



YOUTH MENTAL WELLNESS COPE CLINIC

Empowering Students. Building SEL Foundations. Preparing Youth for Life and Career Success

STATEMENT OF NEED

Schools are facing increasing youth stress and disengagement, with over 40% of high school students experiencing persistent sadness, particularly among students of color and low-income backgrounds. In response, employers and educators are highlighting the importance of social-emotional learning (SEL) skills for future success.

The Youth Mental Wellness COPE Clinic meets this need by integrating wellness and SEL with leadership, financial literacy, and life readiness in a culturally responsive, trauma-informed approach.

PROGRAM OVERVIEW

The Youth Mental Wellness COPE Clinic (Community Outreach & Practice Effort) is a prevention-focused program for youth ages 10–19 that builds mental wellness, emotional regulation, and leadership capacity.

The model aligns with district goals for college, career, and life readiness (CCRPI) and Multi-Tiered Systems of Support (MTSS) by equipping students with the SEL and employability skills needed to thrive beyond graduation.

Working with Silence the Shame has created opportunities for our young people to explore social-emotional skills, practice leadership and be apart of something that was designed for them by them - Shiloh High School

PROGRAM MODEL

TIER 01

Universal Wellness & SEL Foundations

- School-wide or afterschool COPE Clinics (Mini or Full-Day formats)
- 60–75 minute sessions on emotional regulation, self-awareness, and communication
- SEL-aligned topics addressing stress management and teamwork

TIER 02

Youth Leadership & Workforce Readiness

- 8–15 student leaders trained as COPE Peer Facilitators
- Four-session certification series in wellness, facilitation, and leadership
- Opportunities for public speaking, collaboration, and problem-solving—transferable workplace skills
- Stipends and COPE Certificates recognizing achievement

TIER 03

Family & Educator Engagement

- Parent Cafés empowering caregivers to support youth communication and self-care
- Professional Development for staff on trauma-informed SEL integration
- Toolkits and virtual coaching for long-term sustainability





CONTACT US



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DISTRICT GOAL ALIGNMENT

The COPE clinic supports school and district priorities by blending mental wellness, SEL, and career readiness goals:

01

Portrait of a Graduate

Builds core competencies such as collaboration, ethical decision-making, and resilient learning.

02

CASEL SEL Framework

Strengthens five key competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

03

CTAE and Workforce Readiness

Reinforces employability skills including teamwork, adaptability, and problem-solving.

04

MTSS Tier 1 Supports

Strengthens universal wellness instruction and positive school climate.

05

Whole Child Framework

Prioritizes emotional safety as the foundation for academic and vocational success.

Together, we help students build the emotional intelligence and leadership skills that power school success, career readiness, and lifelong well-being.

RESEARCH FOUNDATION

- Social Emotional Learning and Career Success– A meta-analysis of 213 SEL programs showed an 11% improvement in academic performance and long-term gains in graduation and employment readiness (Durlak et al., Child Development, 2011).
- Mental Health and Employability– Students with strong emotional regulation report higher persistence, teamwork, and problem-solving, key predictors of workforce success (National Bureau of Economic Research, 2023).
- Trauma-Informed Education– Trauma-sensitive practices improve attendance, engagement, and behavioral outcomes across K-12 populations (SAMHSA, 2019).
- Workforce Projections– The World Economic Forum (2020) identifies “emotional intelligence,” “resilience,” and “leadership” among the top 10 skills for future employment.
- Youth Well-Being and Long-Term Outcomes– The CDC and APA emphasize that proactive school-based mental wellness programs significantly reduce distress and foster adaptive coping mechanisms critical for college and career transitions (CDC, 2023; APA, 2022).

DELIVERY OPTIONS

- COPE Activities (Classroom-based SEL sessions, 60–75 minutes)
- Mini COPE Clinics (2-hour team-based workshops)
- Full-Day COPE Clinics (4–6 hour experiential learning events)
- Afterschool COPE Bundles (four-session monthly series)
- Virtual COPE Clinics (for hybrid or rural districts)

PARTNER BENEFITS

- Turnkey implementation with trained facilitators and materials
- Data-driven evaluation using Results-Based Accountability (RBA)
- Builds school capacity and student confidence for long-term wellness and career success

KEY OUTCOMES

- **80%** of participants demonstrate increased coping and self-regulation skills
- **60+** youth certified annually as COPE Peer Facilitators
- **40+** educators trained to embed trauma-informed SEL strategies
- **90%** overall program satisfaction and positive school climate feedback
- Stronger student alignment between SEL growth and workforce soft skills