



WELL-BEING

The THRIVE program, launched by Live Like Sam and Well-being Elevated, is a preventative mental health initiative that empowers and strengthens youth well-being. Our dynamic organizations have partnered to help address the growing nationwide mental health crisis.



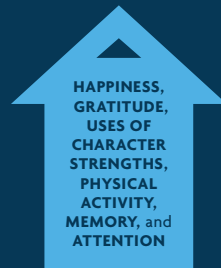
The mental health crisis is particularly acute among Utah youth. The most recent Student Health and Risk Prevention Survey found that **70% of Summit County youth**, grades 6-12, have **moderate to high symptoms of depression**, and **47% have moderate to high mental health treatment needs** (2021).

We can no longer wait to take action until a person is in a time of crisis. Prevention is imperative. We need to proactively cultivate youth mental health and well-being skills as part of their education. THRIVE is a solution.

THRIVE delivers evidence-based skills from positive and clinical psychology that promote resilience, thriving, and well-being. The THRIVE program is developed and delivered by Well-being Elevated.

Well-being Elevated's curriculum has been tested using randomized controlled trials with college-age students, which show significant results, including:

INCREASES DECREASES



THE THRIVE PROGRAM TEACHES YOUTH TO:



IDENTIFY STRENGTHS AND VALUES AND SET CONGRUENT GOALS TO BUILD A FLOURISHING LIFE



CULTIVATE POSITIVE THOUGHTS, EMOTIONS, BEHAVIORS AND HABITS



LEARN EVIDENCE-BASED STRESS-REDUCTION TECHNIQUES



NURTURE HEALTHY RELATIONSHIPS AND HABITS

THRIVE delivers its program to youth via an app and in Zoom support groups. Students learn about skills on our app, then meet weekly with peers to connect and complete specific exercises. In our sessions, participants discuss techniques that promote well-being, learn relevant coping strategies, and share their challenges and successes. A select team of trained facilitators leads these groups, overseen by licensed clinicians.

WE NEED YOUR SUPPORT TO
EMPOWER OUR YOUTH TO
THRIVE



Live Like Sam is a Utah-based foundation that honors the extraordinary life and legacy of Sam Jackenthal. Sam was a US Junior National Freestyle Ski Champion at the age of 15 in 2015, for men under 18. Our passion is to inspire youth to develop self-awareness, courage, leadership, kindness and joy, as Sam did, in his exemplary sixteen years of life. We help cultivate these attributes through life-skills training and by recognizing young people—of all backgrounds—who live by these principles.



WELL-BEING
ELEVATED

Well-being Elevated is a social enterprise that delivers preventive mental health interventions to youth, via an app and in psychoeducational support groups. These interventions are simple exercises drawn from positive and clinical psychology that promote resilience, thriving, and wellness. Our content was developed and tested by world-renowned psychologists and an interdisciplinary team of students, clinicians, scientists, and entrepreneurs.

WE ARE COMMITTED TO STRENGTHENING YOUTH WITH OUR PROGRAMS AND SCHOLARSHIPS
TO FOSTER A DEDICATION OF SERVICE TO OTHERS...LIKE SAM LIVED.



FREE FOR STUDENTS!

Our Summit County youth need mental health solutions now more than ever. The THRIVE program **cost is \$295** but is currently being **fully scholarshiped**, and is **FREE for students, for a limited time**. Additionally, students who complete a minimum of five out of six weekly sessions will receive an \$80 stipend. The Well-being Elevated team is conducting research on the program, with approval from the Institutional Review Board at the University of Utah.




Visit livelikesam.org/thrive or **scan the code** to **register a student**, age 15-18. In Summer 2022 we will be serving younger populations, with age-appropriate programming. Program availability is on a first-come basis. **Thank you for your support and remember to always Live Like Sam!**

LIVE LIKE SAM FOUNDATION

livelikesam.org/donate | www.livelikesam.org | 435-901-0078 |  Live Like Sam  @just.jackenthal.it

WELL-BEING ELEVATED

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