

Cope2Hope's Mission

Our mission at Cope2Hope is to empower children by teaching healthy coping skills. These skills will be invaluable as they benefit from the rewards that come with having a variety of healthy coping skills to use throughout life.

Coping Research

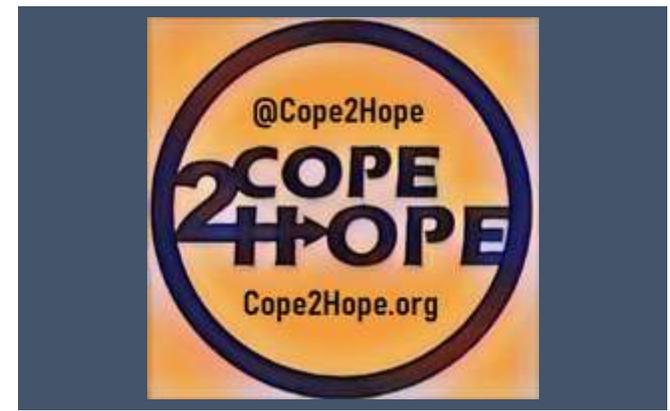
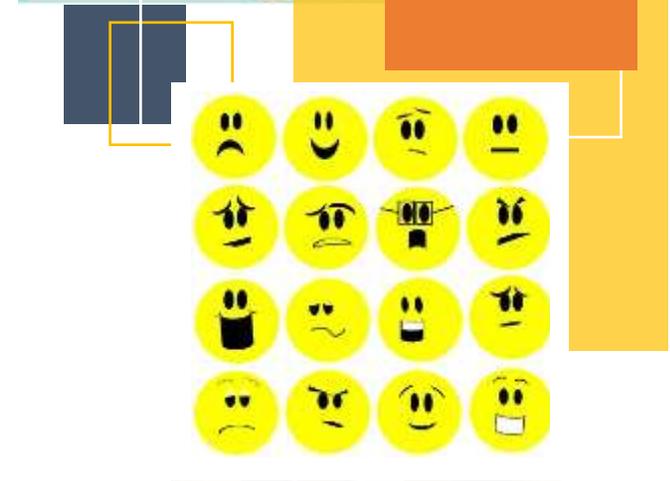
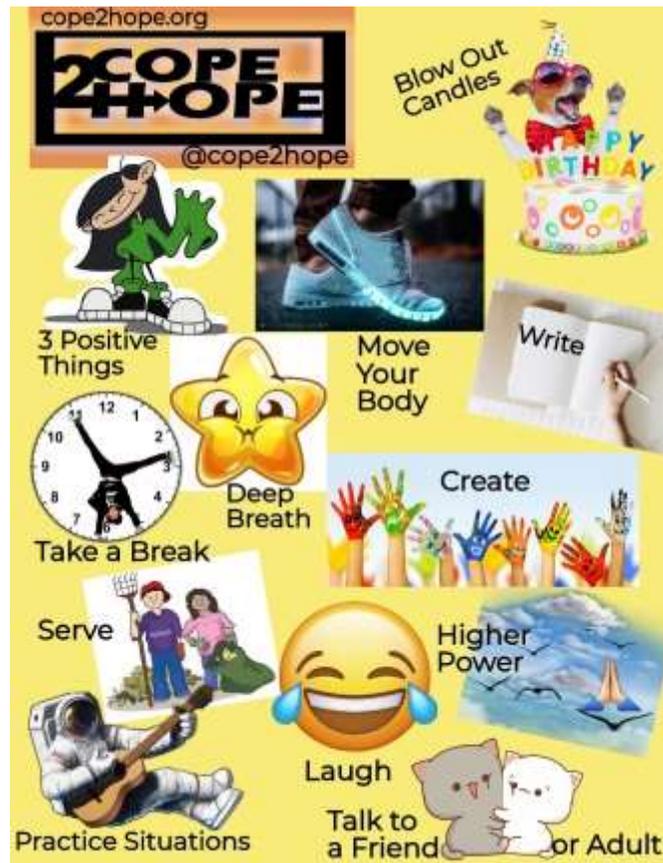
Research shows that "using a greater number of positive coping strategies is associated with less use of negative coping strategies, less suicide ideation, as well as higher self-esteem, emotion regulation, and academic achievement over time. Further, decreasing the ways in which individuals use negative coping strategies...can help to decrease depressive symptoms as well as increase emotion regulation over time." *A count of coping strategies: A longitudinal study investigating an alternative method to understanding coping and adjustment* by Taylor Heffer and Teena Willoughby

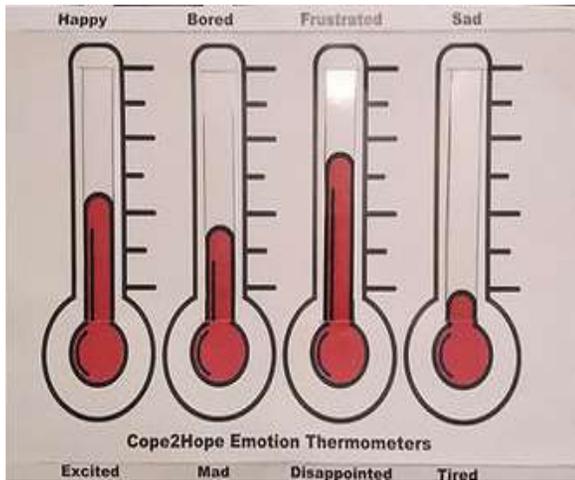
Mental Health in Utah

It is important to note that Utah suffers from some of the highest rates of mental illness, including the highest ranking in the nation in the share of children 0-3 whose mothers report fair to poor mental health. "More than 60% of children ages 6-11...with a mental or behavioral health condition do not receive treatment. And among the children who need treatment, close to half of parents report that services are difficult, or sometimes impossible to obtain" (https://gardner.utah.edu/wp-content/uploads/DRAFT_BehaviorHealthExecSum-Jul2023_for-review.pdf?x71849).

Join Us in our Quest

The benefits are well worth the effort to add healthy coping activities to your daily routine to teach them to children in your care. We are confident that behavior will improve, there will be better management of big emotions and the ability to label emotions to better communicate needs.





How to Begin

- Click on “Join MFGP by purchasing a \$10 Healthy Coping Bag-Free Shipping”
- Add to cart and finish checkout.
- You will receive a welcome email and welcome survey.

Benefits

- Higher self-esteem
- Better self-regulation,
- Academic achievement over time
- Less use of negative coping skills
- Potential for long-lasting positive effects on families, communities and school environments.

Mental Fitness Growth Path (MFGP) Program

- Participation in the MFGP is completely voluntary
- Provides ready-to-use games, activities, spinners, fidget toys, and a healthy coping poster (for age 3+)
- Participants will try to include one healthy coping activity to each day.
- Participants provide an email or phone number so Cope2Hope can track and evaluate progress at 6 weeks, 4 months, and 8 months
- Form will collect data to compare changes in behavior, rate the ability of children to handle big feelings when they surface, self-regulation, and parent perception of overall impact of the program.



Empowering KIDS by teaching Healthy Coping Skills and Strategies

