



Brain Health Bootcamp

Mental health literacy helps teens



Reduce high risk behavior



Improve health outcomes



Foster a positive school climate



Thrive – academically and emotionally



Plug & play mental health literacy for schools

Brain Health Bootcamp is a 501c3 non-profit that provides an evidence-based mental health literacy education for adolescents to learn about mental health, practice healthy habits, prevent mental health crises, and build resilience

Engaging, effective, & backed by research

Our approach is grounded in the latest research and our programming is designed to encourage early help-seeking, positive behavior change, & skill building

- ✓ Accessible online & easy to implement
- ✓ Backed by decades of research
- ✓ Covers state mental health requirements
- ✓ Engaging with short & immersive content
- ✓ Check progress with our reporting dashboard

Our programs are validated by clinicians from...

Yale



MASSACHUSETTS GENERAL HOSPITAL

Catalyzed by tragedy, inspired by hope

We're driven by a deep sense of purpose and an unshakable commitment to improve the wellbeing of teens. Our inspiration comes from Chase Bjork, a boy from Concord, MA who struggled with mental illness and died by suicide. Too many teens and families are grappling with similar struggles, without the knowledge, skills, and resources they need. That's why our mission is to bring mental health literacy to communities across the US, equipping teens with the tools they need to take charge of their mental wellness and build a brighter future.

For *Chase* and for teens everywhere ❤️

Available programs 2023 - 2024

Mental health literacy education (students 13+)



Basics

- 60 minute virtual mental health literacy program
- Completed independently on laptops or tablets
- Built-in mental health literacy assessments to analyze gaps & guide future mental health services



Foundations

- Mental health curriculum & content library
- Covers key knowledge and skills with 25+ hours of content and activities
- Perfect for health class, advisory, homeroom, and after school
- Online portal to videos, activities, assessments



Suicide prevention training (staff & students 13+)



SPOT (Suicide Prevention & Outreach Training)

- Virtual, practice-based training on the Columbia Protocol (C-SSRS), a top evidence-based suicide prevention tool
- Ensure that all your school staff (and students aged 13+, if desired) are equipped to understand the warning signs of suicidal ideation and help individuals get the necessary support
- Certificate provided upon successful completion; each school receives a dashboard to track staff and student completion



Contact us



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brainhealthbootcamp.org

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