

WHAT  
PEOPLE  
ARE  
SAYING  
ABOUT  
OUR  
PRO-  
GRAMS

"Depression is one of the major causes of problems in youth, such as poor academic performance; drug and alcohol use, violence, and suicide. It is important for educators and other adults to learn about youth depression, the positive impact they can have on teen mental health, and to help reduce the stigma that hinders youth and adults from seeking treatment. This program is the best tool I have seen to accomplish this!"

Associate Professor  
Dept. of Educational Psychology,  
University of Wisconsin-Milwaukee

"This timely program is so well done. I highly recommend its use for adults who work with our nation's youth. The content is very relevant for the classroom teacher and vital for helping all students succeed."

President-Elect  
National Middle School Association

"The It's Time program had a profound effect on my perception of depression and what it looks like in the school setting. It increased my ability to communicate with students, teachers and parents. The candid stories from real teens, helped to illustrate the significant impact depression has on all facets of life. Our staff gained awareness and changed how they look at student struggles and challenges. Thank you for this opportunity to change."

School Counselor  
Glen Hills Middle School

"The staff trainings that InHealth provides are extremely valuable in today's work environment. The creative and engaging programs are a terrific way to bring meaningful and immediately useful information to staff, resulting in a more supportive organizational culture, higher productivity, better relationships, and better loss-control regarding use of sick leave, worker compensation, and health insurance. Our staff highly recommends InHealth as an excellent resource at a very reasonable cost!"

Business Manager  
Greendale School District



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# In-Service Programs

Promoting  
Student  
and Staff

Emotional  
Health  
and  
Well-  
being



# In-Services for Adults Working with Youth in Schools and Community Organizations

## STRESSING LIFE

### OVERVIEW

Be prepared to laugh, think and relax! InHealth's most requested in-service

presents two models to understand adult stress and the stress that youth face. The program gives strategies for defining specific stresses and a range of management options that take little time and often no money. Many ideas are easily used within a classroom setting.

### BENEFITS

Adults who work with youth leave this experience with a deeper understanding of the real sources of stress in their lives and a sense of control and efficacy in being able to better manage that stress. Participants receive clear examples of how to model stress management with children and teens.



### OVERVIEW

InHealth's newest in-service invites adults into the lives of youth touched by depression

to explore how to have a positive impact within professional boundaries. Compelling video-stories of diverse youth, art, animation, music, and engaging facilitators combine to have a powerful effect. The teens give examples of specific ways that teachers offered effective support in the school environment. The connection between emotional health and learning is clearly evident.

### BENEFITS

Participants will increase knowledge, use of appropriate interventions, and connections to resources. They participate in pre and post program assessment and three month follow-up evaluation. Skills reinforcement contacts are periodically made prior to the follow-up evaluation. Facilitators meet with mental health support staff prior to in-service to coordinate content with policies and procedures of the organization.

## IT'S TIME!



InHealth WI is a non-profit organization that creates insightful and interactive education programs which inspire transformation of health and well-being. Programs are created by teams of staff,

volunteers and consultants with expertise in education and mental health.

Video storytelling is our trademark. Engaging facilitators use computer slides, animations and handouts to create an atmosphere of warmth, humor and open exploration of health issues.

### OTHER PROGRAMS

- Communication Skills
- Adult depression (excellent staff in-service)
- Depression in Latino Cultures (Spanish only)
- Making Successful Change
- Parenting
- And many women's health programs

### IN-SERVICE COSTS

- **Stressing Life:** 1-1.5 hour program \$300
- **It's Time: Addressing Youth Depression** 2 hour in-service alone \$500; 2 hour in-service plus pre-meeting with team, follow-up skill reinforcement and evaluation \$1,000.

Travel costs are additional. All or a portion of the costs may be subsidized by private funding sources including PTAs, local civic organizations, individuals and foundations.

### CONTACT US!

For more information or to schedule an in-service, contact InHealth.

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W I S C O N S I N

