

# The Schools of the Archdiocese of New York **Expand Resilience Support** with EmpowerU

## Strengthening Families and Boosting Student Well-Being through Innovative Engagement Programs

### SITUATION

With a need to support students in the development of critical resilience and life skills, the schools of the Archdiocese of New York (ADNY) integrated EmpowerU's Tier 1 Classroom Resilience Lessons into their summer programming. By utilizing available Title I funding, ADNY was able to offer this research-backed solution—proven to enhance student motivation, confidence, and well-being—to a select group of students.

After seeing notable outcomes, including 95% of counselors\* observing improved student behavior after just a few lessons, ADNY sought to broaden access to the program. Their goal was to extend the impact to school families, aiming to improve self-regulation and connectedness at home. By doing so, students would be better prepared, more attentive, and ready to learn in the classroom.



### PARTNERSHIP

As a long-time partner of Catapult Learning, the schools of the Archdiocese of New York (ADNY) were enthusiastic about expanding EmpowerU's mental health and resilience solutions to a broader segment of its community. With Title I funding available to kids specifically identified for additional support, ADNY implemented EmpowerU's Thriving Together family engagement program. This initiative allowed ADNY to extend resilience support throughout its community, particularly to those whose students were unable to participate in EmpowerU's Tier 1 Classroom Resilience Lessons.

In the summer of 2024, ADNY distributed Thriving Together activity books to 1,592 students and their families, with age-appropriate versions provided to elementary (1,211) and secondary (391) students. Each activity book offers hands-on, user-friendly activities designed to teach essential resilience and coping skills while fostering positive discussions, habits, and relationships within families. Participants engage in one 10-minute activity per week, utilizing a range of engaging media—such as digital calming tools, storybooks, and videos—accessible via scannable links.

*\* Data from 49/65 counselors who completed survey*



## RESULTS

The Thriving Together program was highly welcomed by families in the ADNY community. A total of 388 families actively engaged with the materials, including accessing digital storybooks, calming tools, and videos. This 24% engagement rate—double the national average for similar family engagement programs (12%)—reflects the strong resonance of the program within the ADNY community. Many families even opted to subscribe for additional resources, further underscoring the program’s appeal.

By extending mental health and resilience resources through Thriving Together, ADNY successfully provided families with valuable support. The program not only helped reduce stress but also strengthened family bonds and improved communication. By equipping families with tools and strategies to thrive, ADNY ensured that the impact of EmpowerU’s programming would last well beyond the classroom, fostering a more resilient and connected community.



### BY THE NUMBERS:



Counselors who reported noticeable improvements in student behavior after just the first few lessons of EmpowerU’s Tier 1 Classroom Resilience Lessons



1,592

Thriving Together activity books distributed to families to bolster family resilience



Family engagement rate compared to the national average for similar programs