

Interact co-facilitating *Break Free From Depression* with 300



"...our son brought the conversation home and it was great to talk about issues surrounding anxiety and depression. He got a lot out of the program."

~Parent of middle school student

"There was an appreciation for the high school age facilitators. The 8th graders found them to be "cool" and liked this format of ice-breakers and the shared stories from the documentary."

~Kathy Curley, Director of Religious Education, St. Paul's

Want to know more?

Contact us!

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The **Wellness Project** contact:
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Invites you to join

The Emotional Wellness Project

What We Do

The Interact Club of Wellesley is affiliated with Rotary. Our 12-18 year old members volunteer to mentor middle school and high school students using Boston Children's Hospital **Break Free From Depression** (BFFD) curriculum supplement. The material:

Features a documentary that follows Boston teens who experienced anxiety or depression and its treatment.

Provides activities that improve coping skills in oneself and others, including problem-solving, awareness, and communication.

Increases understanding about anxiety and depression, reduces stigma surrounding mood disorder, and teaches prevention strategies.



Wellness Programs

Teen and adult volunteers meet monthly to plan projects. Teens co-facilitate projects with adults or professional support.

For example, teens co-facilitate the BFFD content with an entire in a school or with congregation and community youth groups. In the 2015-2016 school year, Wellesley Interact peer leaders co-facilitated the BFFD content with over 400 students and Puerto Rico Interact peer leaders co-facilitated with over 200 students.

Interact peer leaders also create unique projects to normalize the conversation around mental health including art installations, musical interpretations and media interviews.

The End Result

Individual level outcomes include understanding factors in emotional wellness and how it can be promoted daily. In other words, teens learn skills that help balance the weight of life's worries.

Community level outcomes:

reduced stigma surrounding mental health

more successful conversations at home

broadening parent involvement

enhanced school culture and community advocacy

"The transition from middle school to high school was an overwhelming experience for me due to the increase in schoolwork and the immersion into a new environment.

After learning effective techniques for dealing with stress in these workshops, I decided to become a peer leader for this organization, for I wanted to pass on these coping mechanisms to other teens."

~Peer mentor