

LIONS QUEST



A Program of Lions Clubs International Foundation

Lions Quest and Mental Health

Every day youth deal with challenges that affect their ability to learn and succeed in the classroom, from academic stress to bullying to feeling unsafe in their school. Adding to those stressors is the rise of mental health challenges among adolescents.

70%

7 IN 10 TEENS see anxiety and depression as “significant” issues among their peers and in their communities.¹

Decreased test scores

Increased aggressive behavior

Increased symptoms of depression

When students feel less safe at school, they face challenges learning and experience increased emotional problems.²



Anxiety disorders are the most common mental illness in the United States, affecting more than 25% of children between 13 and 18.³

Social and emotional learning (SEL) is essential to the health and wellbeing of students, and the implementation of evidence-based programming, such as Lions Quest, is a key piece of any initiative to address their mental health.

Research indicates that SEL can help “reduce anxiety, suicide, substance abuse, depression and impulsive behavior in kids, while increasing test scores, attendance, and prosocial behaviors such as kindness, personal awareness, and empathy.”⁴

1. Pew Research Center, February 2019, “Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers.”
2. Carolyn Côté-Lussier, Caroline Fitzpatrick. Feelings of Safety at School, Socioemotional Functioning, and Classroom Engagement. *Journal of Adolescent Health*, 2016; 58 (5): 543 DOI: 10.1016/j.jadohealth.2016.01.003
3. National Institute of Mental Health, November 2017, <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml>
4. Plumb, J.L., Bush, K.A., & Kersevich, S.E. (2016). *Trauma-Sensitive Schools: An Evidence-Based Approach.*

Lions Quest and Mental Health

Lions Quest gives educators the training and resources to address factors which impact student mental health.

Positive School Climate

- Easy-to-use lessons for building a positive learning community
- Specific strategies for creating a positive school climate
- School Climate Survey
- Service Learning Unit



Direct Skills Instruction

- PreK-12 curriculum
- 18-36 developmentally appropriate and sequential lessons
- Addresses topics such as stress, emotion regulation, bullying, practicing empathy and mindfulness
- SEL integration into core academic subject areas

Professional Training

- On-site instructional training conducted by professionals in the field
- Guidance on effective school-wide implementation
- Implementation and assessment support available



Lions Quest develops students' social emotional skills which gives them the tools they need to deal with life's challenges.

↑69%

Lions Quest students demonstrated a 69% increase in resiliency.

(Laird, M. (2009))

↑75%

Lions Quest students exhibited a 75% increase in social and personal development.

(Students Love Learning through Lions Quest, <https://www.compassmark.org>)

Lions Clubs International Foundation

For more than 30 years, Lions have embraced the idea of helping children grow in a positive direction. With implementation in more than 105 countries, Lions Quest is a global program. LCIF has trained more than 750,000 educators to implement Lions Quest in classrooms, after-school settings, and even on the athletic field! More than 19 million young people have benefited from the program, making it one of the most widely used life skills and prevention programs in the world.



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FOR MORE INFORMATION: Visit: www.lions-quest.org Call: 844-567-8378 Email: lionsquest@lionsclubs.org

Students in SEL programs increase academic performance up to 11%¹

EDUCATION FOR A HEALTHIER FUTURE



You know you've done something important when the TODAY show calls to feature you. Merrick Union Free School District has done something very important.

In 2018, New York's state education department made mental health education a required curriculum component. Recognizing the critical importance of the subject for both students and teachers, in 2016 Merrick began offering Lions Quest – Lions Clubs International Foundation's signature social and emotional learning program. When TODAY heard about the district's success with educating students and teachers on stress, peer pressure, bullying, and other impacts on mental well-being – it came calling.

"Lions Quest is invaluable for teaching social emotional skills."

"Social emotional development is as important as academic learning in preparing students for happy, productive, and resilient lives," said Merrick Superintendent Dr. Dominick Palma, who chairs a superintendent subcommittee on mental health and substance abuse issues. "Lions Quest is invaluable for teaching social emotional skills. The lessons are reinforced throughout the school day and apply to daily life."

With newly gained insight, fifth-grader Rachel said, "Lions Quest helps me get along with my classmates well and work as a community."



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Youth



For the Children

During what should be a carefree time of life, many youth face daunting challenges. There is both heartache and hope:

4.300+

Annual deaths caused by excessive drinking
US\$24B economic impact²



72%

Decrease in school suspensions due to Lions Quest in Tennessee⁴

1 in 5

high school students reported being bullied at school³

THAT'S THIS PART OF THE WORLD. GLOBALLY, THE SITUATION LOOKS LIKE THIS:



1 in 3 students

reports being cyberbullied; 20% report skipping school because of it or violence⁵

2 in 3 students

in 160 countries worry about violence in and around schools⁶



Reading scores and bullying are directly correlated⁷



Schools with positive school climate practices like Lions Quest have lower rates of absenteeism and bullying⁸

LCIF AND LIONS

lcif.org/youth

Funding Service, Delivering Solutions

Harvard University found students participating in Lions Quest reported improved perceptions of school climate, and physical and emotional safety⁹. For 35 years+, LCIF has funded Lions Quest globally. Our commitment continues.

LIONS QUEST PROGRAM GRANTS
develop/expand the program

UP TO US\$150,000

LIONS QUEST COMMUNITY PARTNERSHIP GRANTS
launch/reactivate the program

UP TO US\$15,000

LIONS QUEST PROMOTIONAL GRANTS
introduce the program to a community

UP TO US\$1,500

DISTRICT AND CLUB COMMUNITY IMPACT GRANTS
apply to local district and club projects

GRANT AMOUNT VARIES

SOURCES/NOTE: ¹Durlak, J.A., Weissberg, R.P., Dymnicki, A.B., Taylor, R.D., & Schellinger, K. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. Child Development, 82 (1), 405-432; ^{2,3}Centers for Disease Control; ⁴Laird, M. (2009) An evaluation report of student attitude and behavior changes. A report to the Tennessee Department of Education and Volunteer Tennessee on the Learn and Serve America School-Based Program; ^{5,6,7}UNICEF; ⁸Thapa, A., Cohen, J., Guffey, S., & Higgins-D'Alessandro, A. (2013). A review of school climate research. Review of educational research, 83(3), 357-385; ⁹Jones, S., Kahn, J., Nelson, B., and Temko, S. (2019). "Year 2 Report: A Quasi-Experimental Evaluation of Lions Quest Skills for Adolescence in Two Middle Schools." Cambridge, MA: Harvard University Graduate School of Education; grant limits subject to change



**Lions Clubs International
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LCIF is the grant-making body empowering Lions to create greater impact in their communities and around the world. The vast majority of funding LCIF receives is from Lions; one hundred percent of every donation supports Lions service through LCIF grants and programs.

Youth is just one cause area supported by LCIF and Campaign 100: LCIF Empowering Service. With financial support from Lions and clubs worldwide, Campaign 100 is empowering Lions to increase service impact in vision, youth, disaster relief, and humanitarian efforts; fight the global epidemic of diabetes; and make important progress in expanded cause areas of childhood cancer, hunger, and the environment.

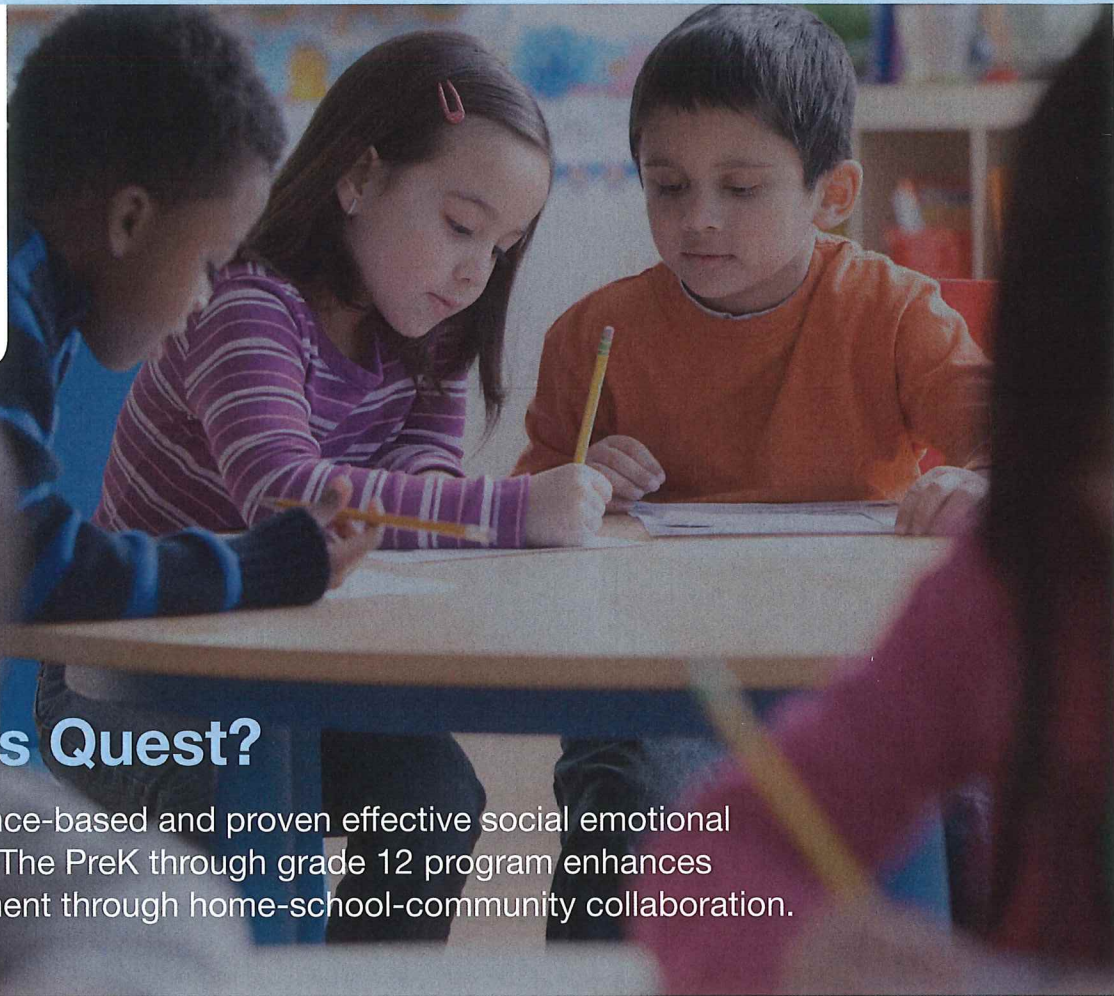
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lionsclubs.org/donate

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What is Lions Quest?

Lions Quest is an evidence-based and proven effective social emotional learning (SEL) program. The PreK through grade 12 program enhances positive youth development through home-school-community collaboration.

Program Elements



Classroom curriculum with user-friendly lessons



High-quality teacher training and capacity building



Support for school-wide implementations



Tools for building a positive school climate

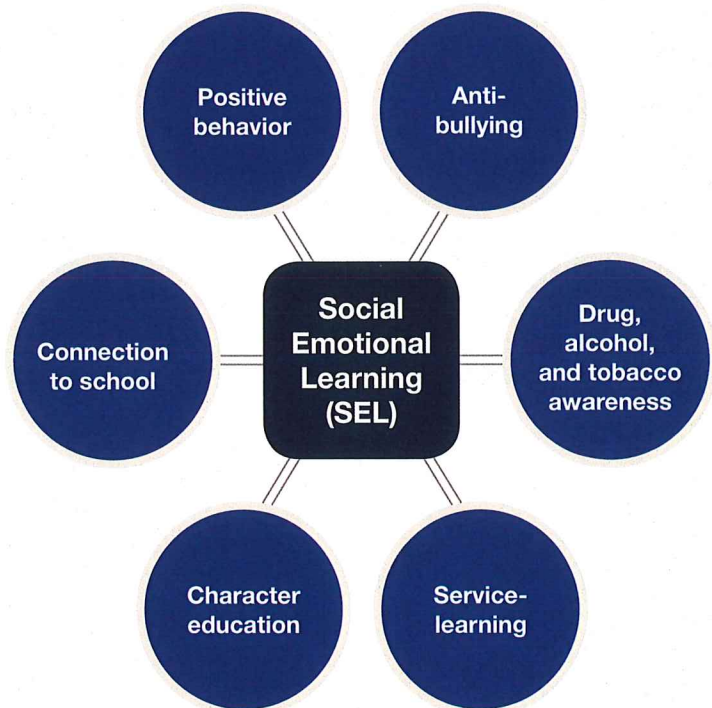


Parent and family engagement



Community engagement

Social Emotional Learning



Evidence-Based and Proven Effective

Implementation

- Effective SEL instruction (competence)



- Effective learning instruction (conditions)

Initial Impact

- Improved attitudes and behaviors
- Fewer negative behaviors
- Students learn cooperation and teamwork
- Integration with academic curriculum



Long-term Impact

- Improved grades and test scores
- Positive school climate
- Engaged and involved citizenship
- Reduced drug and alcohol use
- Workforce preparedness

Global Impact

Implemented in more than
100 countries

Impacted more than
20 million students

Trained more than
800,000 educators

Positive Impact*

14%

improvement in academic performance

81%

increase in knowledge of dangers of drug use

72%

decline in in-school and out-of-school suspensions

75%

increase in personal and social development skills

9%

improvements in conflict resolution

\$6

in benefit for every \$1 invested

*Full evaluation reports are available at www.lions-quest.org/evaluation-reports.

How Lions Can Help

Local Lions Clubs members play a fundamental role in the success of Lions Quest. Lions help introduce the program to new schools and can support in community-building and service-learning activities. Lions may apply for grants from LCIF to support program growth.



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