

New Middle School Program Introduced by Mental Health Nonprofit

Rethink Mental Health Incorporated launches the H.E.A.R.T program, a 3-part curriculum that reinforces values to youth between the ages of 10 and 14.

LAS VEGAS, NV, USA, May 16, 2019 /EINPresswire.com/ -- [Rethink Mental Health Incorporated](#) announces the official launch of the H.E.A.R.T program, a 3-part curriculum that teaches and reinforces values to youth between the ages of 10 and 14. [H.E.A.R.T.](#) is an acronym for the 5 core values taught in the program: Humanity, Empathy, Advocacy, Responsibility and Toughness. As a result of participating in the H.E.A.R.T. program, schools can create a more empathetic, responsible and emotionally resilient generation of youth while effectively reducing bullying and creating a culture of safety, health and wellness at the school and beyond.

Rethink Mental Health Incorporated co-founder, Samantha Foster, established the program and aims to

make a difference in schools nation-wide stating “inspiration for the H.E.A.R.T. program came from a meeting with a local Middle School Principal who said that in her 30 years as middle level education administrator, she has never seen a greater need for mental health support through values education and life skills building. She noted that responsibility, emotional resilience and conflict resolution were especially weak in her own student body. After consulting other middle level education professionals and psychologists who shared similar feedback, we went to work on a solution!”

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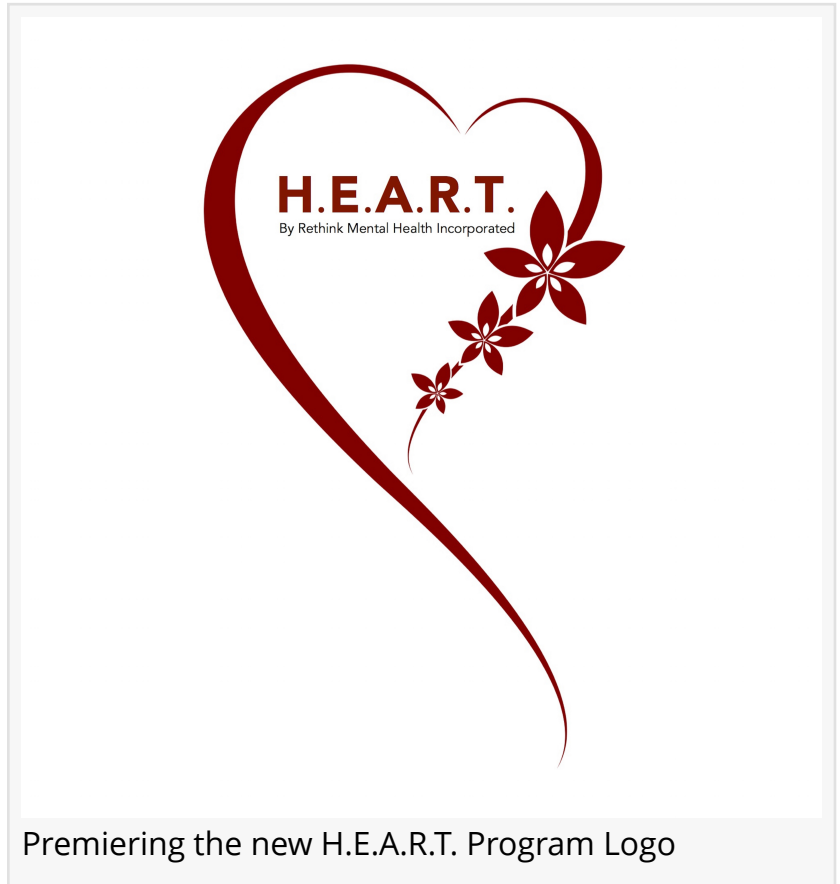
Our program does more than teach; it engages, inspires and motivates students to improve the way they treat others and themselves.”

Michael J Fit

The curriculum educates students through 3 platforms: an introductory video, an interactive workbook and an in-person school speaking engagement led by [Rethink Speaker](#), Michael J Fit. Fit explains, “the H.E.A.R.T. Program

isn’t about just understanding the core values, but learning how to actively apply them into the students day-to-day lives. Our program does more than teach; it engages, inspires and motivates students to improve the way they treat others and themselves.”

The H.E.A.R.T. Program will debut and participate at the 2019 Association for Middle Level



Premiering the new H.E.A.R.T. Program Logo

Education (AMLE) Annual Conference
in Nashville on Sept. 7-9.

For more information or to enroll your
school in the H.E.A.R.T program, please
visit www.rethinkstigma.org/heart.

About Rethink Mental Health
Incorporated:

Rethink Mental Health Incorporated is
a 501(c)(3) private charitable organization, EIN 83-1476419. Their mission is to promote mental
health advocacy and education in an effort to eliminate the stigmatization of people suffering
with mental illness, especially children and young adults. Through many initiatives, they strive to
improve the way society treats and views mental health. As a result, more people can speak
openly about what they are experiencing and seek professional help without the fear of
judgement, discrimination or harassment. For more information, visit www.rethinkstigma.org or
follow us on Facebook, Instagram, Youtube and Twitter at @RethinkStigma.

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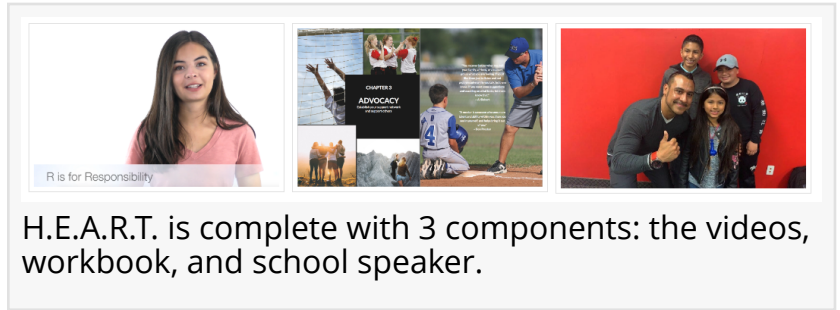
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H.E.A.R.T. is complete with 3 components: the videos,
workbook, and school speaker.

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