

RESILIENCE

The “Resilience” Preventive Youth Program is a school-based, holistic prevention curriculum that was developed by NIHHC. Its mission is “Empowering young people through education that affirms identity, strengthens resilience, and promotes healthy relationships to prevent mental health challenges and substance use.”

The program serves middle and high school students ages 12–20 through a structured nine-session curriculum, delivered in weekly 60-minute lessons.

The curriculum promotes social, emotional, and physical well-being by equipping students with practical coping and decision-making skills to manage stress, navigate school and social challenges, and reduce substance use risk.

The program encourages active participation and meaningful dialogue, resulting in measurable improvements in coping skills, informed decision-making, resilience, and long-term academic and personal success.



Every lesson is conducted in English or Spanish by a bilingual facilitator.

BARRIERS ASSOCIATED WITH MENTAL HEALTH



PROGRAM LESSONS

1. Discover your strength: recognizing emotions and strategies empowering resilience.
2. Exploring the five dimensions of health towards total balance: physical, emotional, social, spiritual, and intellectual.
3. Master your emotions: healthy strategies for managing anger and other emotions.
4. Understanding sadness, anxiety, and depression.
5. Healthy mind, healthy body, healthy life: how self-concept, self-esteem, and self-care shape overall well-being.
6. Risks associated with alcohol, vaping, and drug use: impact on overall health and addiction risk.
7. Practical strategies to resist peer pressure.
8. Education the smartest investment in your own wellness: tools and strategies for managing mental health challenges to achieve long-term success.

CONTACT US

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"The Resilience Preventive Youth Program created a safe space for students to explore important topics like emotional well-being, drug and alcohol prevention, healthy communication, and school expectations—empowering them to succeed both in school and at home."

-Concord Community Schools Representative

Why the "Resilience" Preventive Youth Program?

47%	50%	33%	23.6%
High school students in Indiana report depressive symptoms	Adolescents Indiana with depression do not receive the treatment they need.	High school students in Indiana report poor mental health	High school students in Indiana report having suicidal thoughts

STUDENT TESTIMONIAL



"I would recommend the Resilience program to any student, especially those who want to learn about the laws surrounding alcohol, drugs, and vape use, understand their consequences, and build friendships along the way."

"Resilience" Impact on Students

 +10% Increase in understanding mental health terms	 +4% Increase in social support	 -14% Decrease in depressive symptoms	 +5% Increase in self-esteem	 +11% Increase in knowledge and strategies empowering resilience
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