

Welcome to openparachute®

Open Parachute® is an **evidence-based** mental health skill-building tool with resources across **Tiers 1, 2, and 3** that can support an MTSS Framework.

Open Parachute resources are aligned to CASEL competencies and have been found to **increase teacher confidence** in supporting student resilience, and **increase students' abilities to manage challenges** that get in the way of their academics.



Lessons feature
Authentic Peer Voices



"Implementation of the Open Parachute curriculum has dramatically improved our Tier 1 PBIS system. Our students and educators finally have a way to engage in conversations and learning opportunities that support mental health, overall connection, collaboration and well-being. When our students feel emotionally supported they are ready to learn, prepared for the day and have the ability to **achieve their academic and personal goals.**"

– Aaron Wood, M.A., P.P.S.C., Director, Multi-Tiered Systems of Support

Why we created openparachute®

Open Parachute® is designed for districts who are looking for:



Tier 1, 2 & 3 Mental Health Support



Student-Centered Content



Evidence-Based Resources



CASEL Aligned Plug & Play Lessons



Whole-School Resilience-Building PK-12



Trauma-Informed Approaches



Behavior & Absenteeism Interventions



Resources for Educators & Caregiver

Tier 1 Resources

Open Parachute provides several pathways to **embed resilience across the whole school**. Districts can choose one or multiple options below to strengthen their existing resources or as a complete wraparound solution to student **mental health prevention**.



Pre-K & Elementary

The **Pre-K** and **Elementary Programs** provide educators with pre-prepared lessons ranging from short Brain Breaks and skill-building exercises to an in-depth curriculum that teaches mental well-being and **resilience skills**, featuring **authentic peer-aged youth role models**.



Learn More



Middle School

The **Transitions** program teaches students core skills to effectively manage the moves from elementary to middle to high school. Lessons are adaptable for **in/outside of the classroom** and provide opportunities for **experiential activities** that foster **resilience** and **self-confidence**.



Learn More



High School

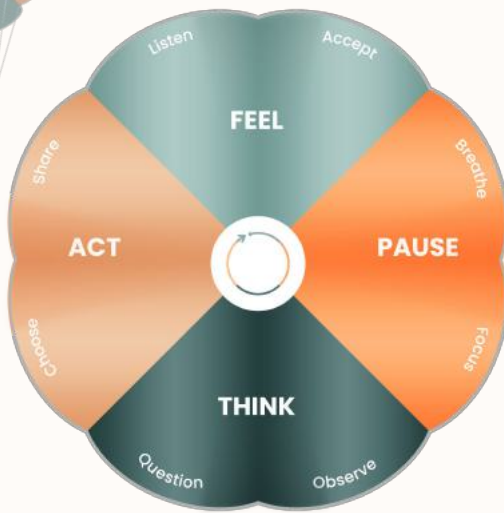
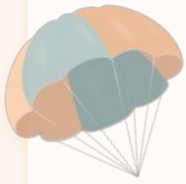
The **High School Community Building Program** provides a series of Student-Led Mental Health Initiatives that increase a culture of **connection and belonging** to target **absenteeism**. These project-based initiatives can be utilized by clubs and sports teams **outside of class time**.



Learn More



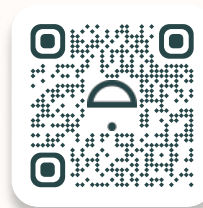
Tier 1 Whole School Approaches



The Being Well Model™

Cross-Curricular Mental Health Pro-D

Creating Resilient Classrooms™ is an asynchronous training program that certifies educators to **embed mental health and resilience skills** into any classroom without taking class time away from academics. Practical strategies are shared that help schools promote well-being daily.



Learn more

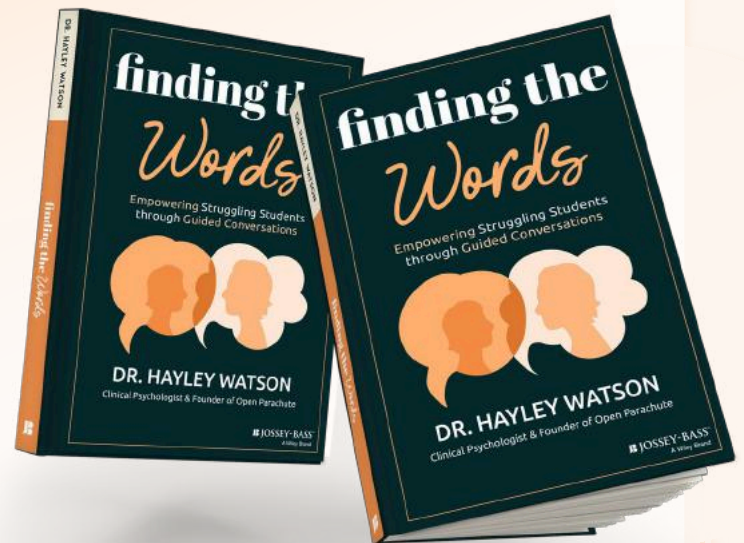


Educator Mental Health Handbook

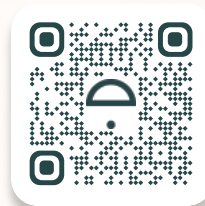
Finding the Words is a step-by-step guide to managing **student mental health in the classroom at a Tier 1 level**. It provides educators with practical conversation tools that help students thrive and an understanding of when and how to involve Tier 2/3 support. The **book study** accompanying this resource can be used as a **ProD tool** for up-skilling groups of educational staff.

1 on Amazon in:

- School Superintendents and Principals
- Educational Counseling Textbooks
- School Crisis Management Counselling
- School Crisis Management Counselling



Available
Now!



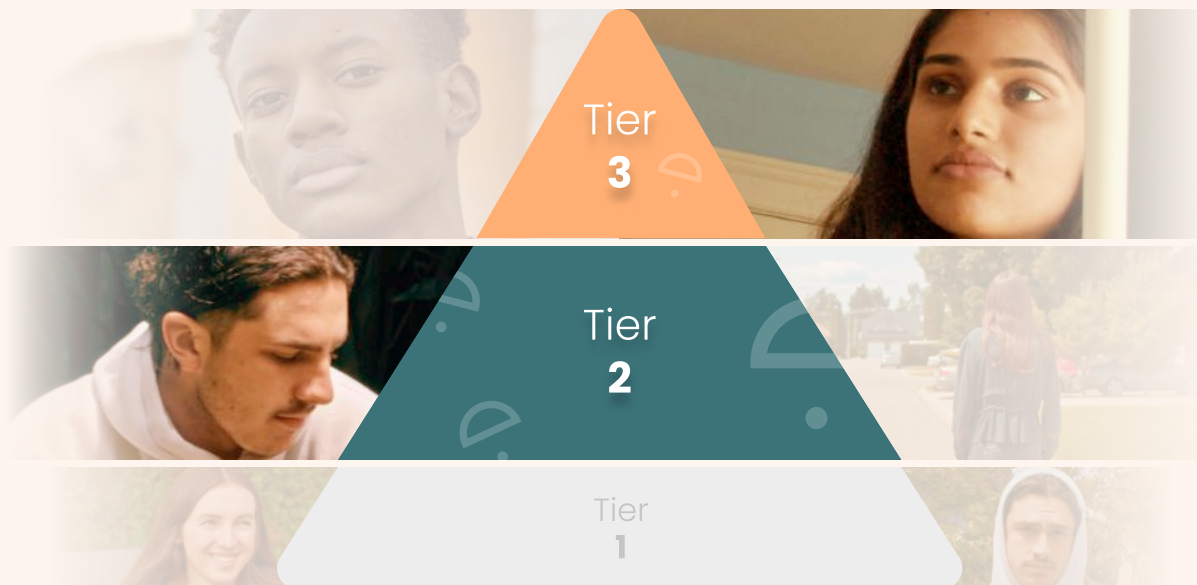
Tier 2 & 3

Open Parachute supports Tier 2/3 interventions by strengthening mental health skill-building in students who need extra support. This **reduces the burden on counseling teams** and provides **standardized interventions** to combat limited personnel and high turnover.



Counsellor Collection

The **Counsellor Collection** provides resources for small groups and one-on-one interventions to target issues like **stress, bullying, absenteeism**, and **trauma**. Counselors, social workers, experienced educators, and educational support staff can use these resources to **address the root causes of student behavior, truancy, and mental health concerns**.



Example Case Studies

One-on-One or Small Groups

Students identified as needing Tier 2 or 3 support work with a school counselor/social worker in a one-on-one or group setting to **focus on a specific challenge (e.g., anxiety)**.

Absenteeism

Students who are chronically absent are referred to a lunchtime group as a **re-entry pathway back to school** using lessons focused on overcoming **trauma & adverse life events**.

Behavior

A counselor **pushes into a classroom** of students struggling with repeated behavior problems, and teaches a lesson on **respect** so that all students can **focus on their academics**.

Resources for Educators & Caregivers

Parents & Caregivers



The *Caregiver Library* provides parents and carers with resources for supporting mental health at home. These resources can be used to **target specific challenges** that are getting in the way of student learning and to **support families with limited access to support services**.

Educator Well-Being Series



Our *Educator Well-Being Series* provides educators with practical strategies for supporting their mental health. These resources aim to **decrease stress** and **increase morale** throughout the school, resulting in **calmer and more supportive classrooms** and a **thriving staff**.

Impacts

Open Parachute has been found to:

- ✓ Increase teacher confidence in managing mental health in the classroom
- ✓ Increase teacher confidence in guiding their students to solve challenges (e.g., peer challenges, school stress)
- ✓ Increase student ability to manage their well-being (e.g., resilience skills, supporting themselves, etc.)
- ✓ Increase attendance rates
- ✓ Decrease the need for student behavioral interventions

What Makes Us Different



Clinical Psychology Across the Tiers

Open Parachute content is created by **Clinical Psychologists**. Engaging exercises draw on **evidence-based** best-practice therapy tools, bringing psychology into the everyday classroom environment, and **reducing the burden** on Tier 2/3 systems of support.



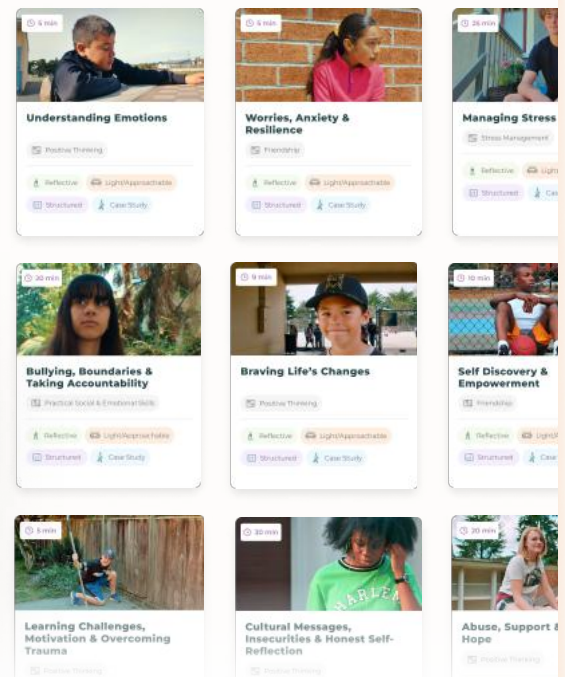
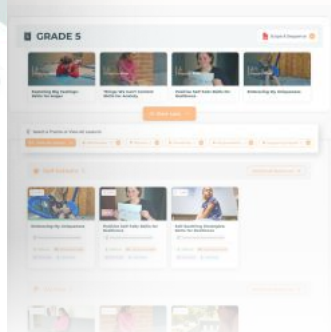
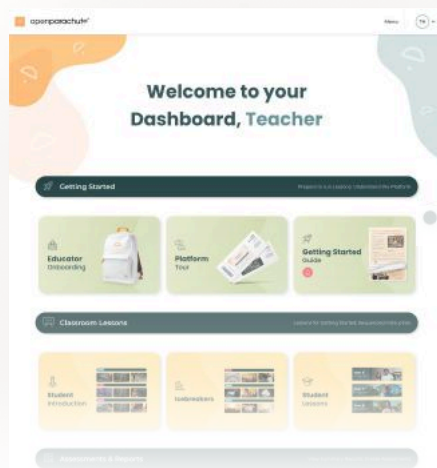
Authentic Peer Voices with Lived Experience

Open Parachute has a unique suite of Tier 1 and 2/3 lessons centered around documentary videos of real peer-aged students with lived experiences of mental health struggles. These real peer voices **teach a trauma-informed perspective** to both students and teachers, creating a **culture of resilience** and respect.



Award Winning Platform

Open Parachute® resources are accessed online. Our award-winning platform has been **designed in collaboration with Educators** and is **intuitive** and **easy to use**. Educators have their own login and can **track their own progress** through lessons.



Access your Free Trial !

+1 888 510-4075

<https://openparachuteschools.com>