

Explain your innovation briefly

PROJECT SMILE – Strengthening Minds Inspiring Lifelong Empowerment

The project is a mental health initiative designed to address the prevalent needs of the school community, including learners, parents, and teachers. Its primary objective is to serve as a supportive platform where participants can enhance their resilience and capacity to manage mental health challenges in their daily lives. Aligned with the Annual Implementation Plan for SY 2024-2025, particularly under Access and Strategy 7, the program aims to bring smiles and positivity to its beneficiaries.

Problem Statement – What problem does the innovation seek to address

Despite the comprehensive mental health advocacy interventions implemented at Happy Hollow National High School (HHNHS) in the last school year, seven female students continue to struggle with depression, emotional distress, and suicidal thoughts. This ongoing issue highlights the need for more effective or targeted support strategies to address the mental health challenges faced by these students.

How does the project demonstrate a clear understanding of the needs of your school community

Project SMILE embodies the belief that "Every Life is a Treasure, Worth More Than Measure," reflecting its commitment to valuing and supporting each individual in the community.

What makes the project unique, different, and worthy of emulation?

Project SMILE employs a distinctive approach to mental health through a triangulated strategy encompassing three key components: YouMustahan for teachers, Life Enrichment activities for learners, and the Parents Wellness Hour. This holistic approach is designed to create safe spaces for teachers and parents, allowing them to express themselves openly and learn effective strategies in managing mental health. By including on the well-being of educators and parents, it will equip them with the tools and understanding needed to better support their students and children.

What are your key challenges and how do you plan to overcome them?

Enumerate three key challenges

1. Level of Participation of Students with Mental Health Concerns
2. Parents' lack of commitment.
3. Social Stigma in the community.

School

Innovation Name

What resources would you need? How would you source them?

Resources Needed:

Materials for Mental Health

Financial Funds

Mental Health Providers

Program Provider:

School MOOE

School PTA Funds

Internal and External Stakeholders

Project SMILE: Strengthening Minds Inspiring Lifelong Empowerment

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The Problem

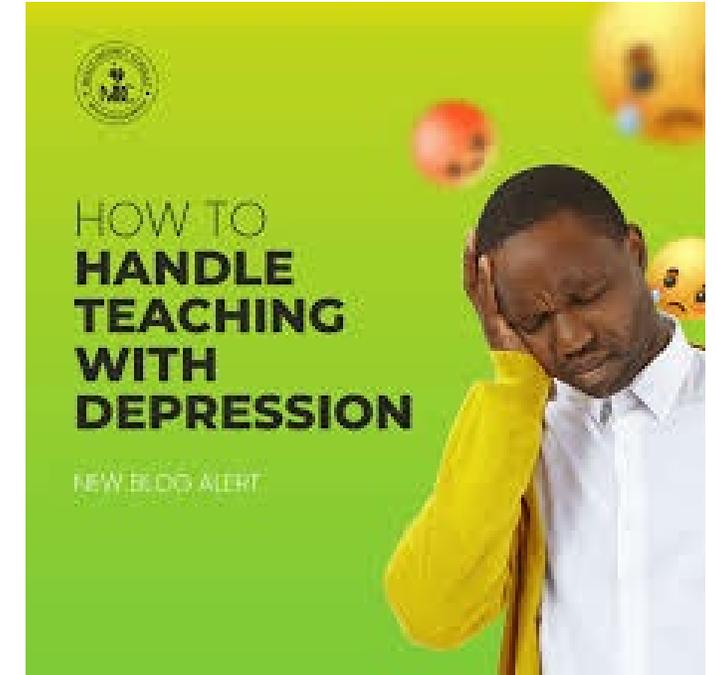
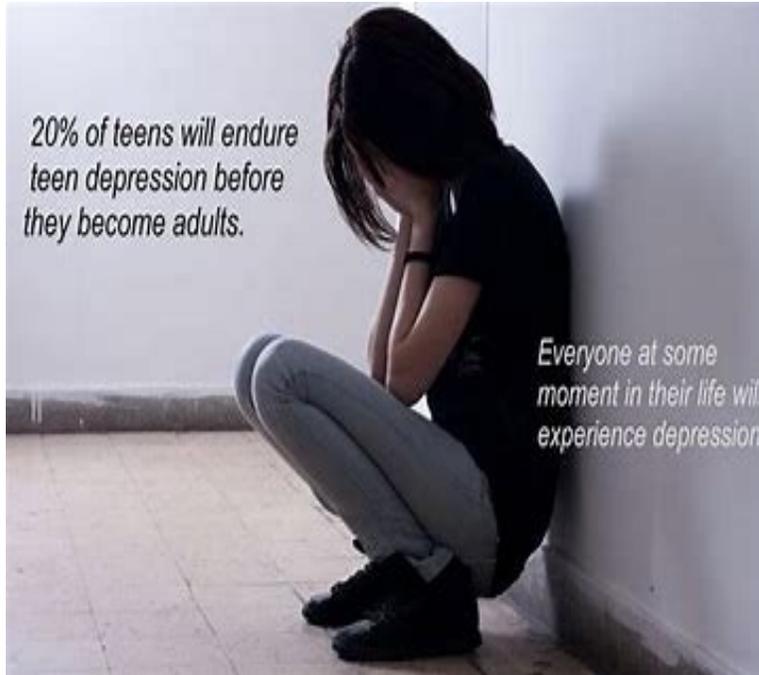
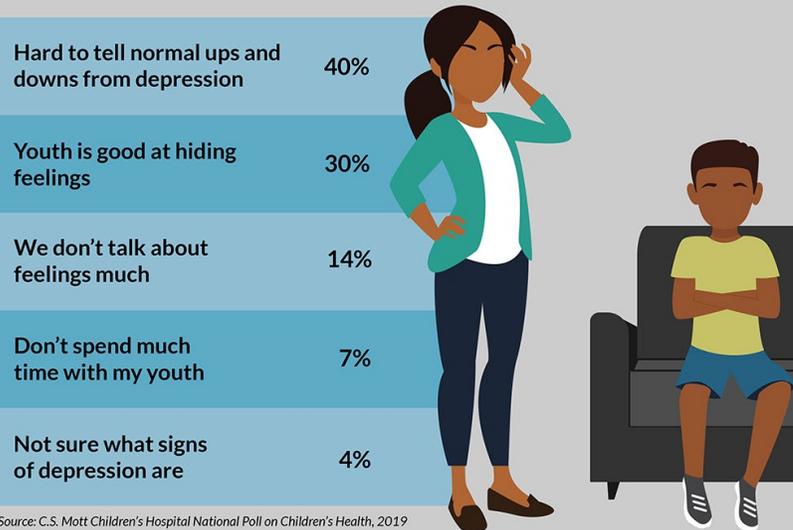
Despite the increasing awareness of mental health issues among adolescents, there are students at Happy Hollow National High School (HHNHS) who continue to face significant challenges related to depression, anxiety, and emotional distress. There is a pressing need to implement a structured and supportive mental health program that not only addresses the immediate emotional needs of students but also fosters long-term resilience and coping skills.



The Context

Challenges to parent recognition of their child's depression

% of parents citing barrier



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Stakeholders Pain Points

Learners

Largely attributed to family-related issues. effects of parental separation, feelings of being unloved, absentee parents verbal abuse and traumatic experience

Teachers

feel incapable of providing the necessary interventions,

Parents

feelings of helplessness and anxiety, causing parents to feel that they are failing their children

Barangay officials

Low engagement of program and activities for mental health in the community

The Solution

- Life Enrichment Session for Learners - This activity is focused on personal development, values, and community-building without being tied to a specific religious context.
- Youmustahan - This activity is designed for teachers and includes sessions that promote personal reflection. It helps educators connect with their inner selves and find meaning in their work and lives.
- Parents Wellness Day – this activity will focus on parents or guardians it aims to provide support and uplift the mental health and well-being of parents and parenting tips in handling their children with mental health concerns.
- Mental Health Support: Collaborations with mental health advocates to ensure that 100 % of the students received the necessary psychological support, helping them cope with stress and other challenges



Needed Resources

Resources needed:

Program Provider – External Stakeholders

Financial Support for materials

Source: School MOOE, SPTA Fund,
Donations from Stakeholders



A Differentiated Approach



Youmustahan sessions



Parents' Wellness Day

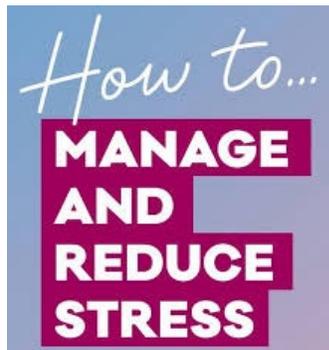


Life Enrichment



Mental Health Support

Mental Health Issues



Reduced case of Mental Illness



Positive Life Perception



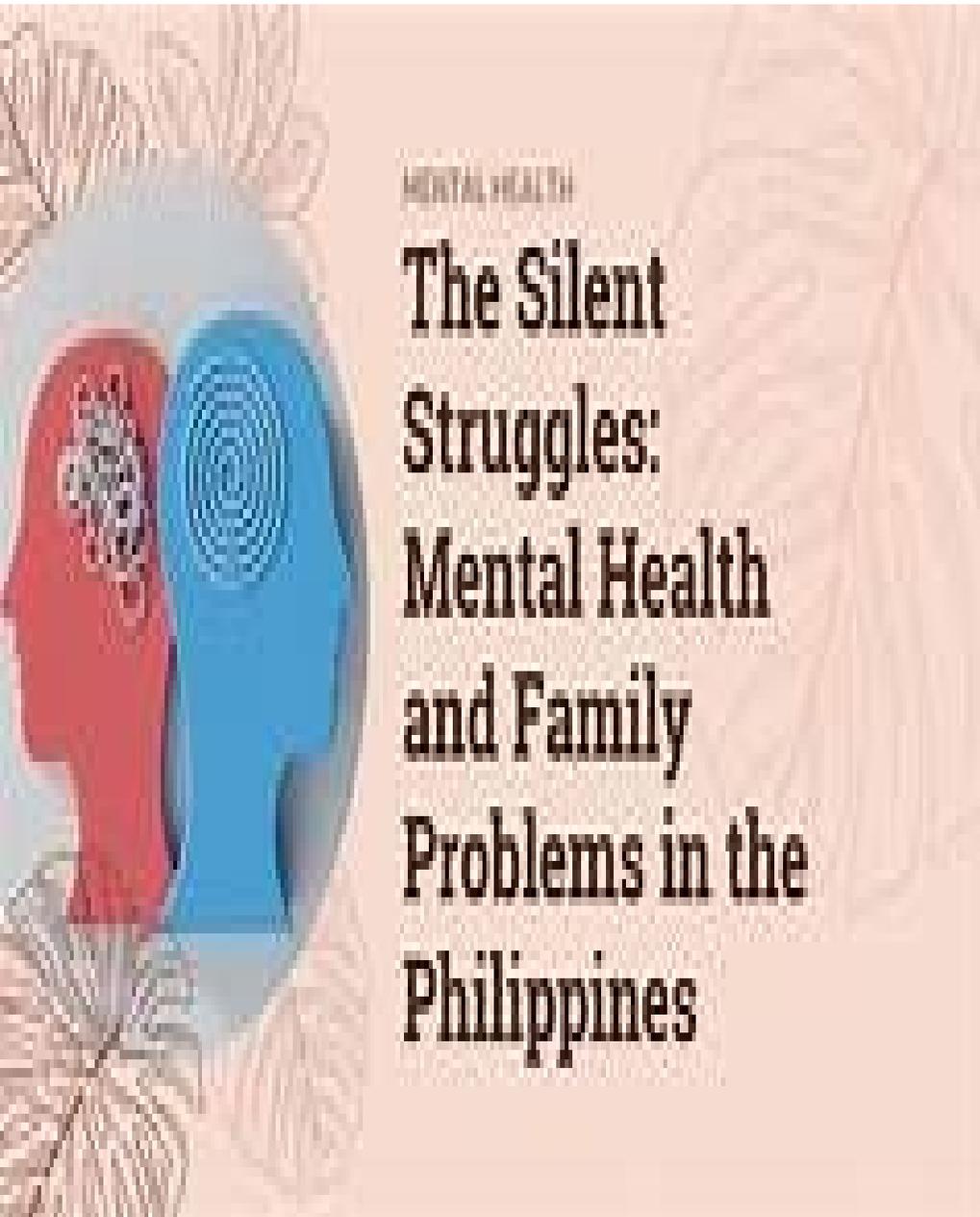
Reduced Stigma on Mental Illness

What Causes

Depression
Among Teenagers?

Challenges

1. Level of Participation of Students with Mental Health Concerns
2. Parents' lack of commitment.
3. Social Stigma in the community.



Monitoring & Evaluation

Use of feedback mechanism and satisfaction rate evaluation form for learners, teachers and parents

Use of Participation Rate Report based on attendance.



One Life Lost is a Call for Collective Action

The increasing number of mental illness cases in the school is alarming. There is an urgent need for effective mental health interventions.

"Mental Health Matters: Count Yourself In".