

Strides To Wellness



SC 05.09.24 2 C (2)

After School Enrichment Club for Middle Schools
Funded by: City of Haverhill Youth and Mental
Health Activity Fund

What is this? How does it work?



- City of Haverhill 2023 Youth Activity & Mental Health Program funded by a \$750,000 ARPA-SLRF (American Rescue Plan Act) grant
- Developed to offer students in Grade 5 an opportunity to engage in healthy behaviors and social relationships after school.
- Program implemented at JGW, Consentino and Nettle
- 1-2 sessions/ Jan-June
- Fun run/walk to complete the last session
- Activities included: yoga, smoothie bike, art therapy, games, running/walking and promoting social and mental health activities

Funding provided-Wellness Activities



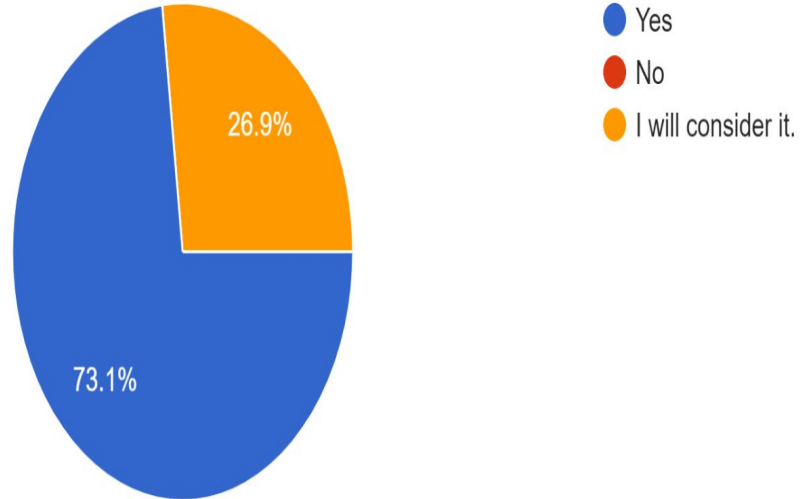
- Payroll for teachers/admin prep & implementation of program
- Snacks & supplies
- Original logo & T-shirts for each student
- Mental Health Collaborative conference/networking event
- Field Day equipment for elementary school
- HHS teacher to attend Lifeguard Instructor Training at the YMCA
- HHS physical education equipment/SHAPE America subscription

Data on students pre-survey: making positive change



3. I feel I should make more positive changes in my life to improve my health.

26 responses

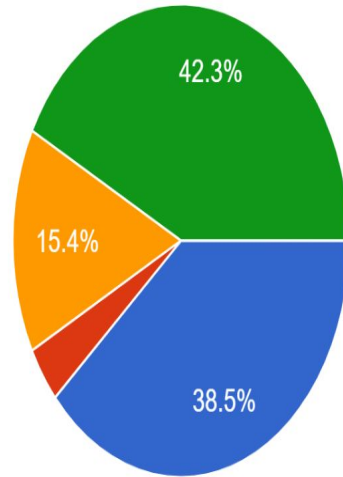


Data on students pre-survey: coping skills



5. Do you use coping skills when you are stressed?

26 responses

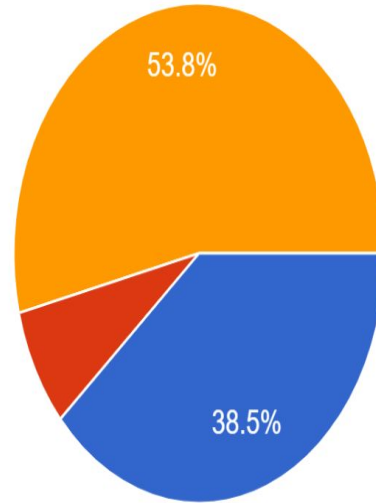


- I don't know any coping skills.
- I don't use coping skills on a regular basis.
- I understand what coping skills are, but I do not use them.
- I understand what coping skills are, and I use them daily/weekly etc..

Post Data

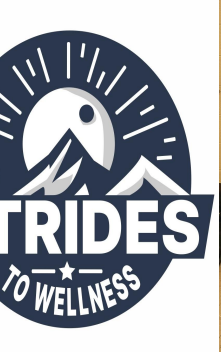
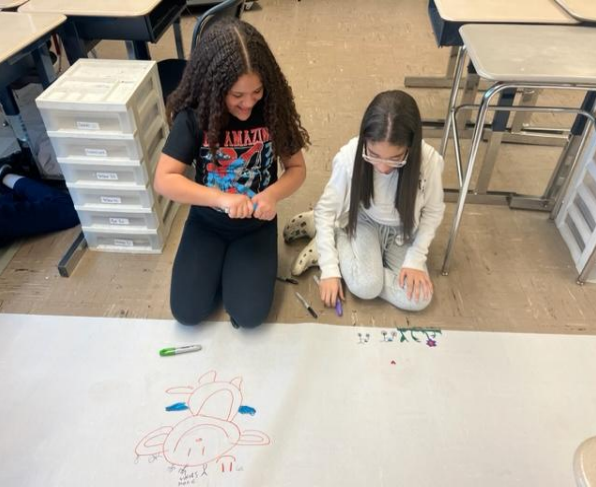
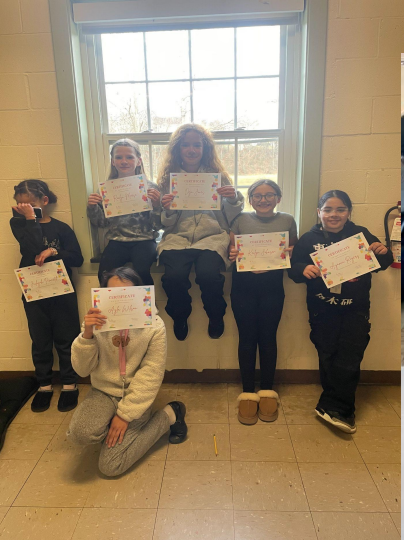
3. I feel I should make more positive changes in my life to improve my health.

13 responses



- Yes
- No
- I will consider it.





What did the students say?



I'm happy because after this I'm not insecure
No bullies at this program

I get to spend time with the counselors
I got to know more about mental health

I liked that we were all friends and it is fun and it helps with my coping skills

Having FUN!!!! And meeting new friends

Doing the adventures and the activities

Painting and going outside

Running

Getting to build relationships with other students

I liked the snacks 😊