

WORTH

VIDEO-BASED TEEN MENTAL HEALTH & SUBSTANCE USE PROGRAM

WHAT IS WORTH 2.0?

BRIDGING THE GAP IN TEEN MENTAL HEALTH EDUCATION

WORTH is committed to delivering impactful, modern mental health education. Our updated curriculum covers instructional mandates provided by the Illinois State Board of Education while seamlessly integrating the CASEL framework for social-emotional learning at its core.

PREVIEW WORTH



CORE FEATURES OF WORTH

The WORTH curriculum includes actionable tools designed for easy, flexible implementation to support your school's social-emotional learning goals.

- **VIDEO LIBRARY:** A membership allows for full access to our library, including content from previous school years, allowing for users to find what they're looking for. Our modern modules provide concise, high-impact lessons accessible through an intuitive interface. Because WORTH videos are written by teens, for teens, the content resonates authentically and breaks down the barriers that to often keep youth from engaging with these vital topics.
- **DISCUSSION QUESTIONS:** Every module includes reflection questions crafted to bridge the gap between theory and application. Formatted for both individual self-reflection and collaborative group discussions, this flexibility allows educators to easily integrate these prompts into standard classroom periods, advisory blocks, or specialized counseling sessions.
- **SCHOOL GROUPS:** WORTH groups in schools offer an opportunity for students to take initiative and lead mental health conversations within their community. Our program gives students the tools to lead these efforts directly in their own schools. When students support each other, they naturally break down the stigma around mental health and build a safer, more supportive school culture.
- **INDIVIDUALIZED SUPPORT GATEWAYS:** Through accessible QR codes, we provide students with a confidential, direct link to schedule a meeting with a school counselor. This tool bridges the gap between students and school resources, ensuring that professional help is highly visible, accessible, and approachable.
- **DATA-DRIVEN SURVEYS:** As we move forward with these changes, we want to ensure that we are meeting your students' evolving needs. We achieve this by collecting feedback before, during, and after implementation to measure our initiative's effectiveness and engagement. This data allows us to evaluate real-world impact and continuously refine our curriculum.

WHY CHOOSE WORTH?

- **BUILT BY PEERS:** Video-based content made by teens, for teens, with a rural focus, providing an authentically relatable perspective.
- **SEAMLESSLY FLEXIBLE:** Ready-to-use video lessons designed to adapt to schools' unique schedules, with individual and group delivery options.
- **EVIDENCE-DRIVEN:** Built on state school mandates, social-emotional learning standards, and continuously updated via impact data.
- **IMPROVES SCHOOL ENVIRONMENT:** Normalizes tough conversations around mental health and substance use to build a more supportive culture.
- **EMPOWERS STUDENTS:** Equips youth with practical coping skills and bridges the gap between students and professional resources.

HOW DO WE FIT INTO ALREADY EXISTING PROGRAMS/PEOPLE/TEACHINGS?

We build bridges, not barriers. WORTH easily integrates into current programming because of our high flexibility and adaptability to school schedules. Our curriculum is not intended to replace existing health initiatives; rather, it coexists with them.

WE'LL BE IN TOUCH!

We would love to partner with your school to champion student wellness this upcoming year. Be on the lookout for a personal invitation from our program manager, Stefanie Morris, to connect before the busy school year begins. In this brief meeting, we'll discuss how to tailor the WORTH initiative for your school so we can launch our video series the week of August 17th. In the meantime, if you have any questions, please feel free to reach out Stefanie at: stefanie.morris@arukahinstitute.org

COMING SOON...THE NEW KAJABI PLATFORM

We will be moving our curriculum to Kajabi, a video platform featuring a user-friendly interface for both educators and students. Every module delivers a concise 2-7-minute video lesson backed by reflection questions and curated resources, all while supporting real-time progress tracking.

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