

Rise for Mental Health Tour

KWN program guidance for Teachers

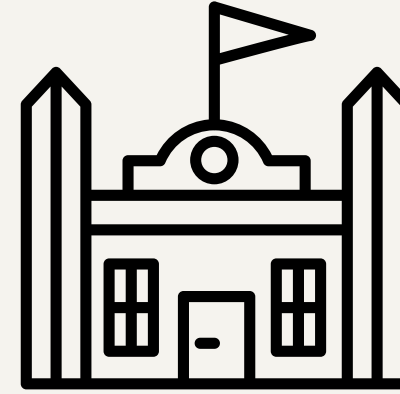


www.kidswritenetwork.com

www.lestwins.co



The Kids Write Network



Researched

by McGill University / Jewish General Hospital



Recognized

by the Federal Government of Canada



R&D Financed by

Brain Canada & Bell Canada

The Kids Write Network- Attestations





L'Hopital de Montreal pour enfants
The Montreal Children's Hospital

Centre universitaire de sante McGill
McGill University Health Centre

3 December 2012

TO WHOM IT MAY CONCERN:

The Kids Write Network has come to our attention as a significant initiative that can help children to express themselves and provide them with a creative outlet during their hospitalization.

We believe that is an excellent initiative that deserves to be implemented carefully- as outlined in their proposal – and we would be glad to be involved in its evaluation.

It is with great pleasure that we heartily endorse the Kids Write Network Hospital Program and we look forward to its implementation with positive expectations for all concerned.

Yours sincerely,

E. Lila Amirali, M.D., FRCP©
Clinical Director-Child and Adolescent Psychiatry
Montreal Children's Hospital
Assistant Professor - McGill University

L'HOPITAL DE MONTREAL POUR ENFANTS • THE MONTREAL CHILDREN'S
HOSPITAL

2300, rue Tupper, Montreal (Quebec) Canada H3H 1P3 Tel. : 514 412-
4400 www.hopitalpourenfants.com www.thechildren.com



Fondation
Brain Canada
Foundation

NOTICE OF AWARD

January 6, 2016

Dr. Danielle Groleau
McGill University
ICFP, Jewish General Hospital
4333 Chemin de la Côte-Ste-Catherine
Montreal, Quebec H3T 1E4

Dear Dr. Groleau,

On behalf of Brain Canada, I am pleased to inform you that the matching funds for your project entitled "Evaluation Study of the Kids Write Network (KWN)" has been approved. This Brain Canada grant is made possible by funding provided by Bell Foundation and the Canada Brain Research Fund.



Hôpital général juif
Jewish General Hospital

Sir Mortimer B. Davis-Jewish General Hospital
Institute of Community and Family Psychiatry

Principal Investigator: Dr. Danielle Groleau

Co-investigators: Dr. Michael Meaney, Dr. Ashley Wazana, Dr. Phyllis Zelkowitz, Dr. Jaswant Guzder



Consent form

Evaluation study of the Kids Write Network (KWN)

Granting Agencies: Bell and Brain-Canada Foundations



L'Hôpital de Montréal pour enfants
The Montreal Children's Hospital

Centre universitaire de santé McGill
McGill University Health Centre

10 April 2013

TO WHOM IT MAY CONCERN:

I have been following the development of the KWC created and applied by its founder, Helen Georgaklis, at MCH since this past Summer 2012. Having successfully integrated the program at an inner city elementary school in Montreal, Helen was ready to implement the program at the MCH.

The KWC is a literary and therapeutic program which gives sick children a unique voice to articulate their thoughts and feelings about illness and adversity through book-writing. Writing and having their books published by the 99 Series encourages sick children to share their experience in the face of medical challenges and the impact of these challenges on their lives.

There are two of these books, written and illustrated by two patients at the Hospital- one is Claudia Martino's, *The Magic Box* and the second one is by Alex Stathopoulos, *Give me a BREAK!* Claudia's book will be launched at the end of April 2013 followed by Alex's shortly after.

The families of these patients were grateful for revelations made by the children in the course of writing their stories which helped the healing process. As well, the families welcomed the opportunity to engage in a new activity with the sick children which was not illness-centered.

The purpose of this program is to make the books available for other MCH patients to read, written by children for children, and to sell the books as a fund-raising tool. They will be available online and as hard copies.

(I understand the cost to guide and supervise the children and to publish each book to be \$15,000. per patient.)

This program is supported and endorsed by the MCH Foundation.

I, therefore, endorse the KWC as a permanent program at MCH so that it will continue to grow and produce a library of books to benefit sick children and their families.

Yours sincerely,

E. Lila Amirali, M.D., FRCPC
Child Psychiatrist
Medical Director
PPCP / PPCU-7D



Justin P.J. Trudeau

Leader of the Liberal Party of Canada
Chef du Parti libéral du Canada

March 30th, 2014

Dear Friends,

It is with great pleasure that I welcome everyone to Concordia University for the Kids Write Network's *Raising Funds 2 Raise Voices* fundraiser.

Tonight's event features the launch of the KWN's online program, which works to help children find and share their voices by writing their own books. These *Kids 4 Kids Series* books help promote creative reading and writing skills for young children, and enable them to teach each other moral lessons. While we celebrate the works of these talented children tonight, it is important that we also honour the life of Iman, an inspirational little girl who, despite being diagnosed with a terminal illness, courageously wrote her own book.

I would like to thank *Soliloquies* for hosting tonight's event and continuing to promote young writers, as well as the Kids Write Network for encouraging children to artistically express themselves and share their experiences with their peers. As a former teacher, I appreciate the importance of fostering a love of reading and writing, and congratulate all the young authors on their many literary successes!

Sincerely,

Justin P.J. Trudeau
Member of Parliament for Papineau

Chambre des communes
Pièce 533-S, édifice du centre
Ottawa, (Ontario)
K1A 0A6

Circonscription
529 Jarry Est
Bureau 302
Montréal (Québec)
H2P 1V4

House of Commons
Room 533-S, Centre Block
Ottawa, ON
K1A 0A6

Constituency
529 Jarry East
Suite 302
Montreal, QC
H2P 1V4



A mental health initiative

The Kids Write Network is a novel intervention scientifically validated proven to increase emotional regulation and coping skills. Contributing new science, the KWN has been used through writing, art, and now with Les Twins, through dance. An award winning program used to boost confidence and give each student the best chance at fulfilling their potential.



Mission:

Kids Write Network was built to encourage youth and adolescents to use their voice. Our experience has proven that feelings of isolation and disconnection is all too common throughout adolescents.

Our goal is to open channels of communication that don't normally exist and give adolescents the opportunity to be the best version of themselves.

The Program

The Rise for Mental Health Tour is a proactive measure in directing students' attention on mental health. The award-winning program has been developed with doctors and scientists to help children and young adults facing a variety of hardships improve their coping skills and build self-confidence. The RMH Tour with Les Twins teaches coping skills, encourages inclusivity, builds confidence, and resiliency. It also destigmatizes seeking help for the fear of being labeled.

Step 1

- Evaluation, Analysis & Assessment

Step 2

- Connecting your skill set

Step 3

- Identifying coping mechanisms & communication

Step 4

- Focus and performance improvements

Step 5

- Building support system

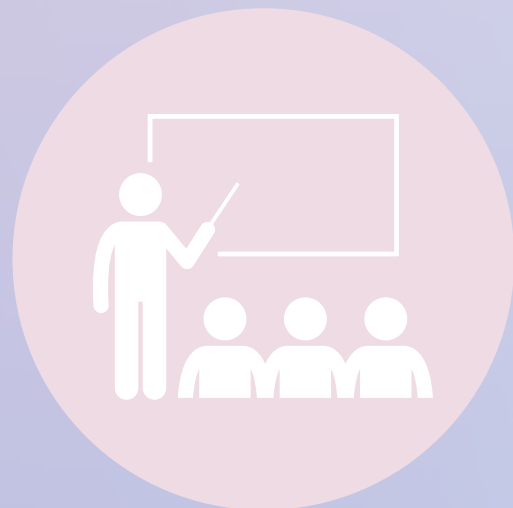
Step 6

- Defining your why

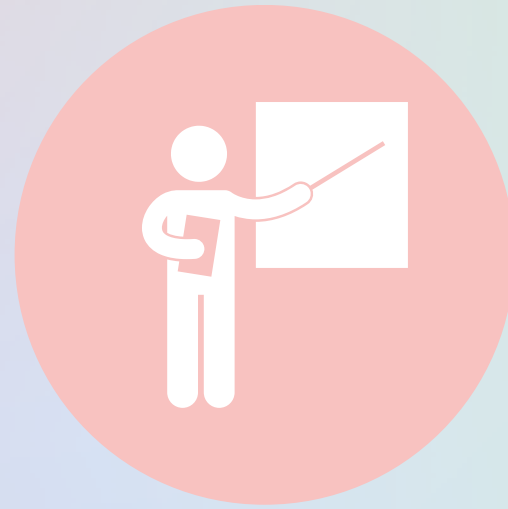
Guidance for Teachers



10 sections; 6 modules



1 module/class



Teachers are to encourage students to use KWN to put pen to paper all the while learning about their own coping skills and building on them.



Teachers to identify students who are open to discussion with peers. This leads to a larger discussion amongst students that brings forth a sense of unity and inclusion. Keeping channels of conversation open is important in building links in between the students but more importantly, for teachers to see a side of their students they would not normally get to know.



Approved by educators, principals, occupational therapists, psychologists, and neuroscientists over the last 12 years to make sure we are helping students find their voices while helping teachers use this as an in-class tool. The KWN has been used in English (or any language class) , leadership, dance, art, music, ethics & morale learning or classes that support culture and building bridges amongst all backgrounds.

Guidance for Teachers



10 sections; 6 modules



1 module/class



Themes: Teachers can choose the theme they want. The most common one is bullying however we have used peer pressure, school life or social media. The topic that is used is up to the teacher. Some may be more comfortable than others so we do not impose any specific theme. There are teachers who just use life lessons as a theme. Students will automatically know what they want to write about.



Grading: Whatever is written in these journals is not what is graded. What is graded is the final result of what the student shares. If they are in art or writing class, they will be graded on their final work. In music, they can use this to produce a song or even basic words like poetry that can be attached to music. The dance/movement part is based on Les Twins so students are able to view the short video below:

https://www.youtube.com/results?search_query=kids+write+network



**Improved Coping
Mechanism**

Benefits of The Kids Write Network program



**Increase in focus &
communication**



Regulating emotions



**Increase in managing
behaviour**

Training

There is a 2.5-hour training given to all staff who will be working with the KWN. The training includes:

1. Overview of KWN
2. How to access to KWN program
3. How to grade (upon request)
4. How each creative choice is analyzed by KWN team
5. Reports given back to school/staff to understand mindset of student.
6. Report is also shared with student so they can understand their mindset.
7. Publication- Permission from child and parent (depending on age) is required should they want to publish any writing, art or musical piece)

Training- FAQs

Q: What if a child has something bad going on that they write about, what do we do?

A: The reason why we choose themes is specifically for this purpose so that you can control the content and direction.

Q: Negative things can impact to a student, how do we deal with it?

A: The KWN has been designed to focus on the positive side of the student not the negative of any event. We don't look at what has happened, we focus on how we got past it, how we built courage and resilience, how we coped and what moral lesson did we learn.

Q: What if a student doesn't want to engage? How do we deal with students who don't want to participate?

A: We have rarely seen any student who does not because they have 4 different creative outlets, they can use so we cover all bases. For those who absolutely refuse (or the parents don't want) they can read a book or do other work as long as they do not distract the other students)

Q: What happens once we are done?

A: The students (with their family's permission) have a chance to become a published author of their work in whichever form they choose even if they choose more than one way to express themselves. We work with the school and teachers to support the choices made. We can publish a collective book of the school, artwork, music and of course any videos they want to make to show their new movement/dance that supports their focus and freedom.

Q: Is there support during the program?

A: Yes. We have staff ready to support any teacher who may have questions during the use of the program.

Media



- <https://journalmetro.com/culture/rencontres/2947377/les-twins-dansent-avec-les-jeunes-pour-la-sante-mentale/>
- <https://ici.radio-canada.ca/info/videos/1-8717506/twins-passage-dans-une-ecole-shawinigan-pour-parler-sante-mentale>
- <https://www.journaldemontreal.com/2022/11/14/tournee-des-twins-de-revolution-dans-les-ecoles-ameliorer-sa-sante-mentale-par-la-danse>



- <https://www.newswire.ca/news-releases/winner-of-world-of-dance-duo-les-twins-partner-with-kids-write-network-to-bring-the-rise-for-mental-health-tour-to-toronto-893919805.html>
- <https://www.ctv.ca/shows/etalk/are-les-twins-reuniting-with-beyonce-for-the-renaissance-world-tour-s21e89>
- <https://thekit.ca/sponsored/les-twins-kids-write-network/>

Rise for Mental Health Tour- In Action



ÉCOLE PRIMAIRE JULES-VERNE
MONTREAL-NORD



Testimonials

(just a few out of hundreds received)



I want to say thank you from the bottom of my heart for opening my eyes on reality and thanks you instead of crying due to loss of my cousin, I now use dance to help me deal with my emotions and feelings.



Thank you for opening my eyes, you really made me reflect after your speech and realize that there are no problems that are too big to solve no matter where you come from!



I was thinking if I belonged in this world anymore and after meeting Les Twins, I see life differently, I am forever grateful for your visit to my school.

Booking Your School

- Contact: info@kidswritenetwork.com to receive tour form, contract & finalize tour date along with minimum deposit.



Time to Rise.

Follow us on social media to stay up to date with our North American tour in schools & hospitals!



@kidswritenetwork ; @officiallestwins



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www.kidswritenetwork.com ; www.lestwins.co



info@kidswritenetwork.com