



## Active Minds Chapter

Active Minds chapters are student-led, school-based groups that lead conversation, culture change, and advocacy throughout their communities. These powerhouse student groups are working hard to serve the needs of their communities and create cultures that are more supportive of mental health through policy change, promotion of services, awareness and community-building events, social connection events, and more. As an Active Minds Chapter, you'll have access to a suite of robust resources, ideas, professional expertise, and networks of peers – all at no cost.

Gateway Technical College, Kenosha Madison College Marquette University Mount Mary University Southwest Wisconsin Technical College, Fennimore	University of Wisconsin, Madison University of Wisconsin, Milwaukee University of Wisconsin, Oshkosh University of Wisconsin, Parkside University of Wisconsin, River Falls University of Wisconsin, Whitewater Waukesha County Technical College
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### **Are we missing your school's group?**

Complete this [quick form](#) so we can showcase your school on our growing map!





## Bring Change 2 Mind

Through weekly meetings, direct support from Bring Change 2 Mind staff, and school-wide events and presentations, this student-led High School Program increases awareness and education while empowering youth to be leaders of this movement and end stigma around mental illness.

Rio High School

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# change to chill

by Allina Health

## Change to Chill

Change to Chill partners with high schools across Minnesota and Western Wisconsin to help teens stress less and build resiliency. Ultimately, the goal is for schools to utilize Change to Chill resources to create new or sustain existing mental well-being efforts for students and/or staff.

Ellsworth High School  
New Richmond High School  
Renaissance Charter Academy

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# HOPE SQUAD®

## Hope Squad

Hope Squad's peer-to-peer approach empowers members to intentionally reach out to peers and become instruments of change. Advisors can choose from multiple expert-led training options to set their Hope Squads up for success. Programming and materials are adaptable to fit a school's needs.

Curriculum is centered around core competencies known to reduce the risk of suicide, and lessons align with social-emotional learning standards and integrate age-appropriate suicide prevention topics at all levels. Junior High and High School content provides deeper learning on topics introduced in Elementary while also covering new topics appropriate for older students.

Alexander Hamilton  
Big Foot Union High School  
Brookfield Central  
Brookfield East  
Columbus Catholic High School  
De Pere  
GreenTree Prep  
MacDowell Montessori School  
Milwaukee School of Languages  
Osseo-Fairchild

Palmyra-Eagle High School  
Pewaukee High School  
Poynette  
Pulaski High School  
Reagan Preparatory High School  
Seymour High School  
The REAL School  
West Bend  
Wisconsin Lutheran High School

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## Mental Health America Student Ambassadors

This Wisconsin-based program supports high school and college students collectively working to bring mental health awareness, equity, inclusion, and stigma reduction to their campus and the community at large. Their vision is that all students will create a culture of mental wellness, including support services, resources, and education for all.

Elkhart Lake-Glenbeulah High School Howards Grove Public School Kohler High School Lincoln High School, Manitowoc Oostburg High School	Plymouth High School Sheboygan Falls High School Sheboygan Lutheran High School South High School, Sheboygan
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A NAMI Wisconsin Program

## NAMI Raise Your Voice

The NAMI Raise Your Voice Club welcomes students who live with a mental health condition, are a family member or a friend of someone with a mental health condition, and/or have an interest in mental health awareness and advocacy. NAMI Raise Your Voice encourages young people to speak up and create an open dialogue about mental health. It creates a community that works to reduce stigma on campus and promotes acceptance for students living with or who know someone with a mental health condition. The club also cultivates youth leaders around civic advocacy at local, state, and national levels and develops youth leadership.

Antigo	Logan High School
Athens High School	Marathon High School
Black River Falls Middle-High School	Medford
Butternut School	Melrose-Mindoro High School
Chippewa Falls High School	Merrill High School
Crandon School District	New Auburn School District
DC Everest Senior High	New Glarus High School
Evansville High School	Rhineland High School
Grafton High School	Stevens Point Area Senior High
Hilbert	Tomahawk High & Middle School
Janesville Parker High School	Verona High School
La Crosse Central	Wausau East High School
La Crosse Polytechnic	Wausau West High School
Lakeland Union High School	Westosha Central High School
Lincoln High School	

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## Student-Led School-Based Wellness Programs



### REDgen

The REDgen School Chapter is a peer-to-peer resilience program designed to educate and empower student leaders to raise resiliency within their school community through connection, reflection, and conversation.

REDgen provides an evidence-based Roots of Resilience curriculum building the foundation for all youth to move from surviving into thriving, both in school and in their lives.

Students and staff advisors meet weekly to explore the Roots of Resilience. Through resilience education and self reflection, students inspire change within themselves and the wider school community.

Cedarburg High School  
Dominican  
Howard Fuller Collegiate Academy  
Marquette University High School  
Pathways  
Pius XI Catholic High School  
Port Washington  
Rufus King High School  
Tenor Journal Square  
Tenor High School Cathedral Square Campus  
Veritas High School  
Whitnall High School

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## Sources of Strength

A best practice youth mental health promotion and suicide prevention program designed to harness the power of peer social networks to create healthy norms and culture, preventing suicide, violence, bullying, and substance misuse. The mission of Sources of Strength is to prevent adverse outcomes by increasing wellbeing, help-seeking, resiliency, healthy coping, and belonging. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This model strengthens multiple sources of support, or protective factors, for young people so when times get hard they have strengths to rely on.

Appleton North	Mineral Point
Argyle	North Crawford
Bay Port	Omro High School
Boscobel Middle/High School	Pardeeville
Cassville	Prairie Du Chein
Clintonville	Preble High School
Cuba City High School	Richland School District
Dodgeville	River Ridge
Green Bay East High School	Riverdale
Greendale	Riverview Middle School
Highland	Shawano Community High School
Hortonville	Southwest High School
Iola-Scandinavia High School	Southwestern
Iowa-Grant	St. Mary Catholic High School
Ithaca	Viroqua High School
Kaukauna High School	Wabeno
Lancaster	Whitefish Bay High School
Mellen	Wrightstown

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## Other Unique Programs

There are many ways that student leaders bring mental health awareness and activities to their school. Some schools have clubs built by students and staff which are not based on official program models. To get inspired or learn more, visit the Wisconsin Office of Children's Mental Health [webpage](#) to see all of the school districts with student-led mental wellness efforts.

Assata High School, Milwaukee	Mental Health and Wellness Group
College of Menominee Nation	Building Menominee Teen Resilience
Franklin High School	Volition Youth
Laona High School	Peer Health Educators
Marshfield High School	Marshfield Columbus Leadership Alliance
Middleton High School	Minds Matter

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