

Kaiser Permanente Educational Theatre Program in Collaboration with Seattle Children's Theatre Introduces Free Program for High School Students Focused on Resiliency

Grades 9-12

Key concepts:

- You may not be able to change big life events but you can change how you handle the stress they cause.
- For some people, practicing meditation and exercise can help. Some people benefit from talking with others. Some may need professional support.
- Many people experience depression. Even though it's common, it's not always easy to talk about. We all can change that.



According to the National Alliance on Mental Illness (NAMI), 20% of youth ages 13-18 live with a mental health condition. Anxiety is the most common mental health disorder in the United States, affecting nearly one third of adolescents and adults. One in five youth ages 13-18 live with a mental health condition. Several key indicators point to a rising tide of anxiety and depression among young people.

Kaiser Permanente and Seattle Children's Theatre have partnered to create *Ghosted*, a one hour assembly designed for grades 9-12 to raise awareness about anxiety and depression and build resiliency. Students witness the journey of four young people and observe how the choices they make can have a lasting impact on their lives. The program supports the Health Education Standards and Social Emotional Learning Benchmarks for Washington State Public Schools in areas of mental, emotional and social health.

Ghosted and all supporting materials are offered free of charge to qualifying schools in areas across the state served by Kaiser Permanente Washington.

For more information please contact Scott Koh: (206) 443-0807 ext 1082 or scottk@sct.org.

The Play (30 minutes)

Ghosted shares the story of four students as they navigate through a single day of high school. When one of them experiences a bout of anxiety and is sent to the counselor's office, issues of friendship and honesty lead all of them to reveal hard truths about their personal experiences and lives. By focusing on their collective strengths the characters demonstrate tools to build resiliency.

The post play conversation (30 minutes) Following the play, the cast will engage with student audiences in a conversation about resiliency. The objective of the conversation is to further examine the themes of the play, de-stigmatize mental illness and offer students resources and additional information about healthy personal growth.

Supporting materials

In addition to the performance and post play discussion, each student will receive a *Ghosted* Student Guide and each teacher will receive a Pre and Post Play Teacher Guide designed to enhance the play-going experience and support additional conversations afterward.

Ask about our follow up workshops

We also offer one-hour post play workshops for a limited number of participants due to the interactive nature of the session. Students engage in drama activities designed to further the conversation about depression, stress and resiliency.

