

SUMMARY:

In response to the increasing need for student mental health support, exacerbated by the pandemic, the ND Center for Distance Education partnered with curriculum provider EmpowerU to deliver 1:1, Tier 2 social and emotional health education to ND students through a grant, offering school districts a 50% match on course costs for each student enrolled.

EmpowerU aligns its content with CASEL and National Health and Wellness standards, weaving together evidence-based strategies, Cognitive Behavioral Therapy (CBT), and a wellness focus with therapeutic coaching methodology. CDE offered EmpowerU's middle and high school courses to ND students as wellness electives.

GOAL	IMPLEMENTATION STEPS	OUTCOME
<p>Enroll 50-100 ND students in EmpowerU courses.</p>	<ul style="list-style-type: none"> • Through CDE's website, social media, newsletter, and targeted emails, promote EmpowerU at least quarterly. • Schedule webinars for counselors and administrators to learn about the service. 	<p>Enrollments in EmpowerU courses through CDE are as follows:</p> <ul style="list-style-type: none"> • 21-22: 93 • 22-23 (in progress): 26 <p>Total enrollments: 119</p> <p>MET ✓</p>
<p>Achieve an 80% EmpowerU course completion rate.</p>	<ul style="list-style-type: none"> • Require that school districts assign a learning coach for each enrolled student to help monitor student progress. • Monitor student completion rates through CDE dashboards and reports. • Require EmpowerU teachers to engage in regular communication with students. 	<p>Completions in Empower courses through CDE are as follows:</p> <ul style="list-style-type: none"> • 21-22: 96.8% • 22-23 (in progress): 83% (20 active) <p>Average completions (years 1-2): 89.9%</p> <p>MET ✓</p>
<p>Demonstrate that 95% of all completing students show marked growth in EmpowerU outcomes.</p>	<ul style="list-style-type: none"> • Verify the use of valid and reliable pre- and post-assessments in EmpowerU courses. • Monitor pre- and post-assessment findings. • Use additional assessment tools such as end-of-course surveys to help further verify findings on student outcomes. 	<p>Percentage of students who made progress in their goal area (based on pre- and post-assessments): 21-22: 91%; 22-23: 100%; Average 95.5%. In the end-of-course surveys, 95% of learners agreed to strongly agreed that they gained knowledge or skills in EmpowerU courses.</p> <p>MET ✓</p>