

# SCHOOLS & COMMUNITY ORGANIZATIONS

Professional Trauma-Informed Mental Health Services available for eligible students



## PROJECT THRIVE is here to help.

Physical or emotional abuse. Community violence. Bullying. Serious illness or death in the family. Racism. These and other traumatic situations are impacting the mental and physical health of children in our schools and communities. Left unaddressed, childhood trauma often manifests in absenteeism, poor academic performance, and a range of negative social behaviors, many of which extend into adulthood. Project THRIVE aims to help these children.

## PROJECT THRIVE OFFERS:

- Access to a local network of professional mental health providers
- Youth-centered strategies aimed at recovery and healing
- Tools for helping students self-regulate emotions and behaviors
- Strategies to improve a student's engagement with school

Project THRIVE offers access to trauma-specific therapeutic services for eligible students.

## WHO IS ELIGIBLE?

- Delaware public or private school students who have experienced trauma and/or toxic stress that is interfering with their attendance, behavior, or grades
- Do not otherwise have access to professional mental health services

## HOW DOES IT WORK?

THRIVE connects students and families with a local network of professional mental health providers. Families select a provider of choice and THRIVE supports those providers.

## GUIDING PRINCIPLES

Project THRIVE works to ensure:

- Meaningful collaboration between caregivers, educators, and mental health providers
- Consistent student engagement with school, and regular attendance
- Regulated student emotions and behavior to sustain attention and productivity
- Coping skills so students can better manage stress at home and at school

**Learn more and get help:**

**dial 211 & press 5 to THRIVE**

**or text THRIVE to 898-211**