

Cope2Hope's Mission

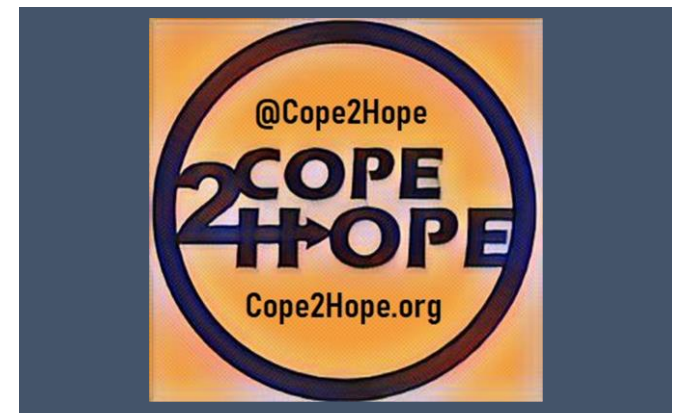
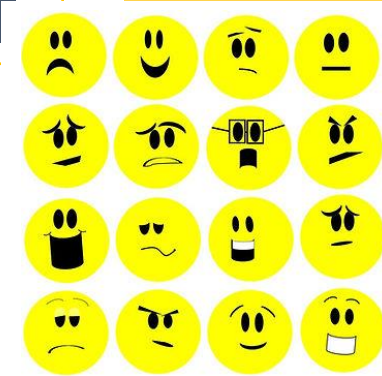
Our mission at Cope2Hope is to empower children by teaching healthy coping skills. These skills will be invaluable as they benefit from the rewards that come with having a variety of healthy coping skills to use throughout life.

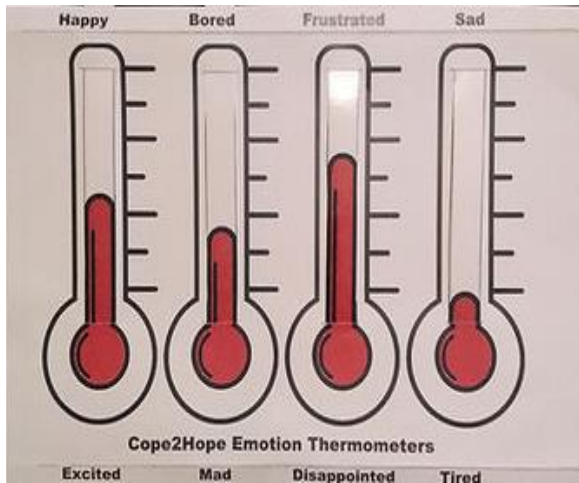
Coping Research

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).





How to Begin

- Go to Cope2Hope.org website and click on Mental Fitness Growth Path tab
- Click on "Join MFGP using your own collection of free printables..." for FREE or "Join MFGP by purchasing a healthy coping bag" which is \$20. Add to cart and then complete purchase.
- You will receive welcome email explaining program in more details and questionnaire

Benefits over time

- Higher self-esteem
- Better self-regulation
- Academic achievement
- 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
- Participants will try to include ONE healthy coping activity each day. Practice healthy coping skills when kids are calm so they have input in their brain to pull from when they feel big emotions.
- Participants will receive a survey to evaluate progress at start, 6 weeks, 4 months, and 8 months
- Survey 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

