



Innate health education and resilience training

# what if we already have everything we need inside us?

**IHEART Schools Programme**

[www.iheartprinciples.com](http://www.iheartprinciples.com)



- + **90%** increase in number of students experiencing anxiety or stress over the last 5 years
- + **81%** of pupils would like their school to teach them more about their mental health
- + **80%** of young people say that exam pressure has significantly impacted their mental health
- + **75%** of mental health problems are established by age 18; **50%** by age 14
- + **25%** of 14-year-old girls across the UK are clinically depressed

Despite huge investment and allocation of resources, these statistics show no sign of abating.

**Our children are suffering and we cannot seem to stem the tide.**

**Why?** Because most existing programmes are primarily addressing symptoms, not the root cause. In order to solve any recurring problem, we have to address that problem at its source.

**We need a revolutionary shift** in the mindset of our educators, parents and leaders.

**The IHEART Schools Programme is our response to creating this revolutionary shift.**

# uncovering resilience in the next generation

**IHEART addresses the problems facing our young people at its source by focusing on:**

- Education, prevention and sustainable solutions
- Practically addressing real issues young people encounter on a daily basis
- Mental wellness rather than mental illness
- Learning how to access the innate wellbeing and potential that all people possess
- Understanding the thinking that drives destructive behaviour

**Our vision is for all young people to learn to access their innate wellbeing and potential, empowering them to become resilient adults and contributing members of society.**

As young people experience greater hope and increased resilience, we envisage a transformation in the crisis that the national mental health statistics indicate.

## Cost Effective & Sustainable

- ✦ The average cost of a single child psychotherapy session is **£91**
- ✦ The average cost of a child receiving the 10 session IHEART programme is **£50**

## Our Educational Approach

### We look at how the mind works... and how it doesn't.

We learn how our moment to moment experience of life is not created by the world around us but only through the remarkable, invisible power of thought. If we think it, we feel it. If we think it, it's our reality. While we may believe that other people, events and things cause our bad feeling, this is not actually possible.



Thought as the constant, creative and causal power behind our psychological system is a life-changing discovery. Feelings are brought to life by thought. The inseparable connection between thought and feeling - a simple but often overlooked fact - has enormous implications, realigning us with our common sense, creativity and wellbeing.

### Peer-led Learning and Sharing

We are committed to training young people to co-deliver the IHEART curriculum and support them taking leadership roles in sharing this understanding with their peers. This helps to embed this learning in the school environment and the culture of social groups and communities in which young people circulate.



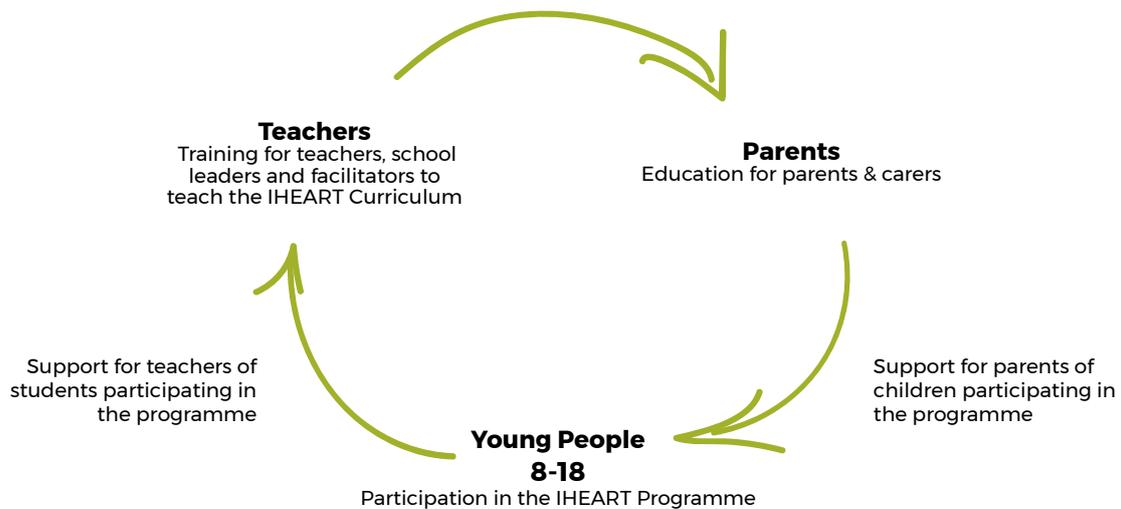
*Talking to my friends about the connection between thought and feelings is really important because then we all understand what is going on when we get upset with each other.*

Simmy, 13



## A Young-Person Centred Community Model

By working in schools and with families, we place young people at the centre of their own community and build a common resilience language and culture across entire school communities, organisations and family units.



## The Benefits of the IHEART Programme

- Improved wellbeing and mental health
- Improved motivation to be autonomous independent learners
- Improved relationships with peers and teachers
- Improved behaviour in class
- Improved ability to deal with setbacks and manage difficult situations
- Improved communication and conflict resolution skills
- Less disruption
- Less anger and aggression
- Less refusing and non-participation
- Less exclusions and truancy
- Less stress, worry and anxiety
- Less feelings of being victimised by the behaviour of others



***Resilience is revealed when misunderstanding falls away. Realising the inside-out logic and wisdom of how our minds work reconnects us with what is innate. This uncovers more and more resilience.***



**Terry Rubenstein, Founder, IHEART and Author, *Exquisite Mind***

# the iheart programme

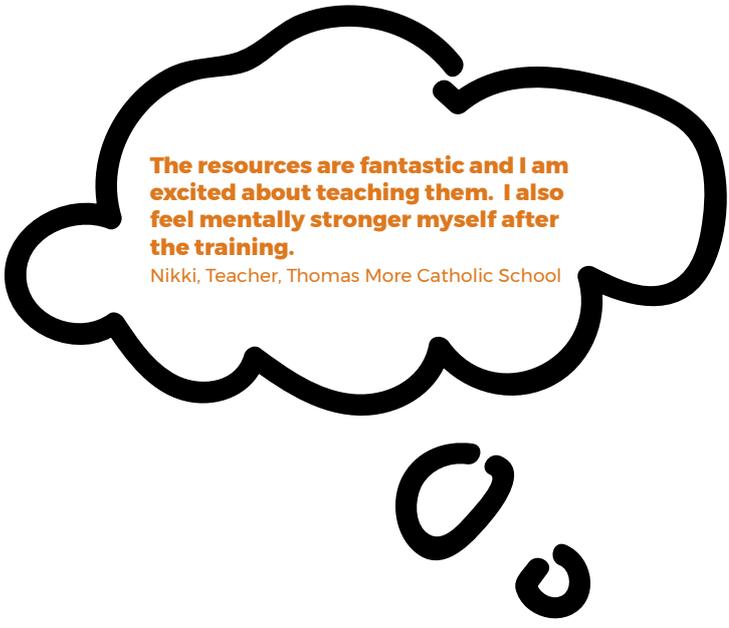
Thoughtfully designed to engage young people with a structured preventative educational programme, each participant is empowered with the built-in knowledge that they **can** manage their challenges and difficulties. This accelerates an increase in wellbeing and resilience in all aspects of personal, social, family and school life.

Consisting of a series of interactive lessons creatively designed to be stimulating to young people, the IHEART curriculum takes students on a journey towards understanding how to access their innate resilience in a simple and sustainable way. Trained facilitators run sessions consisting of a mix of interactive discussions, activities, self-reflections, animations, videos and group exercises.

**Young people discover that they can deal with whatever life brings, by learning about:**

- How they are whole, not broken
- How they have everything they need inside of them to thrive
- How they can navigate their way through life's challenges
- How they can have the confidence to make positive and lasting changes





**The resources are fantastic and I am excited about teaching them. I also feel mentally stronger myself after the training.**

Nikki, Teacher, Thomas More Catholic School



**The training has enabled me to see life differently; a life changer.**

Anonymous, Secondary School Teacher

## **Embedding a Whole School Approach / Training for Teachers**

By training teachers and staff, we help build a sustainable culture of resilience and wellbeing across whole school environments. This is core to our strategy for reaching many more young people and supporting schools in a highly cost-effective way.

We run an innovative training programme for senior educators, teachers and staff to become curriculum facilitators. Upon completion, staff receive certification as an IHEART facilitator, as well as ongoing mentoring and in-person and online support.

## **The IHEART Academy**

An institution of special learning and training in the field of resilience and wellbeing education for young people, the Academy aims to develop highly qualified individuals to deliver the IHEART Programme with maximal impact and effectiveness. Academy programmes include Facilitator Training, an Advanced Internship and a Train the Trainer course.

## **Meeting Ofsted and Government Requirements**

Our project has taken into account the new Ofsted Framework and provides an excellent approach to addressing the government's requirement to embed British values on a whole school level, evident in the following ways:

- Young people discover how to welcome and accept differences, rather than feel superior, judgmental or discriminatory.
- Young people are better equipped to respond to destructive and extremist viewpoints.
- Young people have an increased respect for others and tolerance for diversity, as well as a greater capacity to reduce conflict and bullying.



**Excellent content. Really enlightening course very enthusiastically led by subject knowledge experts.**

Ellen, Teacher, Langley Park School



**Great course, well resourced and structured curriculum.**

Zoey, Teacher, Glebe School

# curriculum outline

## Part 1

### Foundations: The Logic of How Our Mind Works

#### **Introduction to IHEART**

Exploring how resilience and wellbeing is built-in to each and every one of us

#### **Our Amazing Psychological System**

Introducing the superpower of the mind

#### **Where Do Our Feelings Come From?**

Discovering why it is so important to know the source of our feelings and emotions

#### **What is Thought?**

Learning about the invisible power called Thought which brings all experience to life

#### **As We Think, We Feel**

Understanding how only Thought - and nothing else - can create a feeling in us

#### **Separate Realities**

Exploring the barriers to healthy relationships



*I am extremely impressed by the IHEART curriculum which has been thoughtfully designed to appeal to and inspire adolescents and teenagers. I wholeheartedly believe it has the potential to make a significant improvement to the lives of young people and to encourage them to uncover their innate resilience and wellbeing.*

Zia Brooks, Assistant Headteacher, Langley Park School for Boys



## Part 2

### Applications: Daily Challenges Facing Young People

Students vote for which 4 of the following 8 topics they would like to address

#### **Stress, Worry & Anxiety**

Knowing where anxiety and worry comes from demystifies these feelings, empowering the knowledge that we are equipped to handle life's challenges

#### **Appreciating Difference:**

##### **What Causes Prejudice & What Makes Acceptance Possible**

Learning how we are all created with the same "factory settings" informs us that no person is more or less worthy, enabling the emergence of greater respect for difference and tolerance

#### **Understanding Bullying & Bad Behaviour**

Learning that no one has the power to make us feel inadequate, makes it more likely that we will find an appropriate response to the bad behaviour of others

#### **Self-image & Identity: Labels are for Jars!**

Understanding that we do not require anything from the outside to feel complete leads to deeper feelings of wholeness and resilience that emerge from within

#### **Using Social Media Without it Using You**

Knowing that our security can only come from within makes it possible to neutralise the hold that social media has over us

#### **The Drivers Behind Addictive & Compulsive Behaviour**

Learning about the factors that create and break addictive habits and compulsive behaviours

#### **Overcoming the Barriers to Learning & Motivation**

Seeing that we are all born with an immense capacity to unconditionally absorb and learn means that unnecessary thinking is the only barrier to our innate intelligence and motivation

#### **Dealing with Anger & Conflict**

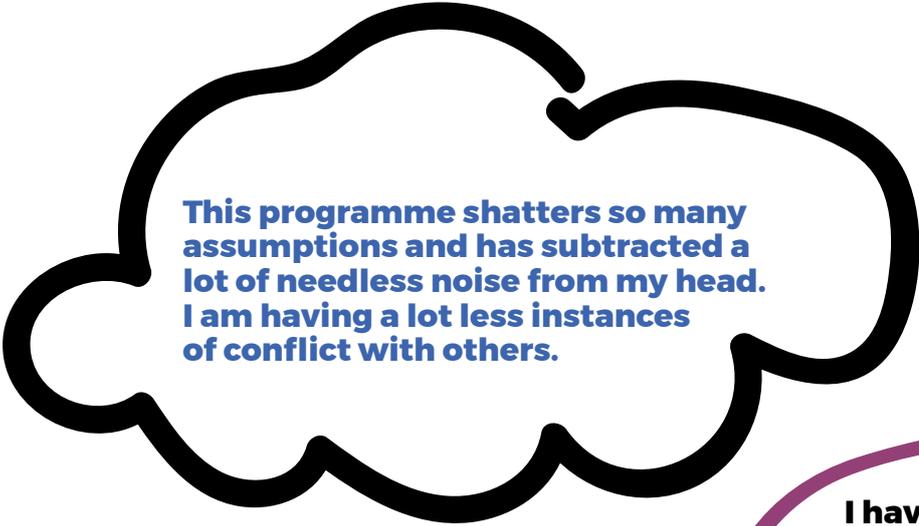
Realising that no person or situation can make us feel angry is the secret to reducing conflict



*I've learnt how to deal with problems better by not getting offended by what others say and not getting affected by thoughts that overtake me.*

Harrison, 14





**This programme shatters so many assumptions and has subtracted a lot of needless noise from my head. I am having a lot less instances of conflict with others.**



**I have been able to change my feelings when I need to and I have more self-confidence**



**I don't take drugs anymore**



**I wanted to watch TV and I was about to go crazy with my little brother for hiding the remote. But then I had a new thought - I could just download an app to watch what I wanted so I didn't need to get mad.**



**I'm now able to think before I do something bad to someone.**



**I get less panic attacks**

# impact

**76%** of participants have noticed a positive change in themselves.

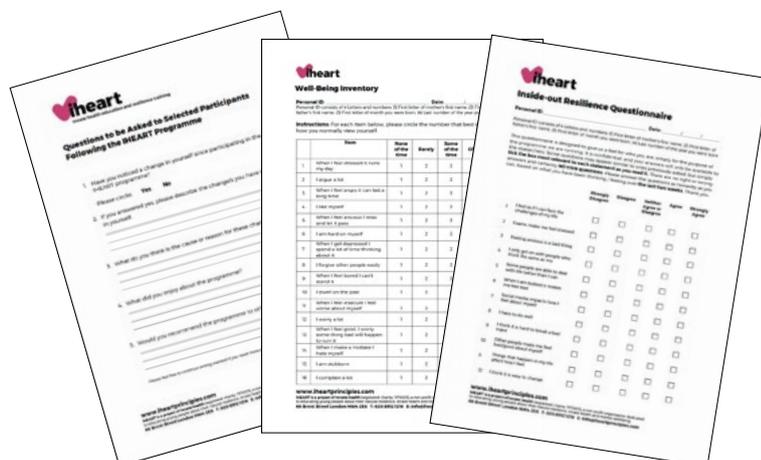
**96%** of participants would recommend the programme to a friend.

**100%** of schools/educational institutions have seen significant benefit for their pupils.

**25%** reduction in frequency of behavioural and learning issues.

Significant statistical improvement in participants' mental resilience and wellbeing  
(based on a controlled trial involving 148 pupils).

We are committed to building a robust evidence base to support our work. Every programme is carefully evaluated: all participants fill out quantitative and qualitative surveys pre and post programme, while in-depth interviews and focus groups with pupils and teachers are conducted where feasible. A soon to be published journal article *The Efficacy of Mental Health Education for Improving the Resilience of Secondary School Pupils*, assesses the impact of our programme in detail. Ongoing collaboration with leading experts who analyse our data and provide research advice helps ensure that the lasting impact of our results are robustly measured.



# a new language in mental health...

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IHEART is a registered charity (number: 1173025) dedicated to educating young people about their natural resilience, innate health and mental wellbeing.

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