A handwritten signature in black ink, appearing to read "Sydnee Dickson".

Sydnee Dickson, Ed.D.
State Superintendent of Public Instruction
Utah State Board of Education



Anti-Bullying Coalition-Stand4kind Deliverables and Performance Measures

ABC-Stand4kind believes every student deserves to feel like they belong and have a connection. Through teaching empathy, self-esteem, emotional wellness, and kindness, we provide a way for schools to reduce suicide and bullying among students. Our goal is to change the culture and climate in schools and break the stigma of mental health. Make sure everyone has access to tools and resources. Since our inception in 2014, we have helped save the lives of 428 young people who planned to take their own lives until they got involved in our program.

Our programs include:

Anti-Bullying

Mental Health Curriculum

Behavioral Threat Assessment

Character Building

Suicide Awareness

Leadership Training

Student day & summer camps-Leadership, Resilience, Anti-Drug & building connections

Resilience

Positive Behavior Support Interventions (PBIS)

Teen Coaching

Parent Training

Athlete Training-mindset & mental health

Student Ambassador Training & curriculum

Thanks to the support of the legislation and dozens of private donors, we can report the following: we worked with 339 schools across the State of Utah reaching around 300,000 students. Schools have reported that when applying our programs they have seen a 63% reduction in office referrals. Schools, have also reported an increase in student's grades and attendance.

In 2023-2024, our goal is to reach 275 schools, 325,000 students, and enroll 200,000 students in our Emotional Wellness program.

The ABC hopes to raise \$600,000 in 2023. With state assistance of \$300,000, we can reach our goals.

STAND4KIND

Stand4kind believes every student deserves to feel like they belong and have positive connections.



**Making a
Difference!**

Stand



Kind

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S4K offers a full range of training and coaching to help school personnel learn research-based strategies to improve student behavior, structure all school settings for success, and enhance student motivation.

MAKING A DIFFERENCE!

Making a difference
2021-2022 School year



Students Trained	283,000
Teachers Trained	2,500
Parents Trained	6,000



Stand4kind Ambassador Clubs
150

Trained Other Clubs 100
(Hope Squads, Student Council,
Kindness Clubs)



- Schools Assisted 300
- Districts in Utah 20



Resources Accessed 250,000
times

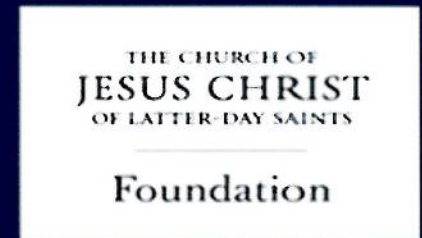
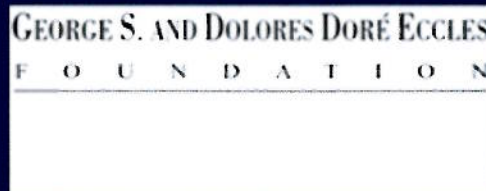


Quote:

"We want to thank you for coming to our school! I love what you guys do and the students LOVED your training! I have been asking students what they thought of the training and the most common word I heard was "EPIC!! Today in staff meeting I asked the staff what their thoughts and they all said the it was the best we have ever had! I asked the 8th grade students yesterday what their "take away" was from the assembly, they said to tell people they are awesome! We look forward to the ambassador club and more training's Thank you again for coming to our school."

Steven Kroff
Cedar Middle School

Sponsors



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Emotional
Wellness 180

Program is designed to assist in recognizing specific behaviors of mental disorders, while incorporating positive strategies and accommodations into daily interactions with students, parents and colleagues. When participants complete all components of Emotional Wellness 180, they will have the tools to proactively identify ways to build supportive and positive relationships among all in the school community (students, teachers, and parents).

Student Lessons Objective:

- Examine the “stigma” related to mental illness and how it affects those with a mental health challenge.
- Distinguish between facts and myths related to mental illness.
- Explore the 4 types of bullying and how bullying contributes to mental health challenges.
- Students will be able to identify the signs and understand the risk factors associated with suicide and how this relates to mental health challenges.
- Explore the components of appropriate communication skills between student to student, and student to adult.
- Strategies that will help them respond to someone struggling with a mental health challenge.
- Learn the appropriate reporting procedures to utilize, when a student may be in a crisis situation.
- Students will explore the different resources available to them.

Students will understand the key characteristics of mental illness as well as, the characteristics of being mentally healthy.

Teacher Lesson Objectives:

- **Building Relationships** - Understand the importance of building relationships and meaningful connections with students, as it relates to creating an emotionally safe learning environment.
- **Stress/Anxiety** - Examine and identify common stressors, as well as, recognize the physiological signs that someone may be experiencing stress and anxiety.
- **Depression/Anxiety** - Examine the signs and symptoms of mental-emotional health issues related to stress, anxiety, depression, as well as, apply problem solving and decision-making strategies.
- **Drug Usage** - Identify the signs of drug abuse, as well as, understand the effects of drug usage as it relates to mental health issues.
- **Suicide Awareness** - Understand the characteristics of students who are at a higher risk for attempting suicide, as well as, the warning signs of suicidal teens.
- **Bullying**- Examine the 6 types of bullying and understand the effects of each, as it relates to mental health issues.
- **Communication** - Understand how to utilize communication strategies to effectively support students who may be experiencing a emotional/mental health issue.
- **Mental Health** - Understand the key characteristics and factors that can contribute to mental illness.
- **Mental Health Intervention** - Examine strategies and resources that can help support students who are struggling with anxiety, depression, stress or suicide
- **Mental Health Post** - Identify resources to help support students who are recovering from mental health issues.



Project
Lighting the

Firefly
path for life!



Peer 2 Peer Training

- Prevention
- Intervention
- Postvention
- Protective Factors
- Resilience
- Peer to Peer Training

Protective factors we can categorize them into five domains youth, family, peer, community and society. Protective factors can be defined as " a characteristic at the biological, psychological, family or community (including peers and culture) level that is associated with a lower likelihood of problem outcomes or that reduces the negative impact of a risk factor on problem outcomes." –

Increase the knowledge of suicide warning signs. We create positive relationships among student's peers and faculty. Break the code of silence, Speak up and report. Reduce self-destructive behavior and youth suicide. Educate students, parents and school staff.

Project Firefly will work to change the school culture regarding suicide by reducing stigmas about suicide and mental health. Changing community perceptions of mental health by creating awareness about suicide and the tools available to prevent suicide.

Use with the Stand4kind Crew's or as a stand alone training.

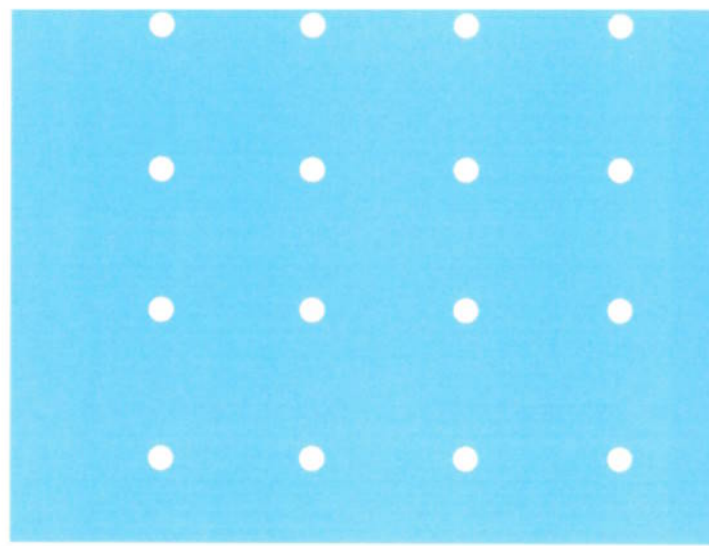


Ambassadors will be trained in world-class leadership techniques and will set the example for the rest of their peers in creating a bully-free & kinder school, changing school culture.

Evidence-based, Leadership, Bullying Prevention & Suicide Awareness Training

Create a Stand4kind ambassador team or integrate it into existing school programs. Our program gives students the opportunity to discover their own potential by developing interpersonal and leadership skills, increasing their self-confidence and acquiring the motivation and ability to bring about change. Students will have the tools and training to reduce self-destructive behavior, youth suicide, break the code of silence, increase knowledge of warning signs and decrease bullying.





STAFF DEVELOPMENT — PBIS

Positive Behavior Interventions and Supports (PBIS) is a proactive approach to establishing the behavioral supports and social culture and needed for all students in a school to achieve social, emotional and academic success. This prevention-oriented method trains school personnel to (a) organize evidence-based practices, (b) improve their implementation of those practices, and (c) maximize academic and social behavior outcomes for students.

PBIS is based on principles of applied behavior analysis and the prevention approach and values of positive behavior support. This framework helps school personnel to support the success of all students

Participants in the PBIS Training Program will learn to establish organizational supports that give school personnel the capacity to use effective interventions accurately and successfully at the school, district and state levels. These supports include team-based leadership, data-based decision-making, continuous monitoring of student behavior, regular universal screening, and effective on-going professional development.

STAFF DEVELOPMENT – RESTORATIVE JUSTICE

Restorative Justice Professional Development Training is based on the idea that restorative justice practices can be used in schools to create a culture of care. Research shows that nurturing relationships between teachers and students promote the student's positive experience of schooling and reduce disciplinary issues in the classroom.

Participants will come away with a thorough introduction to restorative justice, restorative discipline, and how the language, skills and processes fit into a school's overall mission of creating caring climates based on respect, responsibility, and repair of harm. Participants will learn the difference between restorative and retributive (or punitive) justice.

This program features courses that have been specifically designed for classroom teachers and school administrators. Following an introductory training in the basic principles of restorative justice, participants will learn practical restorative techniques they can implement in the classroom – such as connection circles, using affective statements, restorative conversations, restorative agreement meetings, and curriculum integration strategies.

Participants will come away with a specific plan of action for their classroom and their school.



stand 4 kind

Thanks for your support.

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our mobile app on our
website

www.stand4kind.com



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Social Media: [#stand4kind](https://twitter.com/stand4kind)



Budget for \$300,000 of requested state money for 2023/2024 School Year

Program Costs:

School-Based Program Costs: \$70,000.00

Assemblies and Ambassador training Leadership, Anti-Bullying, Suicide Awareness, Restorative Justice, & Curriculum. Leadership camps for students, parents, ambassadors, hope squads, etc. in 80-90 schools. Plus, a huge emphasis will be placed on emotional wellness so students, teachers and parents can recognize the signs of mental illness.

School Staff Training Program Costs: \$90,000.00

P.B.I.S, Restorative Justice, Anti-bullying, Mindful Training, Mental Health, Successful Classroom, Trauma, Building relationships, CSTAG-Comprehensive safety program, Safety Assessment in 80-90 schools

Student and Parent Training Program Costs: \$140,000.00

Mindful Training, Resilience, Anti-Bullying, PBIS, Suicide Awareness, Character Building, Mindfulness, Anti-Drug, & Leadership Development programs.