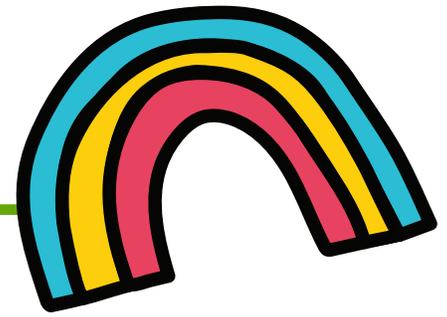


On Our Sleeves® Impact Report



The story of On Our Sleeves



On Our Sleeves, in partnership with the Kids Mental Health Foundation, is leading a movement to make mental health a vital part of every child's upbringing.

Since joining the On Our Sleeves movement in 2021, Dayton Children's has helped lead local efforts to promote children's mental well-being. With support from donors and community partners like Montgomery County Alcohol, Drug Addiction and Mental Health Services and the AES Ohio Foundation, we've distributed free, evidence-based materials created by licensed mental health professionals to more than 12,000 members of the On Our Sleeves

movement. Our members are committed to breaking the stigma around mental health, receiving monthly resources, and sharing them within their communities.

"Our mission is simple: to provide free, expert-created resources to communities across our region, helping families, schools, and caregivers understand and promote children's mental health."

Your support makes this work possible. Every donation, partnership, and shared resource helps families start important conversations, educators create supportive classrooms, and children learn to speak openly about their feelings.

Thank you for helping us build a future where mental health is a part of growing up for every child.

By the numbers

2021



2,100 members

2023

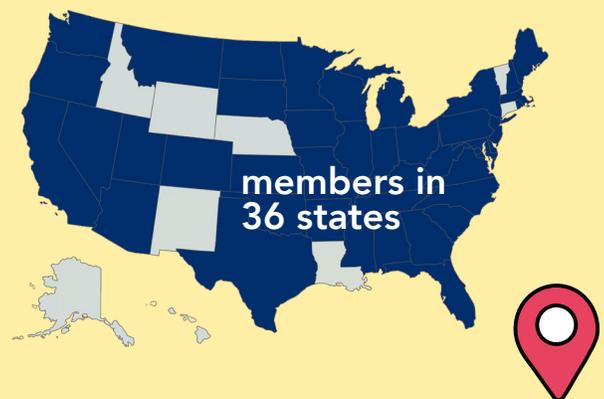


7,900 members

2026



12,800+ members



73%

of members surveyed say On Our Sleeves made a positive difference for their family.



85%

of members surveyed found the On Our Sleeves emails helpful

88%

of members surveyed would recommend On Our Sleeves to friends or family

25+

Community partners

ON OUR SLEEVES®
A Program of The Kids Mental
Health Foundation



The On Our Sleeves movement

Topics to support families

Families turn to our blogs for real answers to everyday questions about kids' mental health. Each month, over 1,500 parents and caregivers visit our blogs to get practical tips and guidance. Our most-read blogs include:

- Are Video Games Good or Bad For Kids' Mental Health?
- How To Recognize Signs of Sadness in Kids and Show Your Support
- Parenting A Sleepy Child: Practical Strategies for Overtired Kids
- 4 Ways to Help Your Kids Manage Test



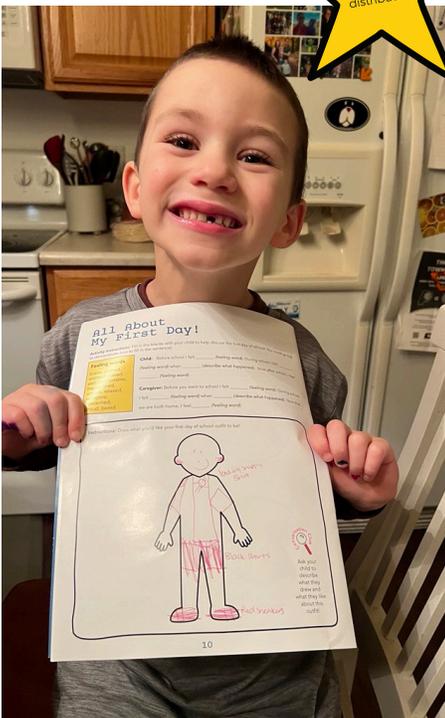
Scan the QR code to explore more resources and tips on the On Our Sleeves blog.

Hands-on guides and tools for families

We provide free, expert-created resources designed to help families support children's mental health. These resources make it easy for adults to connect with kids, spark meaningful conversations, and explore emotions together:

Let's Talk Kindergarten Book: This book helps parents and kids prepare emotionally for the new chapter of kindergarten parents support their children as they build confidence, learn new skills, and understand their emotions. Community pediatricians share this resource during 5-year well-child visits to help spark early conversations about mental health and wellness.

3,000+ distributed



1,500+ distributed

Creating Connections Calendar:

A year filled with connection building activities! Each month featured a children's mental health topic, related conversation starters and a family activity.

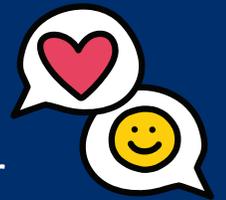
Conversation Starter Cards:

Each pack of cards features dozens of icebreaker questions to make starting a conversation easier for connecting no matter your age.

5,000+ distributed

Other guides include:

- The Parent Playbook
- Exploring Emotions Activity Book
- Solar Eclipse Memory Maker Kit



What our members are saying

"I picked up a stack of cards at an event and found them very helpful in getting through tough moments."

— Onita

"This was a great way to bring my daughter and me together and talk more in depth about school and preparing for kindergarten!"

— Tiye

"I shared the calendar with my great-niece, and she loved it! The activities helped her open up and improve her behavior."

— Annessia

On Our Sleeves in the Schools



Schools play a powerful role in supporting children’s mental health. That’s why On Our Sleeves partners with educators—teachers, counselors, administrators and other school staff—to bring mental wellness into the classroom through free lesson plans, printables, and presentations. So far, we’ve collaborated with more than 180 local schools, and we’re excited to keep expanding to reach even more children in the coming years.



Classroom Champions

650+ members

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.



Learn more or sign up for Classroom Champions



Classroom Kits

150+ distributed

On Our Sleeves’ classroom kits bring social-emotional learning directly into the classroom, helping teachers make mental health lessons engaging and effective. Each kit includes the books, activities, resources and guides to help students develop a growth mindset and build social-emotional skills for success in and out of the classroom.

“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

“When I was a teen, I struggled with my mental health and felt like I didn’t have an adult to talk to about my struggles. Since finding On Our Sleeves, I’ve tried to share it with as many of my peers as possible to spread the word about children’s mental health”

— Sydney



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

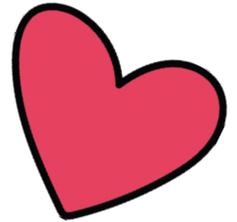


As a Licensed Social Worker with more than ten years' experience working with children and families, Emily Weitz was already excited about the *On Our Sleeves* program when she first heard about it. Now, she leads the *On Our Sleeves* program as a content-expert, community outreach coordinator and overall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

Through the *On Our Sleeves* campaign at Dayton Children's Hospital, Emily is working to provide free mental health 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 been able to reach more than 12,000 people since 2021 with the message of caring for children's mental health.



Donors

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.



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

Community Partners

Our community partners help us spread the word and put mental health resources into the hands of kids and families across the Miami Valley.



For a full list of our partners scan the QR code