

On Our Sleeves® Impact Report

THE STORY OF ON OUR SLEEVES

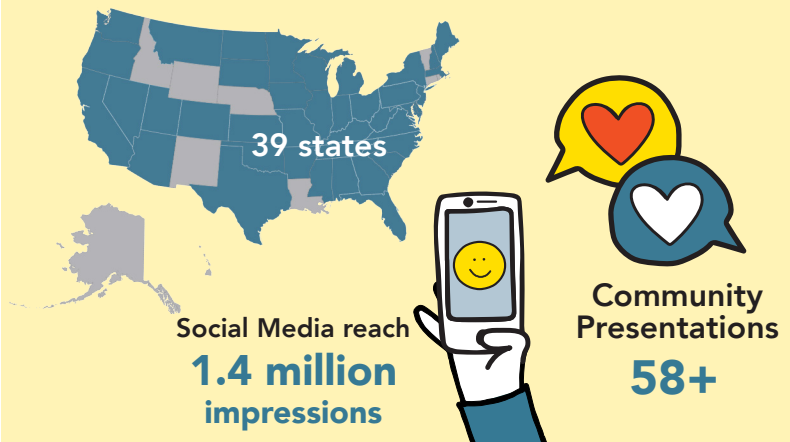
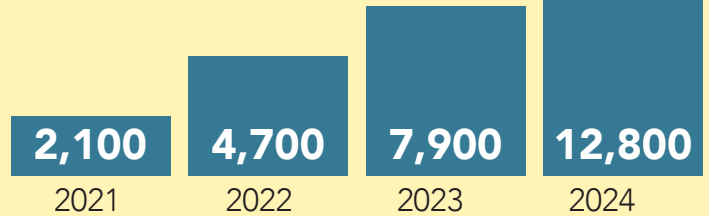
On Our Sleeves™ is a program of Dayton Children's Hospital in partnership with the Kids Mental Health Foundation. The Kids Mental Health Foundation started as the On Our Sleeves Movement for Children's Mental Health in 2018 and Dayton Children's joined the On Our Sleeves alliance in the spring of 2021 as a licensee partner. This program is leading health care organizations across the country to break stigmas and provide trusted mental health educational resources.

Through funding from the Montgomery County Alcohol, Drug Addiction and Mental Health Services of Dayton and the AES Ohio Foundation, we launched a movement to provide free educational resources to our community and break children's mental health stigmas.

On Our Sleeves at Dayton Children's is focused on empowering adults to feel confident and comfortable with discussing mental health and wellness with the children in their lives. By reaching out to community organizations, school systems, healthcare providers, patient families, caregivers and parents we are working to build a world where mental wellness is part of the upbringing of every child.

By the numbers

Members of the movement



Top articles

Are Video Games Bad for Mental Health?

Video games can have pros and cons. There are ways that a caregiver can help a child find the right balance between gaming and other activities to improve their mental health.

How to Recognize Signs of Sadness in Kids

Combatting the myths about how kids feel and experience sadness while providing practical tips for adults to help kids cope with this difficult emotion.

3 Ways to Teach Kids How to Deal with Pressure

Teaching kids, especially young athletes, constructive ways to handle pressure does wonders for performance and mental health.

A Parent's Guide to Talking about Anxiety

Easy and practical ways for a caregiver to address the topic of anxiety or questions about anxiety when a child brings it up to you.



Scan the QR code to join the movement!

Free Resources

Conversation Starter Cards

Building a strong foundation for communication is made simple with the *On Our Sleeves* conversation starter cards. Each pack of cards features dozens of icebreaker questions to make starting a conversation easier for people of all ages. There are several versions of Conversation Starter Cards, including the original pack, the exploring a child's interests pack, and the conversation starter cards for counselor's pack.



"Our kiddos were so happy to read the cards and answer the questions. It helped us all connect and learn more about each other. I think this helped the kids feel like they were a bigger part of our family."

Emotion Explorers: Activity Book

The Emotion Explorers activity book is filled with emotion-empowering activities and offers a space for kids to get creative and identify feelings.

"My kids didn't want to stop using their activity books at bedtime. Then they went right back to them first thing in the morning!"

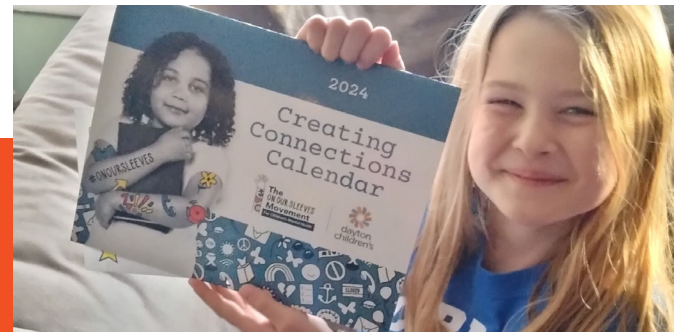


Creating Connections Calendar

The Creating Connections Calendar was designed to help busy families find quality time to nurture family bonds and prioritize children's mental health. From discussing feelings and emotions to teaching strategies for managing stress, the monthly topics included games, guides and conversation starters to encourage families to make connections with each other throughout the year.



"Using the calendar with my clients helped to break stigma and normalize mental health challenges. The calendar gives great ideas of ways for families to grow their relationships and attachments!"



Solar Eclipse Workbook

In celebration of the once-in-a-lifetime total solar eclipse, *On Our Sleeves* partnered with Boonshoft Museum of Discovery to provide fun ideas and activities for families to make the most of this memorable moment along with safety sunglasses for watching the phenomenon!



On Our Sleeves in the Schools

Classroom Champions

Classroom Champions is a community of educators and teachers who are committed to helping their students with mental wellness. All Classroom Champions receive free classroom activities, lesson plans and other resources from our experts to boost the mental wellness of kids in all grade levels.



Sign up for Classroom Champions



630 classroom champions



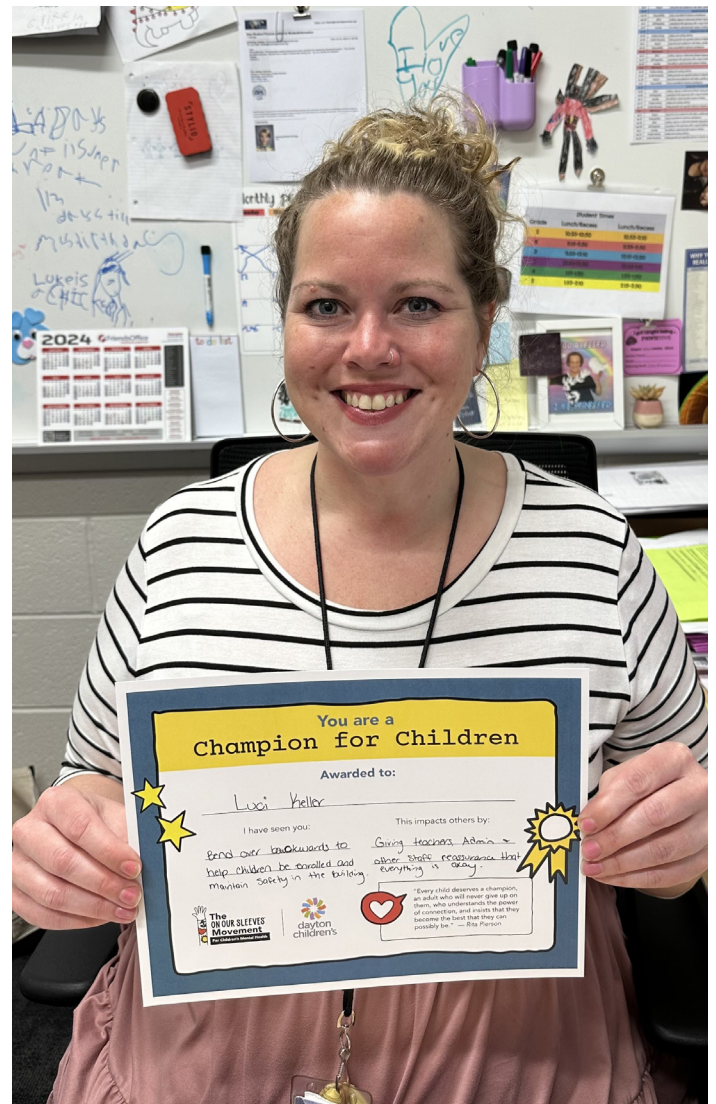
230 schools



150 free classroom kits distributed

Classroom Kits

Social-emotional learning is not just a requirement in today's classrooms, it's an opportunity for educators to impact the lives of the students they encounter. The *On Our Sleeves* classroom kits make social-emotional learning in the classroom more effective by providing a detailed curriculum, step-by-step instructions for activities, books, prizes and hands on training to empower teachers. There are currently two kit themes on the topics of kindness and how to handle making mistakes.



"This program has made a huge impact on myself, my staff, my students and families. I am very thankful for finding this resource."

— Karri Kiss

Meet your *On Our Sleeves* Champion Emily Weitz, LISW



As a licensed social worker with more than nine years' experience working with children and families, Emily Weitz was already excited about the *On Our Sleeves* program when she first heard about it. Now, she leads the *On Our Sleeves* program as a content-expert, community outreach coordinator and overall champion for children's mental wellness.

Through the *On Our Sleeves* campaign at Dayton Children's Hospital, Emily is working to provide free mental wellness educational resources to families in the Dayton region. Emily's goal is to give caregivers the tools to feel empowered to help their children overcome basic life struggles.

Partnerships

Breaking the stigma in the Dayton and Miami Valley community can only happen with the support of our partners. From donors to community organizations, *On Our Sleeves* has reached over 12,800 people since 2021 with the message of caring for children's mental health

Donors & Funding

We thank our donors for their generosity and for ensuring that *On Our Sleeves* resources can remain free. With all the donations since 2021 we have been able to promote the movement for children's mental health and wellness.



Community Partners



Learn more and join the movement at childrensdayton.org/onoursleeves

For a full list of our partners scan the QR code