



## What Is The NAN Project?

The NAN Project is an initiative to increase the understanding, support and treatment of mental health concerns in young people. We provide a framework for addressing mental health challenges in teens, utilizing a school-based, peer-to-peer model. The NAN Project employs young people with lived experience to speak with students and parents, using their struggles to deliver a message of HOPE. Creating an ongoing culture of emotional well-being within communities and schools, through student-led efforts, is the ultimate goal of The NAN Project.

### What We've Accomplished

*Since we started work in 2015, The NAN Project has:*

- Worked with **25 school districts** to promote emotional well-being and suicide prevention programming;
- Had our Peer Mentors present to over **7,000 students** to reduce the stigma around mental health;
- Developed student led **Peer Leadership Teams** in six school districts;
- Provided professional development and workshops for over **2,500 educators, parents and community stakeholders**;
- Trained over **150 Peer Mentors** to present their Comeback Stories to students.

### Where We're Going

*In the 2019/20 school year, The NAN Project will:*

- Expand programming to reach ten additional schools;
- Introduce a Middle School Awareness and Prevention model;
- Create a Parent to Parent component to bring awareness and understanding of mental health challenges to families of middle and high school students;
- Develop an evaluation tool to measure the impact of The NAN Project.

**If you're interested in bringing The NAN Project to your school district, contact Jake Cavanaugh our Executive Director at [jcavanaugh@thenanproject.org](mailto:jcavanaugh@thenanproject.org).**