

GritX: FREE Online Intervention to Increase Student Resiliency

Los Angeles County Suicide Prevention Network 9th Annual Suicide Prevention Summit

GritX.ORG

UCSF
University of California

 **WellnessTogether.org**
School Mental Health

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**Helping students, parents, & educators succeed
by creating access to mental health services
on campus & online**



AWARENESS - ADVOCACY - ACCESS

Overview

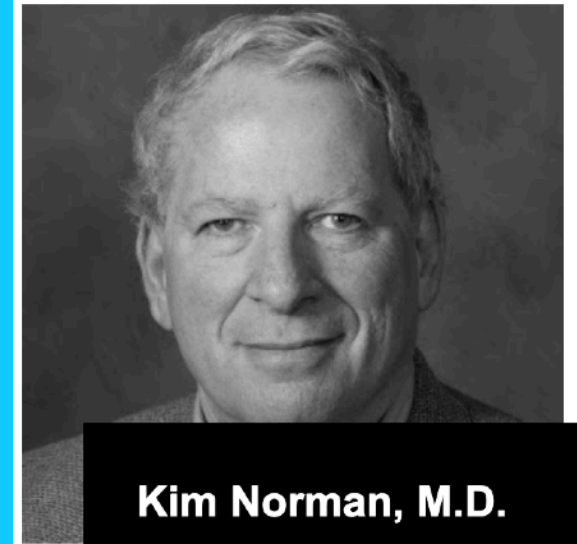
- Wellness Together & UCSF Partnership
- Why GritX?
- Helpful ways to Supplement Your Student Supports
- GritX.org Tour
 - Breathing Room
 - Skills Studio
 - Journal & Sketchbook
- Question & Response

Creators of Gritx.org



The Young Adult & Family Center

*innovating mental healthcare
through media & technology*



Kim Norman, M.D.

Kim P. Norman, M.D. UCSF Distinguished Professor of Adolescent and Young Adult Health, UCSF Weill Institute for Neurosciences, University of California, San Francisco; Director, UCSF Young Adult and Family Center

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Why GritX?

GritX.org is not for emergencies, as the main focus is psychoeducation. If there is a mental health emergency, users are recommended to call 9-1-1 or the Suicide Hotline at 1-800-273-8255. GritX.org may be used along with and not as a replacement for services provided by a mental health professional.

Why GritX?

**There are over
50 million public
school students
in the U.S.**



**As many as 1 in 5 shows signs
of a mental health disorder.**

(Center for Disease Control Report on Children's Mental Health, 2013)

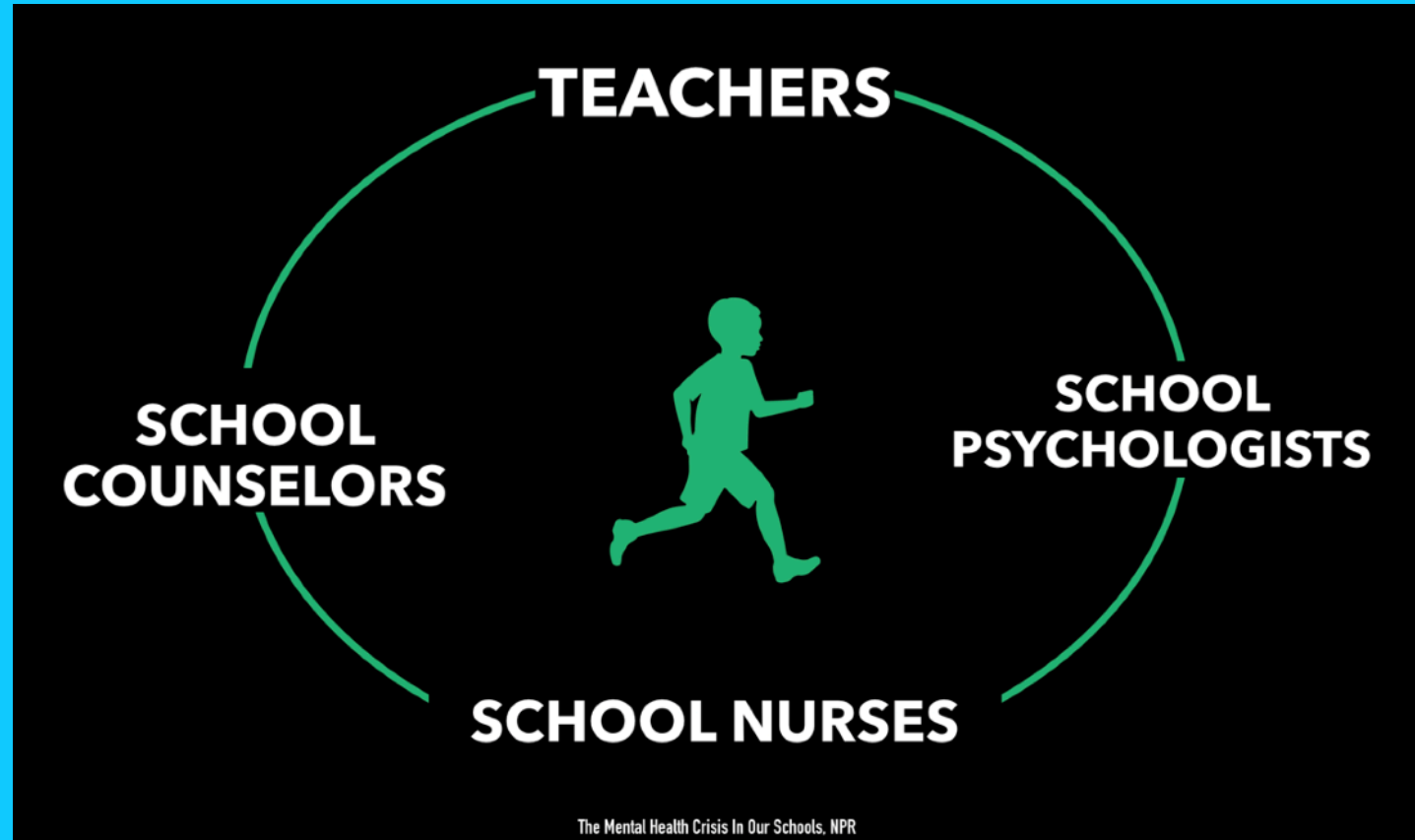
Why GritX?

Most of the nearly 5 million affected students — nearly 80 percent won't receive mental health services.



(American Journal of Psychiatry, 2002)

Why GritX?



Why GritX?



FREE digital platform combines evidence-based interventions from Cognitive Behavior Therapy (CBT) and Dialectical Behavior Therapy (DBT) to be used with your students (13-26 years old).

Spanish and English available.

Helpful ways to Supplement Your Student Supports



Strengthening the relationship with the student/family may be helpful when providing the resources.

Helpful ways to Supplement Your Student Supports



1. Strengthening the relationship first
- 2. Helpful for use in groups or 1-on-1**

Helpful ways to Supplement Your Student Supports



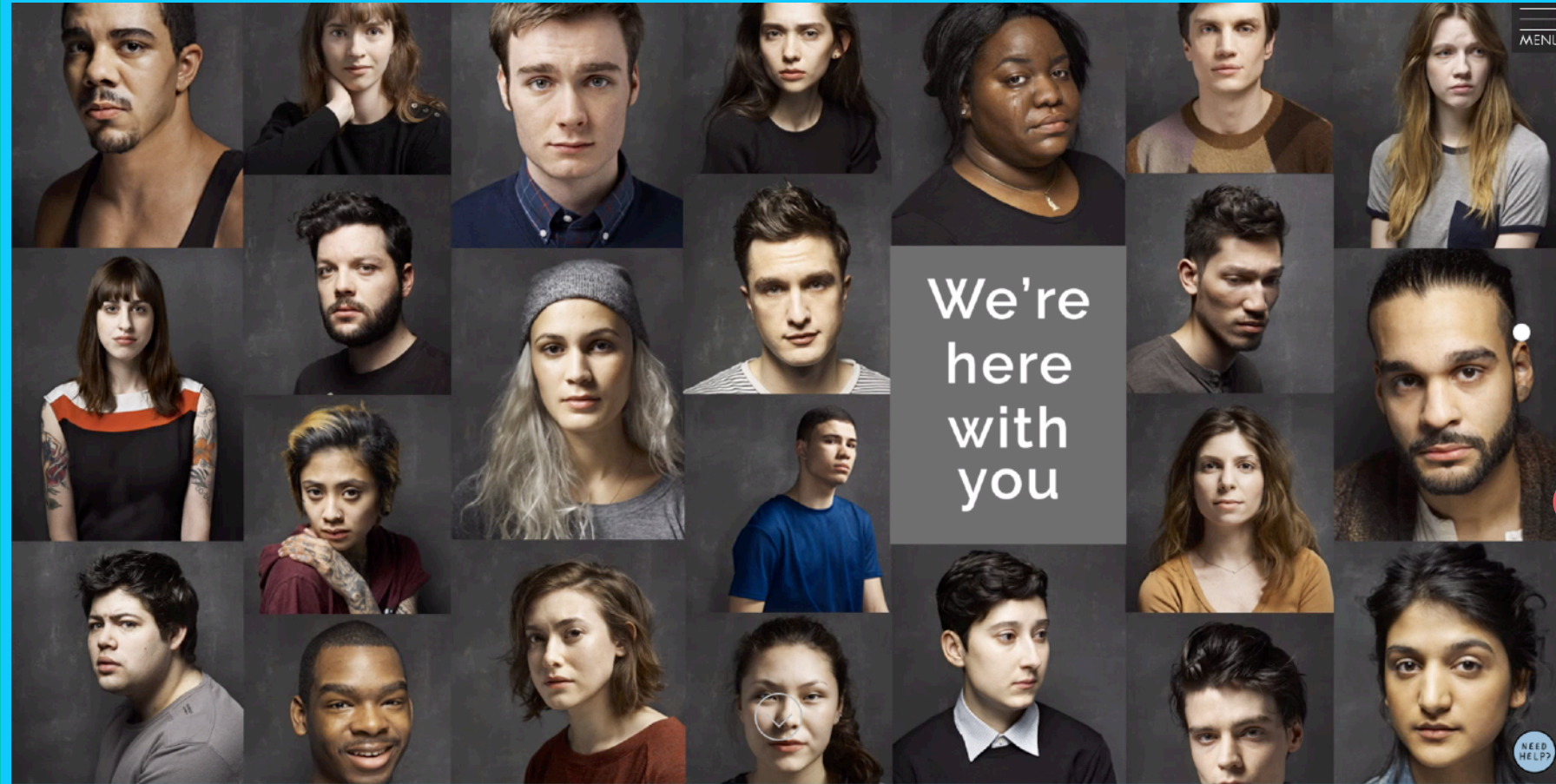
1. Strengthening the relationship first
2. Helpful for use in groups or 1-on-1
3. **Use for “Homework” and/or goal-setting in between sessions**

Helpful ways to Supplement Your Student Supports



1. Strengthening the relationship first
2. Helpful for use in groups or 1-on-1
3. Use for “Homework” and/or goal-setting in between sessions
4. **May be most helpful when utilized with a mental health professional or school-based support staff**

GritX.org Tour



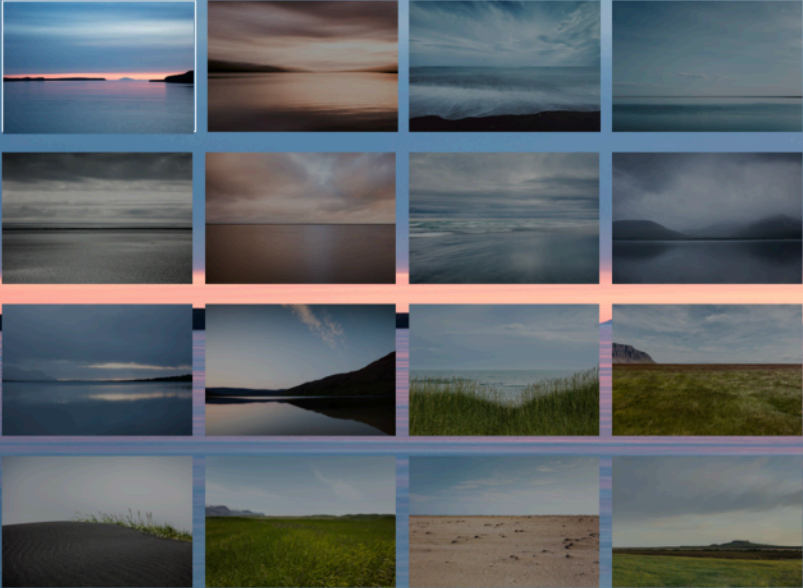
Today, we will
be on
demo.gritx.org

GritX.org Tour- Catch Your Breath

DISCOVER: CATCH YOUR BREATH

Customize your experience by selecting the options below, or get started now.

1. Background 2. Audio 3. Pace



Next

NEED HELP?

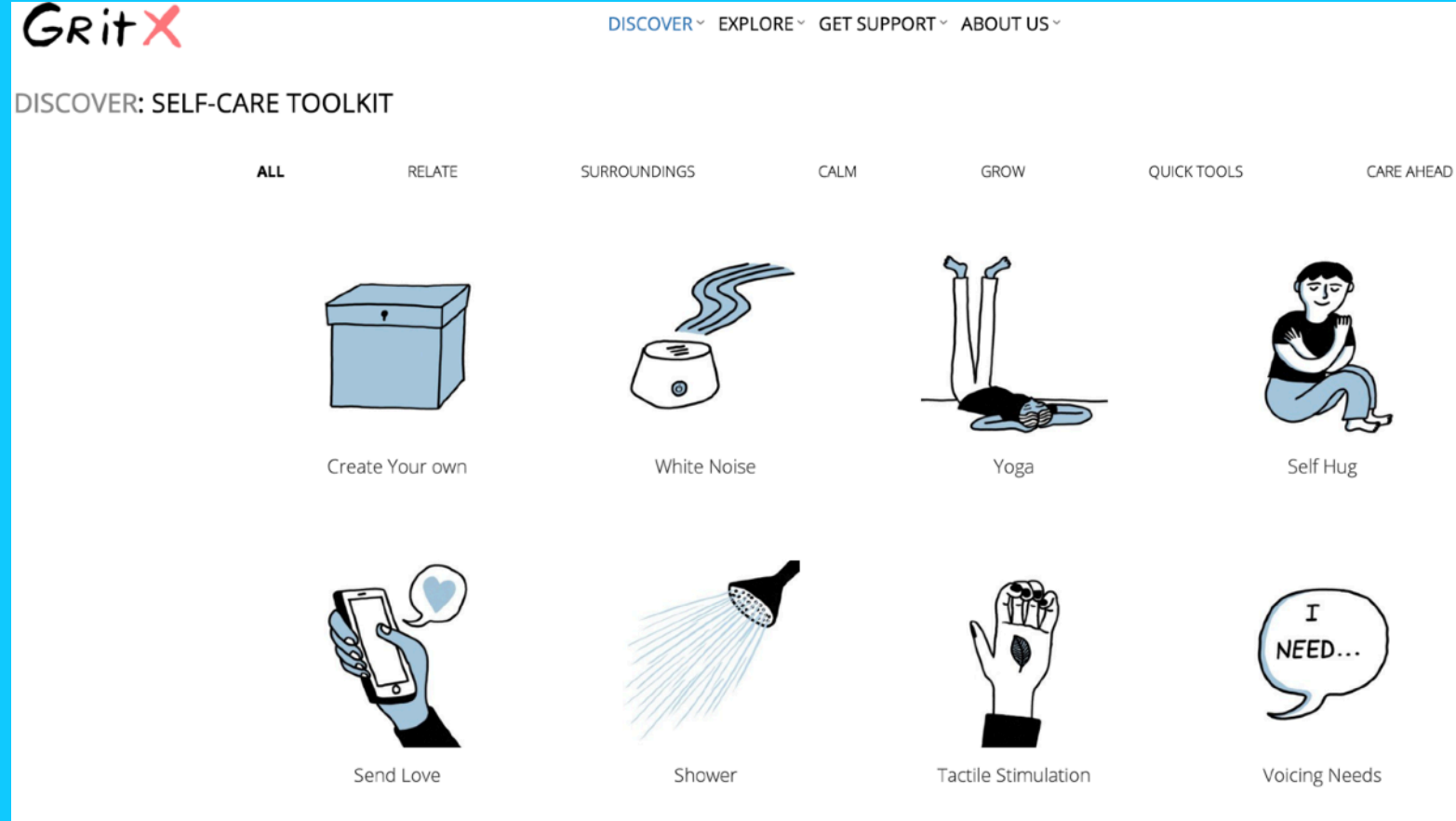
GritX.org Tour- Skills Studio

GritX DISCOVER ▾ EXPLORE ▾ GET SUPPORT ▾ ABOUT US ▾

DISCOVER: SKILLS STUDIO

| | | | | |
|--|---|---|---|--|
|  I DON'T KNOW |  SURPRISED |  SAD |  HAPPY |  WEATHERING STORMS |
|  DISGUST |  BEST SELVES |  ANXIOUS |  ANGRY |  RELATIONSHIPS |

GritX.org Tour- Self-Care Toolkit



GritX.org Tour- Self-Interview

GritX

DISCOVER ▾ EXPLORE ▾ GET SUPPORT ▾ ABOUT US ▾

DISCOVER: SELF-INTERVIEW



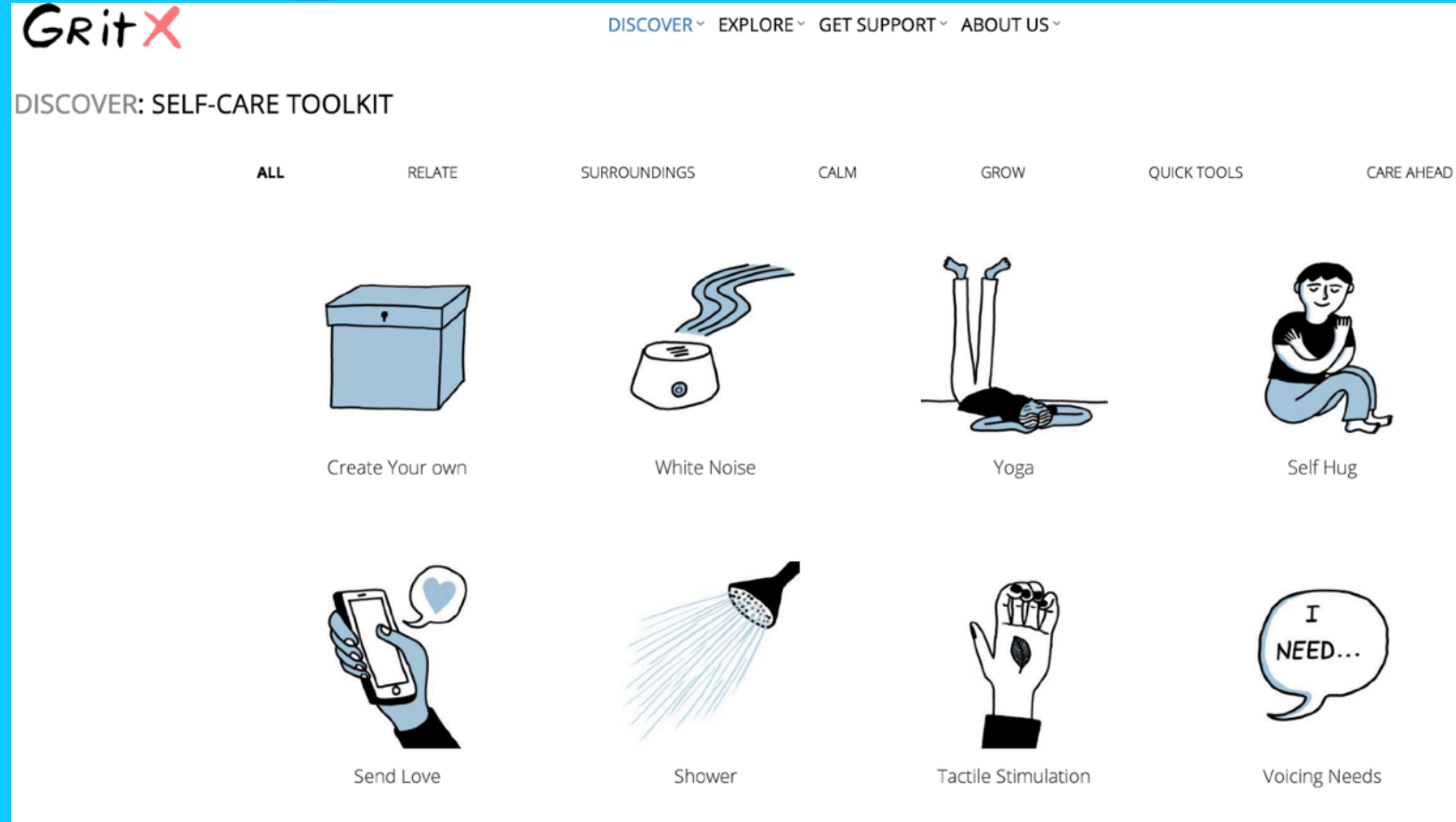
This is a private conversation with yourself.

Your words are your own.

When you click on words highlighted in blue [they change](#).

Some of this data is stored in your browser temporarily, but only while you are using this tool. Nothing is permanently saved on this site's server or your device. To read about this in detail [click here](#)

GritX.org Tour- Self-Care Toolkit



GritX.org Tour- GritXpeditions

The screenshot shows the GritX website interface. At the top left is the GritX logo. To the right are navigation links: DISCOVER, EXPLORE, GET SUPPORT, and ABOUT US. Below the logo is the heading 'EXPLORE: GRITXPEDITIONS'. The main content area features six categories, each with a cartoon illustration and a text label: 'SADNESS & BLUES' (a person slumped over), 'ANXIETY' (a person with a worried expression), 'TRAUMA & GRIEF' (a person covering their face), 'RELATIONSHIPS' (two pairs of legs walking), 'LOOKING AHEAD' (a person looking forward with a hand on their forehead), and 'LIFE CHANGES' (a person walking on a path).



QUESTION & RESPONSE

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THANK YOU!

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