

# LIONS QUEST



A Program of Lions Clubs International Foundation

## Lions Quest and Mental Health

Every day youth deal with challenges that affect their ability to learn and succeed in the classroom, from academic stress to bullying to feeling unsafe in their school. Adding to those stressors is the rise of mental health challenges among adolescents.

# 70%

**7 IN 10 TEENS** see anxiety and depression as “significant” issues among their peers and in their communities.<sup>1</sup>

Decreased test scores

Increased aggressive behavior

Increased symptoms of depression

When students feel less safe at school, they face challenges learning and experience increased emotional problems.<sup>2</sup>



Anxiety disorders are the most common mental illness in the United States, affecting more than 25% of children between 13 and 18.<sup>3</sup>

Social and emotional learning (SEL) is essential to the health and wellbeing of students, and the implementation of evidence-based programming, such as Lions Quest, is a key piece of any initiative to address their mental health.

Research indicates that SEL can help “reduce anxiety, suicide, substance abuse, depression and impulsive behavior in kids, while increasing test scores, attendance, and prosocial behaviors such as kindness, personal awareness, and empathy.”<sup>4</sup>

1. Pew Research Center, February 2019, “Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers.”

2. Carolyn Côté-Lussier, Caroline Fitzpatrick. Feelings of Safety at School, Socioemotional Functioning, and Classroom Engagement. *Journal of Adolescent Health*, 2016; 58 (5): 543 DOI: 10.1016/j.jadohealth.2016.01.003

3. National Institute of Mental Health, November 2017, <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml>

4. Plumb, J.L., Bush, K.A., & Kersevich, S.E. (2016). *Trauma-Sensitive Schools: An Evidence-Based Approach*.

# Lions Quest and Mental Health

Lions Quest gives educators the training and resources to address factors which impact student mental health.

## Positive School Climate

- Easy-to-use lessons for building a positive learning community
- Specific strategies for creating a positive school climate
- School Climate Survey
- Service Learning Unit



## Direct Skills Instruction

- PreK-12 curriculum
- 18-36 developmentally appropriate and sequential lessons
- Addresses topics such as stress, emotion regulation, bullying, practicing empathy and mindfulness
- SEL integration into core academic subject areas

## Professional Training

- On-site instructional training conducted by professionals in the field
- Guidance on effective school-wide implementation
- Implementation and assessment support available



Lions Quest develops students' social emotional skills which gives them the tools they need to deal with life's challenges.

↑69%

Lions Quest students demonstrated a 69% increase in resiliency.

(Laird, M. (2009))

↑75%

Lions Quest students exhibited a 75% increase in social and personal development.

(Students Love Learning through Lions Quest, <https://www.compassmark.org>)

## Lions Clubs International Foundation

For more than 30 years, Lions have embraced the idea of helping children grow in a positive direction. With implementation in more than 105 countries, Lions Quest is a global program. LCIF has trained more than 750,000 educators to implement Lions Quest in classrooms, after-school settings, and even on the athletic field! More than 19 million young people have benefited from the program, making it one of the most widely used life skills and prevention programs in the world.



**FOR MORE INFORMATION:** Visit: [www.lions-quest.org](http://www.lions-quest.org) Call: 844-567-8378 Email: [lionsquest@lionsclubs.org](mailto:lionsquest@lionsclubs.org)