

OUR STUDENTS ARE IN CRISIS

Give them GRIT and see the difference it makes.

GRIT: Grief Resilience Inspires Triumph – an innovative SEL-inspired program from **Hearts of Hope** designed for middle school students – helping them build resilience, empathy, confidence, and empowerment.

FACING THE CRISIS

U.S. Surgeon Vivek Murthy called kids' declining mental health the "defining Public Health crisis of our time." – May 2023

"Nearly all (90%) administrators and almost 60% of parents report the (mental health) crisis is growing. 60% of administrators say young people's mental health remains the same or has worsened compared to a year ago."

– Effective School Solutions national poll reported by Fortune 12/15/2022

GRIT is the way that schools can address this growing mental crisis among young people, teaching resilience, empathy, confidence, and empowerment. The program does this through validation, education, practice, and proof of concept.

We need GRIT now – more than ever!

HOPE. HAPPENS. HERE.

Designed by a team of mental health, education, and SEL specialists, GRIT meets the curriculum standards of social-emotional learning in middle school instruction. It delivers the important life skills that students will need to succeed in this world.

GRIT is part of this promise.



Chapters in CT, NJ, and FL • 973.224.6900

GRIT@ourheartsofhope.org

ourheartsofhope.org

**GRIEF
RESILIENCE
INSPIRES
TRIUMPH**



A four-pillared program designed to help students cope with grief, build resilience, and thrive.



GRIEF IS ALL ENCOMPASSING

Devastating world events, social media pressures, bullying, crippling stress, and paralyzing anxiety—today's students are experiencing mental health challenges like never before. Fear of illness following the COVID pandemic, fear of failure, and isolation create stressors that at their best can prevent learning and at their worst can lead to substance abuse, erratic behaviors, and self-harm.

BUILDING GRIT & CREATING HOPE

"Grief is a life-changing experience that extends to multiple life experiences."

Schools have the unique opportunity to teach students how to cope with grief-like experiences that can loom large in the minds of a middle schooler. Losing the big game, being excluded, or shunned by classmates, feeling isolated, anxious, and depressed are all parts of grief. By successfully navigating these challenges, students learn valuable skills that will last a lifetime.

WHAT IS GRIT?

GRIT is a program designed to help students understand the feelings of loss, process them, and move adaptively forward. It begins with a focus on grief education and expands with proven techniques that build resilience.

"Increased awareness of grief is empowering."

HOW DOES GRIT WORK?

Our professionals come to your school and provide training to your faculty. We offer the materials and ongoing support you will need for this turnkey program.

The GRIT curriculum uses a four-pillar approach:

- Answer the complex question, "What is grief?"
- Teach resilience building skills through exercises and practice.
- Demonstrate ways to be inspired and to inspire.
- Create hope by designing, creating, and delivering a Heart of Hope gift to inspire someone special.

"When our children become strong, their futures become strong. That is the promise of GRIT."

NAVIGATING GRIEF THROUGH GRIT

Self-reflection is an important part of the GRIT program. Here's just a sampling of what students are writing in their journals.

"Grief can be caused by many things, but mainly from a loss in any way. It can impact many people and can cause more grief around others."

"Resilience means that you can quickly withstand problems and push past them once they are resolved."

"Inspiration means that you see someone do something and you have motivation to do it as well. My friends inspire me a bunch."

