

Gizmo's PAWESOME Guide to Mental Health

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gizmo4mentalhealth.org

GIZMO'S PAWESOME GUIDE TO MENTAL HEALTH

introduces mental health and wellness, and how to care for one's mental health in a non-threatening way that encourages the self-identification of warning signs and when to apply the use of internal and external healthy coping strategies to help reduce risk. The guide was developed to support youth mental health literacy and social emotional learning, and introduces the characteristics of trusted adults, who may be one, how to practice talking with a trusted adult, and promotes proactive communication. The book ends with an opportunity for youth to create a personal mental health plan (of action) that they can use daily, and in a time of need that can help them avert crisis. The book also provides a resource section for trusted adults. The child-friendly message is presented by Gizmo, a 7 year-old, 3.5 lb Miki dog.

PAWESOME GUIDE TESTIMONIALS

"Gizmo provides each of us with a dash of hope on every page of this book. Gizmo shows us the way to care for ourselves and to find trusted people to support and help us when we're sad.

Faith Vos Winkel, MSW, Assistant Child Advocate, CT Office of the Child Advocate

"This book is a delightful new resource that can be used by kids to help themselves, and by parents or providers to help kids. Not only is the portrayal of Gizmo the therapy dog as mental health coach a cute concept, it sets up potentially productive dialogues. The doggies model practical steps even little people can use to cope with emotional challenges. Elements of an evidence-based approach to handling distress with adults have been thoughtfully transferred to this kid-friendly format. I enthusiastically recommend Gizmo's Pawesome Guide to Mental Health as it is both engaging and helpful."

**DeQuincy A. Lezine, Ph.D, CEO, Prevention Communities;
Father of Benji (age 7) and Nina (age 5)**

"Gizmo's a great pup! He taught me about mental health and what to do when I'm sad or stressed. Everyone's gonna love this book!"

Caleb, 9

Additional testimonials, pictures, fun activities, and copies of Gizmo's Pawesome Guide to Mental Health in English and in Spanish are available at this website:

www.Gizmo4MentalHealth.org










To learn more about the
Gizmo curriculum, visit:
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GIZMO'S PAWESOME GUIDE TO MENTAL HEALTH CURRICULUM

introduces youth to what can be a challenging subject for adults to discuss and for elementary youth to understand. The curriculum helps youth, their trusted adults, and the settings in which they live, support their mental health and social emotional learning, and create a greater sense of individual and community connectedness thereby strengthening their mental wellness and reducing their risk of many negative health outcomes, but most importantly poor mental health. This fun, flexible, low-cost, turn-key curriculum includes: Implementer and youth copies of the Gizmo's Pawesome Guide to MentalHealth; a set of 5 animated Power Points of the Guide; Implementer self-directed training, guidance and discussion guides; and fun and engaging activities for youth and their trusted adults. The majority of the curriculum is available online, with the remaining materials provided in a small kit. The curriculum may be implemented in one 50-minute period, or broken up by segment across a 2 week period. It may be used in various settings, such as schools, treatment locations, camps, and before or after school programs.

The Guide and Curriculum introduces mental health and wellness knowledge and skills to youth at an early age with the hope that they may retain and apply what they learn for a lifetime, keeping them healthy and safe. These include:

-  **What is mental health;**
-  **Mental health is equally as important as physical health;**
-  **Daily activities that support mental health wellness;**
-  **How to identify when mental health needs attention;**
-  **Internal and external healthy coping strategies that support mental health;**
-  **How to identify and connect with trusted adults; and**
-  **Resources to share with trusted adults.**

PAWESOME CURRICULUM TESTIMONIALS

From School Psychologist:

"Teachers have been thrilled to have this type of curriculum taught to students. We are using Gizmo with our third graders and our third grade teacher really believes in the power of education around mental health. We have other SEL programs in our building but the mental health focus of Gizmo focuses more on getting rid of stigma and teaching its ok to ask for help."

From School Social Worker:

"The Gizmo curriculum, and the messages it portrays are both powerful and empowering to students, and helping them to take perhaps, the first footsteps in knowing how to take care of their mental health!!"

From Student:

"I put my *Gizmo's Pawesome Guide to Mental Health* book in my pillowcase and I read it when I am sad or worried."

From Parent:

"I am so happy to see this being addressed for our kids. We don't have health class for our kids until middle school, but to tell you the truth, I think this is better than any health class that I ever took."

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