

Mental Fitness School Program Guide

For twelve years Mental Fitness has connected programs to K-12 schools and colleges that build resilience and mental wellness in youth. We specialize in arts and mindfulness programs that are engaging with students and that are developed in collaboration with researchers. Samples of our programs include:



Flourish Peer-Led Resilience

Flourish peer-led resilience is a fun way to engage high school and college students into empowering messages that inspire overall health and mental wellness. College and high school students learn techniques that build resilience, such as improving coping skills, social-emotional skills, mindfulness and building voice and presentation skills. Once they learn the skills well enough, they then teach age-appropriate techniques to elementary aged students.



NOURISH Arts Park

NOURISH Arts Park a live event connecting fun, arts-focused activities that have shown to build resilience. This has been implemented after 5K races and in health fairs and is an excellent way to bring mental health awareness to a wide audience.



Spartanburg's Got Sparkle

Keeping with our mission of building resilience through the arts, in 2017 we launched Spartanburg's Got Sparkle – a county-wide talent show to engage more residents from all areas of our community. Similar to the television show, "America's Got Talent," this program has three phases: auditions, semi-finals and the final show. Learn more at SpartanburgsGotSparkle.com

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Professional Development Workshops and Mental Health Symposia for Educators

Our evidence-based professional development trainings for school nurses, counselors and therapists is a three-hour training that outlines strategies for managing and preventing serious mental illnesses and eating disorders in schools. Funded by United Way of the Piedmont, this program is also available online through our partners at Sharpen and is suitable for K-12 schools and universities. Please contact programs@mentalfitnessinc.org to learn more!



5 Minute Mindfulness for the Classroom Setting

5 Minute Mindfulness is designed for educators to read directly from a "script" to deliver 5 minute exercises in any classroom setting. Working in collaboration with the Compassionate Schools initiative in Spartanburg, this is a fabulous companion to trauma-aware education practices. Created by Robyn Hussa Farrell, MFA, E-RYT, YACEP, participants will be able to lead evidence-based mindfulness exercises, journal writing techniques, deep breathing exercises and gentle movement that can be done in the classroom setting.



Sharpen Mental Health App

Community members now have access to resiliency builders on our brand new Sharpen app where many of Mental Fitness's educational programs are available. Learn more at SharpenMinds.com.

Suicide Prevention Task Force

Led by Dr. Alex Karydi and Dr. Taylor Davis of the South Carolina Youth Suicide Prevention Council, Mental Fitness has designed a County-wide task force in collaboration with United Way of the Piedmont Behavioral Health Task Force, to strategically address depression and suicide prevention awareness in the schools and universities. Learn more by emailing programs@mentalfitnessinc.org.