

**HOPE FOR TOMORROW YEARLY PLAN**

School \_\_\_\_\_ School year \_\_\_\_\_

Total # of students \_\_\_\_\_ Total # of teachers \_\_\_\_\_

Main contact \_\_\_\_\_ Position \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Second contact \_\_\_\_\_ Position \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**SCHEDULE THE THREE TOPICS FOR THE YEAR**

(Please schedule videos 3 weeks apart).

Mood Disorders Video (30 minutes) Date \_\_\_\_\_ Time \_\_\_\_\_

Substance Use Disorders Video (30 minutes) Date \_\_\_\_\_ Time \_\_\_\_\_

Eating Disorders Video (30 minutes) Date \_\_\_\_\_ Time \_\_\_\_\_

**CHOOSE A PRESENTATION FORMAT**

- School wide showing of 30-minute video
  - School wide showing of 10-minute segment with teachers leading a 20-minute discussion
  - Hold grade level assemblies
  - Other \_\_\_\_\_
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**SCHEDULE A TEACHER IN-SERVICE**

Date \_\_\_\_\_ Time \_\_\_\_\_ How many attended \_\_\_\_\_

**MENTAL HEALTH TIPS OF THE DAY**

For each segment what will you do?

- 5 tips per day
- 3 tips per day
- 2 tips per day
- 1 tip per day

**PARENT COMMUNITY FORUMS**

How many per school year will you hold \_\_\_\_\_

List dates, times, and topics

**LUNCH TIME FORUMS**

How many per school year will you hold \_\_\_\_\_

List dates, times, and topics

**OTHER COMPONENTS**

- Anonymous Student Box  
Who is in charge \_\_\_\_\_  
How often will the box be emptied?
  
- Bulletin Boards  
Who is in charge \_\_\_\_\_
  
- Contests  
Who is in charge \_\_\_\_\_

Please list other activities you school will do this year around these topics: