

Evidence-Based Mental Health and Wellbeing Programs for Schools

The following programs were identified in a literature review by Monash University as demonstrating longer term mental health and wellbeing outcomes for students. Refer to Monash University Evidence Brief for further details (Berger, Reupert & Allen, 2020).

Focus: Anxiety and Depression

Program Name	Target Audience	Universal / ¹ Targeted	Outcomes for participants from research	Program Facilitator & Requirements	Delivery Mode	Cost	Program Length
Adolescent Depression Awareness Program (ADAP) Launched: 1999	High school students, parents, and teachers	Universal	Improved depression literacy of students Improved help-seeking by students	School personnel (usually trained health education teachers). Recommended to be taught in health classes. Instructors are provided with training DVDs.	Interactive lectures, videos, film assignments, homework, and group activities.	Contact program owners for specific details	3 hours, typically taught in 3 consecutive 45-60 minute classes, though it can be taught in two 90 minute classes.

ADAP: https://www.hopkinsmedicine.org/psychiatry/specialty_areas/moods/ADAP/index.html

Aussie Optimism Programme- Positive Thinking Skills (AOP-PTS) Launched: 2003	Primary and lower secondary schools	Universal	Reduced student emotional difficulties reported by parents Reduced student behavioural difficulties reported by parents	Classroom teacher <i>(one-day workshop attendance required)</i>	Classroom-based. Student booklets include resource sheets, practice exercises and posters displaying key messages.	\$11.95 per student booklet, training cost information not publically available for this review.	Ten modules, one session per week over a school term.
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AOP-PTS: <https://healthsciences.curtin.edu.au/schools/psychology/aussie-optimism/>

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Program Name	Target Audience	Universal / ¹ Targeted	Outcomes for participants from research	Program Facilitator & Requirements	Delivery Mode	Cost	Program Length
FRIENDS / FRIENDS for Life Launched: 2004	Children aged 8–11 years	Universal	Reduced anxiety and depression levels for students when program delivered by health service external to the school Parent reported improvements in students but effects not reported by students	Classroom Teacher One day teacher training workshop is required.	Class based, with student workbooks.	Contact program owners for specific details	Five sessions of approx. 2-2.5 hours each.

FRIENDS for Life: https://beyou.edu.au/resources/programs-directory/friends-for-life?gclid=EAlaIqobChMlRyYhd2O_27A1VwVgCh0lBAIVEAAYASAAEgJckfD_BwE

Fun FRIENDS Launched: 2007	Children aged 4–7 years	Universal	Improved child behavioural, social and emotional competence Reduced parent distress and improved parentchild interactions	Classroom Teacher One day teacher training workshop is required.	Play-based group activities	Contact program owners for specific details	Five sessions of approx. 2-2.5 hours each.
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Fun FRIENDS: <https://beyou.edu.au/resources/programs-directory/the-fun-friends-program>

Get Lost Mr Scary (GLMS) Launched: 2001	Children aged 5–7 years	Targeted early intervention (anxiety)	Parents and teachers reported reduced student anxiety and behavioural issues Results were maintained when parents and teachers followed up following 12 months	The program is written for two facilitators with a background in psychology, CBT skills and experience working with young children. One day facilitator training is required.	Group based, “pantomime” like delivery, incorporating puppets, pantomime characters, miniature toys, rhymes, role-plays and bibliotherapy.	Contact program owners for specific details	Seven weekly sessions of approx. one hour each.
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Schools interested in this program should discuss this with their school counselling staff.

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Program Name	Target Audience	Universal / ¹ Targeted	Outcomes for participants from research	Program Facilitator & Requirements	Delivery Mode	Cost	Program Length
MoodGYM (MG) Launched: 2006	Anybody aged 16 years and older without clinical levels of depression or anxiety.	Universal	High adherence to the program reduced anxiety and depression levels in students	Student can create their own private account online.	Online, self-help program	Free	Five interactive modules which are completed in order. Not all components need to be completed in order to progress, although some quizzes are mandatory (must be completed before gaining access to the next section). Total time required is unknown.

MG: <https://www.moodgym.com.au/>

Penn Resiliency Program (PRP) Launched: 1990	late childhood and early adolescence (10–14 years of age)	Universal or targeted	There were mixed ² findings for the efficacy of this program across different studies.	Delivered by trained instructors. Penn have a train-the-trainer model.	Group based learning including individual, partner, and group exercises employing a variety of practical learning methodologies. Participants have extensive opportunities to “learn by doing,” where they practice resilience skills and receive feedback from instructors.	Contact program owners for specific details	The full PRP includes a set of 21 empirically validated skills that build cognitive and emotional fitness, strength of character, and strong relationships. The skills included in each program vary based on the needs of the client and length of the program.
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PRP: <https://ppc.sas.upenn.edu/services/penn-resilience-training>

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² Mixed findings indicates that the effectiveness of the program varied across research studies.

Program Name	Target Audience	Universal / ¹ Targeted	Outcomes for participants from research	Program Facilitator & Requirements	Delivery Mode	Cost	Program Length
Resilient Families Program (RFP) Launched: 2010	Secondary Schools	Universal	Depression reduced among students only with parent education events	School / Classroom teacher Varies for each component. Teacher-led curriculum requires a half day training session. Optional parent education programs delivered by external facilitators or alternatively having their own staff trained to deliver these programs.	Five main components: (1) a teacherled student curriculum; (2) brief parent education evening; (3) extended parent education sessions; (4) school-wide distribution of parenting strategies handbook; and (5) establishing a community support system for parents	The cost of each component varies from \$600 to \$2000 each.	Varies for each component. The teacher-led curriculum involves 10-sessions of approx. 45-50 minutes each.

RFP: <https://positivechoices.org.au/teachers/resilient-families-program>

Resourceful Adolescent Program (RAP) Launched: 1996	Students aged 12-15 years	Universal. RAP-A & RAPP also have adaptations designed for indigenous communities	There were mixed findings for the efficacy of this program across different studies.	Training is required, one day for each RAP component. RAP-A and RAP-P training can be completed face to face or via video conferencing.	Comprises 3 components that promote individual, family and school protective factors respectively: RAP-A for adolescents RAP-P for parents RAP-T for teachers. RAP-A is designed to be run with groups varying in size from 8 to 16 students.	Materials can be ordered online, cost varies depending on the resource. Training costs approximately \$350 per person per RAP component.	RAP-A consists of 11 sessions of approx. 50 minutes each. RAP-P involves 3 parent sessions, each between 2-3 hour's duration. RAP-T involves 3 x 3 hour workshops delivered in the first year, with 3 x 90 minute refreshers to be delivered in subsequent years.
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RAP: <http://www.rap.gut.edu.au/>

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Program Name	Target Audience	Universal / ¹ Targeted	Outcomes for participants from research	Program Facilitator & Requirements	Delivery Mode	Cost	Program Length
Signs of Suicide (SoS) Launched: 2001	Middle and high school students	Universal	Improved student knowledge	School / Classroom teacher Designed to be delivered in a usual class. No teacher training required.	SoS is an all-digital program, comprising a video, guided discussion and brief screening for depression. There are two programs, one tailored for middle schools and one for high schools.	Costs are based on an annual subscription basis and vary between approx. USD \$300 - \$495 per year.	A single class (about 50 minutes)
SoS: https://www.mindwise.org/							
Youth Aware of Mental Health (YAM) Launched: 2014	Students aged 14–16 years	Universal	Research is ongoing. Longer term reductions in student suicidal thoughts and attempts were found	Accredited YAM instructor. Facilitator training is required to become a YAM instructor. Additionally, instructors are not able to deliver the program in their regular school. Contact Kim Harper, Project Officer Student Wellbeing Initiatives kim.l.harper@det.nsw.edu.au	Supported guidance by a trained facilitator, includes role-playing different approaches to problem-solve everyday situations and discuss how these situations make students feel. Emphasis is placed on peer support and information is given on how and where to find professional help if needed. The Black Dog Institute and the DoE have adapted YAM for Australian school students.	Program costs are currently covered by the NSW Department of Education. Contact Kim Harper, Project Officer Student Wellbeing Initiatives. kim.l.harper@det.nsw.edu.au	Five one-hour classroom sessions delivered by 2 x 2 Hr sessions and 1 x 1Hr session over three weeks.
YAM: http://www.y-a-m.org/							

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Program Name	Target Audience	Universal / ¹ Targeted	Outcomes for participants from research	Program Facilitator & Requirements	Delivery Mode	Cost	Program Length
Challenging Horizons Program (CHP) Launched: 1999	Middle school students with ADHD	Targeted	Improved time management, organisation and academic functioning of children with ADHD.	CHP counsellor / consultant	Students are paired with a counsellor, participate in group and individual activities designed to target skills that they may struggle with, such as organisation, social skills note taking and recreation.	Contact program owners for specific details	Two weekly after school sessions of two hours each over 1 school year.

CHP: <https://oucirs.org/the-challenging-horizons-program/>

PAX Good Behaviour Game (GBG) Launched: 1999	Pre K to High School students	Universal	Decreased aggression and peer rejection for students	Classroom teacher One day teacher training workshop is required. An initial online training session is also available.	Classroom-based approach used to deliver the set curriculum and support all school activities. Training and materials free to NSW public schools.	Visit Mental Health and Wellbeing programs at website education.nsw.gov.au	Instructional and behavioural strategies integrated into daily classroom teaching practice.
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GBG: <https://www.goodbehaviorgame.org/>

Secret Agent Society (SASoc) Launched: 2009	Children aged 8-12 years of age with range of social and emotional challenges (ASD, ADHD, anxiety, anger management, etc.)	Universal or targeted	Improved student social skills and emotional control	To apply for training, professionals need: A minimum of a Higher Level Education in a helping or teaching profession and a minimum of six months professional experience working with children with High-Functioning ASD and/or other social and emotional challenges.	There are options for individual, small group, and class-based programs. The whole of class curriculum maps onto HPE subject area for Years 4 or 5. Comprises a novel multimedia based curriculum including game play.	Resources can be ordered online. Prices vary depending on which type of resource is purchased.	Varies depending on program option. Classroom based sessions consist of ten 90-minute (or twenty 45-minute) group sessions over 10 weeks.
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SASoc: <https://www.sst-institute.net/>

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Focus: Body Image

Program Name	Target Audience	Universal / ¹ Targeted	Outcomes for participants from research	Program Facilitator & Requirements	Delivery Mode	Cost	Program Length
Body Image in the Primary School (BIPS) Launched: 2011	Children aged 4–13 years	Universal	Improved self-esteem among students	Classroom teacher	Classroom based. Brainstorming exercises, class discussion, small group work, pair work, game playing, role play, and viewing film clips.	Approx. USD \$40 for the teacher training book.	Over 60 step-by-step lesson plans are available in the training book.

BIPS: <https://www.routledge.com/Body-Image-in-the-Primary-School-A-Self-Esteem-Approach-to-Building-Body/Hutchinson-Calland/p/book/9780367188429>

Happy Being Me Co-educational (HBMC) Launched: 2010	Designed for girls aged 11–14 years but can be coeducational	Universal or targeted	Improved body satisfaction	Classroom teacher Facilitator training is required	Classroom based, incorporating large group, small group, and individual activities.	Information not publicly available. Contact program owners.	Three sessions of prevention and intervention, duration unclear.
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HBMC: <https://beyou.edu.au/resources/programs-directory/happy-being-me-a-coeducational-body-image-program>

Media Smart (MS) Launched: 2006	Students in late primary or early high school	Universal	Reduced student weight concerns	Facilitator training required, three 2-hour workshops. The program is suitable to teach in a range of classes including English, Study of Society, Home Economics, Physical Education, Pastoral Care and Home Group	Information not publicly available. Contact program owners.	Eight sessions of 50 minutes each, two sessions per week.	
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MS: <https://www.nedc.com.au/research-and-resources/show/media-smart>

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Focus: General Programs

Program Name	Target Audience	Universal / ¹ Targeted	Outcomes for participants from research	Program Facilitator & Requirements	Delivery Mode	Cost	Program Length
BounceBack! (BB!) Launched: 2003	Kindergarten to Year 6	Universal	Improved student resilience, optimism and self-efficacy. Reduced levels of posttraumatic stress and improved coping for students	Classroom teacher. Training course required for teachers. Teacher handbook containing lesson plans and teaching strategies.	Online training course for teachers is \$199. Face to face training workshops are also available.		Ten units in total. Can be run as a yearlong program across an entire school, or individual units can be selected depending on school needs and resources.

BB!: <https://www.bounceback-program.com/>

CLIMATE Schools (CLIMATE) Launched: 2009	Secondary school students	Universal	Reduced truancy and distress Improved moral thinking	School / Classroom teacher. Internet based program, with teacher delivered reinforcement.	Can be accessed over the internet by teachers and students. Three modules are available: (1) Alcohol; (2) Alcohol & Cannabis; (3) Psychostimulant & Cannabis.	Teachers must register their school in order to access the program online.	There are 12 lessons of approximately 40 minutes each, consisting of a 20 minute computer component, completed individually, followed by 20 minutes of teacher-delivered class activities.
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HBMC: <https://www.climateschools.com.au/>

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Program Name	Target Audience	Universal / ¹ Targeted	Outcomes for participants from research	Program Facilitator & Requirements	Delivery Mode	Cost	Program Length
Creating Opportunities for Personal Empowerment (COPE / COPE TEENS) Launched: 2002	Students aged 12–18 years	Universal or targeted to high-risk groups	There were mixed findings for the efficacy of this program across different studies.	School-based mental health professional / Classroom teacher. One day training workshop for teachers	Class based, incorporating 15–20 minutes of physical activity	Information not publicly available. Contact program owners.	15 sessions of approx. 40 minutes each, delivered over 15 weeks, designed to be integrated into a school's health course

COPE: <https://www.cope2thriveonline.com/>

HeadStrong 2.0 Launched: 2014	High school Years 9–10	Universal	There were mixed findings for the efficacy of this program within the one study identified.	Classroom teacher	Classroom based, content is linked to the Health and Physical Education curriculum for Years 9–10.	Free	Five modules, taking approximately 10 hours of class time in total.
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HS 2.0: <https://www.blackdoginstitute.org.au/education-training/community-and-schools/free-school-resources/headstrong-2.0>

Learning 2 BREATHE (L2B) Launched: 2009	Secondary school students	Universal or targeted	Reduced parent reported behavioural problems. Reduced student reported emotional problems	Classroom teacher Teacher's curriculum manual is required	Classroom or other group setting, incorporates discussion, activities, and group based mindfulness.	Printed curriculum manual costs approx. USD \$70 (USD \$40 for an electronic copy).	Comprised of 6 themes that may be delivered in 6, 12, 18 or more sessions.
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L2B: <https://learning2breathe.org/>

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Program Name	Target Audience	Universal / ¹ Targeted	Outcomes for participants from research	Program Facilitator & Requirements	Delivery Mode	Cost	Program Length
Positive Action (PA) Launched: 1983	Pre K to High School students	Universal	Improved student academic motivation, academic outcomes and school behaviour Improved student life satisfaction and reduced depression and anxiety	Classroom teacher Training is not necessary. The PA program comprises scripted lessons that are easy to prepare and teach. All of the materials for each lesson are included in a kit. These materials include posters, games, worksheets and puzzles.	Classroom based, whole of school. Content is organised into six units by grade level. All grades follow the same six unit concepts.	Materials can be ordered online and shipped to Australia. Prices vary, but are approx. USD \$400 to \$550 per kit (for a class of 30 students). Discounts apply for purchases of multiple kits.	Each lesson takes approx. 15 minutes to complete. There are approx. 140 lessons per grade level kit, designed to be delivered one lesson per day. The entire catalogue contains more than 2,000 unique lessons.

PA: <https://www.positiveaction.net/>

Promoting Alternative Thinking Strategies (PATHS) Launched: 1993	Pre K to Grade 6	Universal	Teacher reported reductions in student aggression, conduct problems, and acting out behaviour problems. Academic improvements were also reported. Decreased student depression, general distress and anxiety and improved student self-esteem	Classroom teacher Online 3-hour, self-paced introductory training program for teachers. All materials for the program are included in the class modules.	Classroom based. PATHS is based on modules which include a curriculum manual providing step-by-step guidance, fully-scripted lessons, coordinated visual aids and classroom handouts.	Materials can be ordered online. Costs vary from USD \$439 to \$879 per classroom module. Quantity discounts apply.	Approx. 130 lessons over the course of a school year.
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PATHS: <https://pathsprogram.com/>

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Second Step (SS) Launched: 2008	Pre K to Grade 8	Universal	Reduced student physical aggression but mixed results found for student behaviour change	School / Classroom teacher Introductory webinars are available online for teachers. All program materials are included in the kits that are available to purchase.	Whole of school, classroom based lessons direct instruction, group discussions and hands-on activities, dyadic exercises, reflection opportunities, role-playing, and individual work.	Resources can be ordered online. Costs vary depending on which unit, grade level, number of kits, and type of licence is purchased, but vary from approx. USD \$3500 to \$4500 for a full program kit for grades K to 5 inclusive. Licences for Grade 6-8 cost USD \$219 per class per year.	Varies depending on grade level, e.g. there are 15 lessons at Grade 6 and 13 lessons each at Grades 7 and 8. Lessons are delivered in one 50-min or two 25-min classroom sessions, taught weekly or semi-weekly throughout the school year.
SS: https://www.secondstep.org/							
Teen Mental Health First Aid (MHFA) Launched: 2000	Students aged 15–18 years	Universal	Greater mental health literacy and reduced stigma. Greater confidence assisting a peer with mental health concerns	MHFA Instructor Can only be delivered to high schools, which have undertaken Youth MHFA Courses for school staff and parents. The Youth MHFA Course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis.	Classroom based by accredited instructors.	Contact program owners for costings based on individual situations.	Three session of 75 minutes each (approx. 3.5 hours total).
MHFA: https://mhfa.com.au/courses/public/types/teen							

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