Research for final draft only, does not include sketch research.

Ohio State University researchers found that the program worked on cognitive behavioral skills, nutrition, and exercise

” Participants had a lower average body mass index, better social behaviors, higher health class grades and drank less alcohol than did teenagers in a class with standard health lessons.”

Teens that were severely depressed beforehand had improved, dropping their depression to normal levels. Where the control group’s mental health issues remained elevated.

“most of the positive outcomes of the program were sustained for six months.”

“teens have significant mental health issues”

“Less than 25 percent of adolescents who have mental health problems get any help, and here we have an intervention that addresses that suffering and also can prevent or reduce obesity.”

It’s not counseling in a classroom setting

Course was spelled out for the instructors in PowerPoints, proving that no certifications are needed to teach the material

“We teach kids how to monitor for activator events and show them that instead of embracing a negative belief, they can turn that around to a positive belief about themselves,” Melnyk said.

Schools aren’t meeting the needs for knowledge on physical and mental health in today’s world.

“they’ve got to be more active. But a very key piece is the mental health and cognitive piece”