

Innovation Proposal: Student Wellness

Spanish Fork High School

Nebo School District

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Proposed Innovation

Students will participate in a peer-support group facilitated by a peer-support leader during class time for elective or social studies credit. Open-source materials including experiential-based activities and practices will be used. The curriculum and additional support will be implemented by school and district therapists and social workers.

Purpose and Potential

The goal of this alternative curriculum is to foster stress management and mental health supports. By developing healthy coping skills, engaging in healthy relationships, and using management strategies, students will gain positive coping mechanisms leading to overall student wellness and success.

Courses Include

three course sections, each a semester long, and will earn elective or Social Studies credit. Students are selected by counselors, teachers, and parents to participate.

Student Outcomes

will be measured with psychological assessments, self-reported progress, and student feedback. Two prior years of initial data is available.

Funding

Grant funding will be used for curriculum, consumable materials, classroom supplies, guest speakers and training, and necessary online subscriptions.

Under House Bill 386, Local Education Agencies can approve up to \$5,000 in grant funding for innovation programs. The innovation outlined here is one example that has been approved for implementation. Learn more at schools.utah.gov/ulead