

HOPE SQUAD® COURAGE



[CLICK HERE](#) to go to the SAMHSA Mental Health Awareness Toolkit

May Advisor Newsletter Content

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Courage and Mental Health Awareness



The monthly theme for May is **Courage** which aligns perfectly with the mission of Hope Squad. It takes courage to speak openly about mental health and to seek help when needed. By raising awareness and promoting open conversations about mental health, we can reduce the stigma and encourage those who are struggling to seek help.



We are excited to announce the release of the highly anticipated 2023 MHA May is Mental Health Month toolkit!

[CLICK HERE](#) to download the MHA toolkit

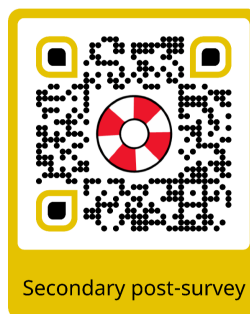
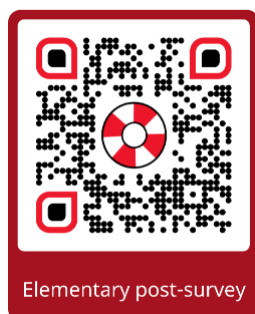
Summer reminders and resources

As our students move into summer, please remind them of these life-saving resources should things become difficult for them.



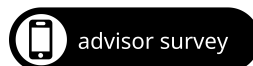
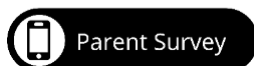
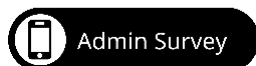
Post Survey

Advisors, please give your squad members the post survey when you finish teaching the curriculum or at the end of the school year.



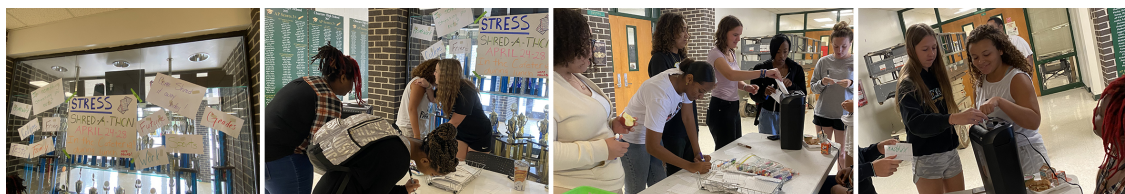
Other End-of-year Surveys

Advisors - we need your help distributing year end surveys to your principal (Admin Survey), to your Hope Squad parents (Parent Survey) and taking a survey yourself (Advisor Survey). The data from these surveys help us improve the Hope Squad program. Thanks for your help!



School-wide Activity

From Hope Squad Lead Advisor, Tamie Law, in the Okaloosa, Florida District: Choctaw's Hope Squad will hold their annual **Stress Shred-a-Thon**. They chose the end of the school year because of the many stress causing events that happen during that time. They plan to set up every day during lunch. Students will stop by, write out what's causing anxiety and stress, and then run the paper through the shredder. It's been a very popular activity. The squad has made a lot of confetti that could be used during the end-of-year celebrations.



VIDEOS



90 Seconds of Hope

Courage and Mental Health

with Dr. Rebekah Huber, PHD

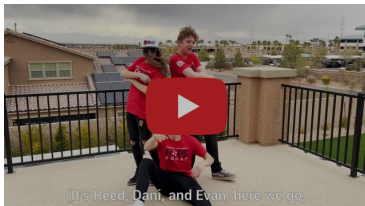
Video Contest Winners

Congratulations to the video contest winners below!

We received many video submissions from all grade levels so we decided to choose a winner from each grade level.

All the videos were awesome and we are proud of every one of you.

In the next few months, you may see many of the other videos in future newsletters, social media posts and on our website.



High School Video Winner

A Hope Squad Fresh Rap

Creators: Evan Paszek, Reed Gubler, Danielle Carmi ... "We created a funky fresh rap to help remind people that there is ALWAYS HOPE!"

Advisor: Rebecca Chura



Jr. High Video Winner

You're Not Alone

Lily Lutz, Hope Squad Member

Susan Roane, Hope Squad Advisor

Orion Jr High, Harrisville, Utah

Showing people they aren't alone and there are people who can help them.



Elementary Video Winner

"Give Hope" Slam Poetry

Hope Squad students of Scholar Academy

Tooele, Utah • Aaron Pratt, Advisor

My students wrote the poem for this video. They portray everyday situations that kids deal with and

offer encouragement and tips on how to cope with it. Bullies, bad grades, etc... no matter how hard things are, we are stronger. When we feel stronger, we can #givehope to others.

Where Does Hope Travel?

Hope Squad members:

Where are you traveling this summer? Wear your Hope Squad shirt and send a photo. Include the name of your school and the location of the photo. Email your photo and info to:

hopenetravels@hopesquad.com

Where Does Hope Go to College?

Seniors going to college:

Take your Hope Squad shirt to college and send a photo of yourself in a cool place on campus. Include your name, where you went to high school, and where you are going to college. Email your photo and info to:

hopelearns@hopesquad.com

Wellness Today: **Saying "No," FOMO and Mental Health**

[ENGLISH](#) • [SPANISH](#)



Final Support Calls of the School Year



Advisor Support Call

May 9, 11 AM (MT)

Each month on the 2nd Tuesday at 11 AM (MT), a support call will be available for all Hope Squad advisors. We will answer questions from advisors and provide important information about running a squad. [Click here to register.](#)

Hope Squad Member Support Call

May 9, 4PM (MT)

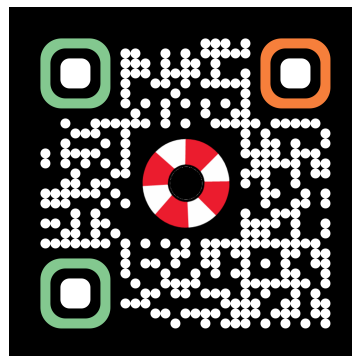
Each month on the 2nd Tuesday at 4PM (MT), a support call will be hosted by the [Hope Squad National Council](#) for all Hope Squad members.

The National Council will share a message about the monthly theme. [Click here to register.](#)



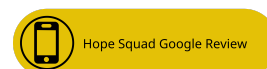
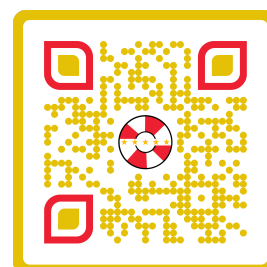
Advisors:

Please share this QR Code with your Hope Squad members or invite them to go to: bit.ly/hopesquadsupport to register.



Help Promote Hope Squad

Advisors: We are promoting Hope Squads on Google and would like to invite you and your Hope Squad members to give Hope Squad a good review. Scan this QR Code or [CLICK HERE](#) to give your 5-star review.



The theme for the 2023-2024 School Year is

"Give Hope"

(more info coming soon)

Other Important Links

**HOPE
SQUAD
ADVISOR
PORTAL**

**HOPE
SQUAD
STORE**

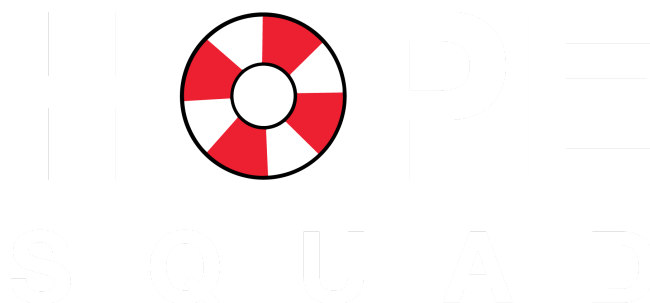
**ELEMENTARY
PRE-SURVEY**

**SECONDARY
PRE-SURVEY**

**DATA
COLLECTION
FORM**

Have you connected with us on our social media channels?

> > > Join us by clicking on the icons below.< < <



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Mailing address:

5455 River Run Drive
Provo, UT 84604

Want to change how you receive these emails?

You can update your preferences or unsubscribe from this list.

Questions? [CLICK HERE](#)