



Key Findings of Evidence Based Study

Evidence reports the implementation of the **be nice.** program:

- Increases mental health awareness and resources available among staff, students, and parents.
- Decreases the number of behavioral referrals and bullying incidents.
- Increases behaviors that prevent suicide.
- Increases feelings of school connectedness.
- Movement of school district towards a more positive school climate.

Evidence also proves this program works the best from the top down.

Concluding Statements

Based on the interviews conducted and data that has been analyzed for phases one and two, it is concluded by the researchers that the **be nice.** program:

- Fits well with other character-based programs and provides an opportunity for student leadership development.
- Is flexible in development from system to school and works in grades K - 12.
- Flows from being a classroom mental health education program at the elementary level to mental health awareness in high school.
- Provides a common language for everyone to talk about mental health.
- Is elemental in developing a positive culture and climate with an emphasis on compassion, understanding, and awareness among students.
- Has been strengthened by training and support from the MHF through online curriculum development and portal support for teachers and administrators.

All interviewees agree they should continue using **be nice.** in their schools.



powered by the mental health foundation of west michigan

The **be nice.** program encourages individuals to challenge themselves and others to seek appropriate professional help when they notice changes in their mental health.

Powered by the Mental Health Foundation of West Michigan, our upstream mental health and suicide prevention program encourages individuals to use our action plan effectively to notice, invite, challenge, and empower their peers, family, and friends.



notice what is right and different **invite** yourself to reach out **challenge** stigma **empower** yourself and others with knowledge and resources