

the
LEAN on
me
PROJECT

2021 / 2022

**SCHOOL
YEAR
REPORT**



National Alliance on Mental Illness

nami

Sarasota and
Manatee Counties

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We Care.

Our mission to heal education is deeply rooted in lived experiences. Forming trusting relationships matter to us.

We Listen.

To heal is to listen. When a principal, an assistant principal, a school counselor, etc. has an idea to boost morale for their staff, increase student participation & learning, and/or involve parents more dynamically, they call us.

We Create.

Brainstorming ideas leads to innovation, action-plans, and intentional initiatives for the educational community.

Total Number of Public School Participants Served (2021-2022)

Students- 689

Teachers- 384

Schools- 10

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What Schools are Saying

“Lean On Me has become a household name at our school because of the value brought. We're so appreciative and grateful for everything that was done.”- School Admin

What Our Staff is Saying

“This is the best program I have seen in schools!
I would love to one day see this program nationwide.

Thank you for all that you do.

We will continue to make a difference and influence this next generation to heal themselves, create great connections, and become the wonderful human beings that they are.” -

Lean On Me Facilitator

WE Thank You

Thank you to each and every person who believes
in us, supports us, and helps us
make this purposeful work come to life.



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The Student Cafe

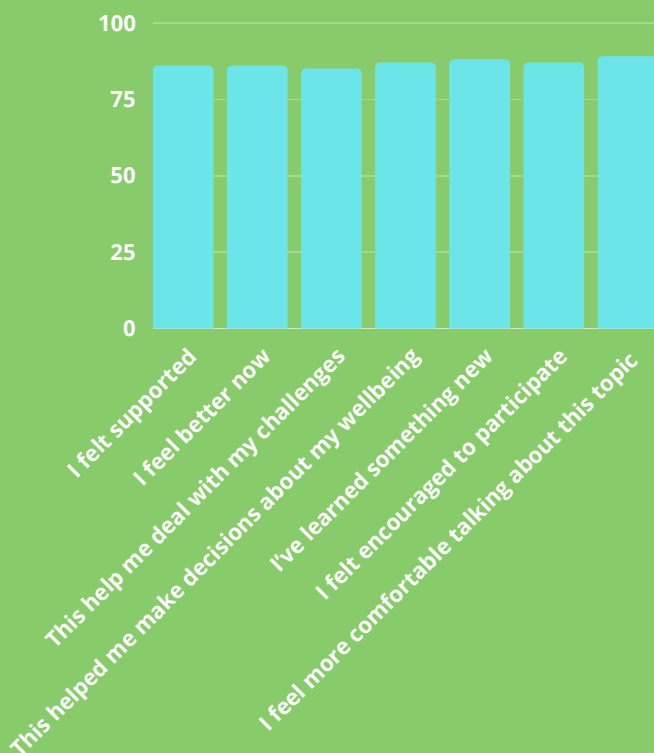
We acknowledge that being a middle schooler is full of challenges unique to the ages of 11-14. We believe this is the opportunity for students to practice and gain the confidence to know that they can do hard things. That is why we created the Student Cafe, a safe space to go during the school day, where students can feel supported during hard times and practice to build the skills and competencies to overcome their hard times.

Schools involved:

Brookside, McIntosh & Woodland Middle Schools

Total students served = 92

What students report from their experiences at the Student Cafe



Learning Themes Included:

1. Goal Setting
2. Emotional Regulation
3. Healthy Relationships
4. Resilience
5. Self-Care & Wellness

Highlight Review

"I got feelings out that I was pushing away."
- Student

The Peer to Peer Cafe

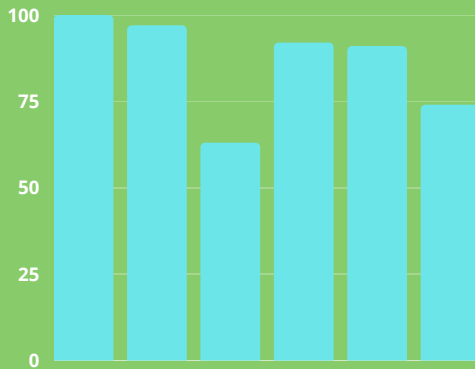
When we create leadership in our youth, we empower positive actions, we create caring connections, and we promote the resilience and grit they need to complete hard tasks. The Peer to Peer Cafe provides students the practice to learn how to become a mentor and a leader in their school.

Schools involved:

Tatum Ridge Elementary

Total students served = 29

What students report from their experiences in the Peer to Peer Cafe



Learning Themes Included:

1. Goal Setting
2. Emotional Regulation
3. Healthy Relationships
4. Resilience
5. Self-Care and Wellness

Highlight Review

“I enjoyed making new friends and learning life’s lessons that I will cherish forever.”

– Student

The S.E.A. Cafe

(Social. Emotional. Awareness.)

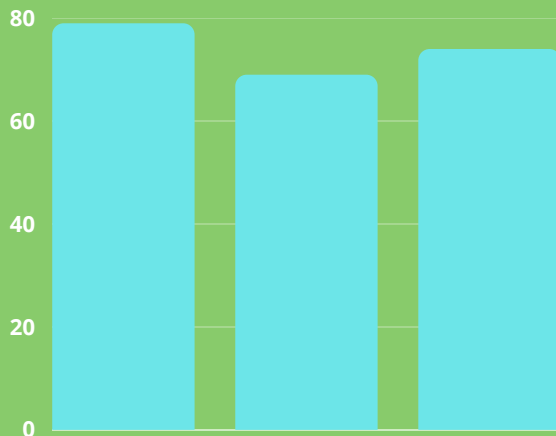
Our teachers' and students' well-being both matter, because without one, you can't have the other. The S.E.A. Cafe creates extra time for teachers to rest, work, and/or breathe, and provides students time to enhance their well-being simultaneously.

Schools involved: Tatum Ridge and Brentwood Elementary

Total students served: 565

Total teachers served: 33

What students experience!



What Teachers Experienced!

1. This experience helped me feel better
2. This experience was helpful for me
3. This experience gave me a way to help me deal with my challenges
4. This experience helped me feel supported today
5. I would recommend this program to others.

Highlight Review

"For the first 15 minutes, I just sat in a quiet space and drank my coffee! It was wonderful. For the remainder of the time, I was able to catch up on grading some papers and appreciated the fact that it was time I wouldn't have to use doing it at home tonight. Thank you SO MUCH!!"

- Teacher

The W.A.T.C.H. Cafe

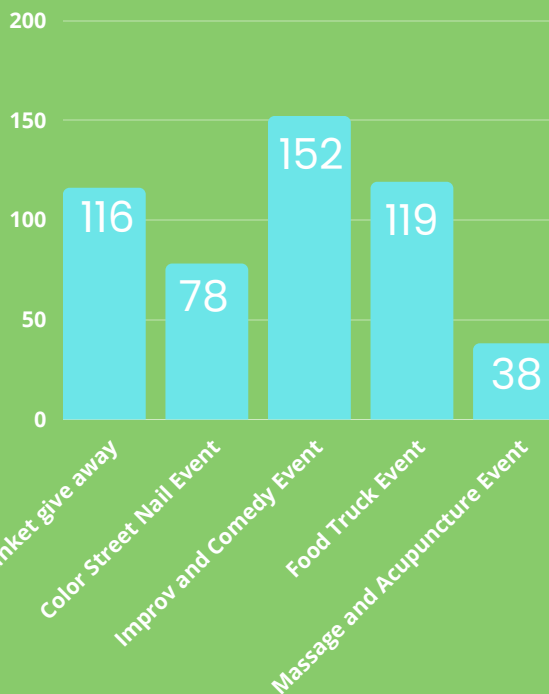
(Wellness. And. Teachers. Connect. through Health. & Happiness)

We cannot expect schools to be connected, happy, and healthy if our teachers and school personnel are not. At the W.A.T.C.H. Cafe, we create bursts that allow teachers and school personnel to connect with one another, feel happy, and embrace their health during the school day to promote an engaged, healthy school environment as well to give morale a refreshing boost.

Schools involved: Brookside Middle, Brentwood, Lakeview, Lamarque, & Tatum Ridge Elementary, Easter Seals

Teachers Felt:

Total Served: 503 Teachers & Staff & Admin.



Massage and Acupuncture Events:
Cared for
De-stressed
Rejuvenated



Improv Class and Comedy Events:
Learned something new
Experienced joy
De-stressed



Food Truck Events:
Nourished
Cared for



Color Street Nail Events:
Experienced Joy
Cared for

The Sleep Initiative Results

55-70% = Sleep increased
70-76% = Deep sleep increased
41-55% = Mood improved

Highlight Review

"This was beyond helpful. It helped me re-center, and calm down. I felt this was so special and I felt appreciated"
- Teacher

Additional Initiatives for 2021-2022

When we get called on to design creative bursts of joy, prepare educational training collaborations, offer parent meet ups, work 1-1 with students as academic mentors, and/or offer wellness opportunity engagements, we get to work!

Schools involved:

Brookside & Woodland Middle, Brentwood, Lakeview, Lamarque, & Tatum Ridge Elementary, & Easter Seals

Our Community Collaborators

By the Numbers

The Parent Café

30 parents supported & uplifted through the Parent Café

The Teacher Café

44 teachers trained in a trauma-informed care

The School Café

24 students in supported through 1-1 tutoring mentoring

The Community Café

3 schools in participated our wellness interview data collections

