

Collaboration to Help Minnesota High School Students Improve Mental Health

SAINT PAUL, Minn., Sept. 10, 2019 (SEND2PRESS NEWSWIRE) – Two Minnesota education organizations are combining forces in an effort to battle the student mental health crisis by offering an innovative online course with embedded daily coaching. [Minnesota Virtual Schools](#) has contracted with [EmpowerU LLC](#) to offer this credit-bearing social-emotional wellness course to any Minnesota high school student as part of their regular school day – for no additional fee.



The logo for EmpowerU features the word "EmpowerU" in a large, dark grey sans-serif font. The letter "o" is replaced by a circular graphic composed of small dots in shades of blue and green. Below this, the tagline "Engage. Empower. Excel" is written in a smaller, blue sans-serif font.

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The course, EmpowerU, creates a time and place each day for students to learn vital resilience skills and strategies that will help them improve their mental health.

- The telehealth-meets-online course was developed by a team of therapists for adolescents with social-emotional obstacles, such as anxiety, depression and negative self-esteem.
- The course is delivered via daily 30-minute lessons that are customized to each student's unique needs by licensed instructors that give daily feedback via the 1:1 portal.

- Each of the six units integrates neuroscience, cognitive behavioral therapy, and strengths-based strategies that engage students as active participants in the course.
- Students make significant progress toward their goals through healthy habit change, helping them feel less anxious and improve emotional well-being.

Several Twin Cities high schools have utilized the EmpowerU program as an effective mental health intervention for struggling students. Minnesota Virtual Schools was one of the first to offer EmpowerU as a semester credit-bearing course to help support their students struggling with mental health obstacles.

“EmpowerU’s engaging curriculum combined with the 1:1 daily therapist support helped our students make significant gains in social-emotional wellbeing,” remarked Bill Glenz, principal of Minnesota Virtual Schools. “We were so encouraged by the progress our students made last year that we wanted to offer EmpowerU to more than just our full-time students. Our hope is by offering our course as a single part-time course, we can help students throughout the state that are struggling with mental health obstacles.”

Any Minnesota high school student that has an open period in their school day can enroll in EmpowerU at no additional cost for a semester credit through Minnesota Virtual.

[Click here](#) to enroll or call Lorelei Lorentz, Coordinator of Part-Time Students Minnesota Virtual Schools at 612-524-5213 with questions:
<https://mtcs.org/virtual/programs/empoweru/>

For more information click here: <https://empoweru.education/>

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VIDEO (YouTube): <https://youtu.be/bmqYdkMaB9c>

