



Science-backed EmpowerU elevates student behavior, mental well-being, and learning outcomes

Mental health challenges can present major obstacles to students' ability to learn and thrive in the classroom and beyond. With 40% of students citing experiencing feelings of sadness, it's essential that schools prioritize mental well-being in order to lay a solid foundation for both academic and emotional success. EmpowerU, Catapult Learning's comprehensive mental health program, is designed to enhance focus, confidence, and resilience—providing critical student support before more intensive interventions become necessary. A recent study confirms the effectiveness of the EmpowerU holistic approach and highlights its positive impact on student focus and well-being, further underscoring the benefits of the program's unique combination of classroom instruction, online lessons, and one-on-one coaching.

40%
of students cite
persistent feelings
of sadness or
hopelessness¹

¹ CDC Newsroom, *CDC Data Show Improvements in Youth Mental Health but Need for Safer and More Supportive Schools*, August 2024

Ensure every student succeeds with proven, easy-to-implement support

EmpowerU allows students to take charge of their mental health through a science-based program that builds resilience, hope, and intrinsic motivation. By focusing on goal-setting and reflection, students learn to manage their emotions, behavior, and well-being. The program integrates easily into district programs and services, scaling from Tier 1 prevention to Tier 2 targeted interventions to provide personalized support to those who need it most.

Laying the foundation for Tier 1 student resilience

EmpowerU uses a scientifically informed lesson structure that taps into student motivation, guiding them to take small daily steps toward their goals. Each resilience lesson drives behavior change by helping students:

- Learn a resilience skill
- Practice the skill through interactive activities
- Apply the skill to scenarios to cement learning
- Integrate the new skill into their daily life through reflection prompts that foster long-term growth

Implementing district-wide prevention and early intervention initiatives helps schools create a common language that boosts student confidence, well-being, and academic engagement.

Dr. Erica Fener Sitkoff, Ph.D.
Chief Clinical Officer, Catapult Learning

A recent study highlights the empirical impact of EmpowerU

A July 2024 study, “Evaluating a Tier 1 Resilience Program—EmpowerU,” provides proof that EmpowerU Tier 1 instruction effectively reduces at-risk behaviors and improves student resilience, coping skills, and academic persistence. Led by Jewel Jones, Ph.D, of Constructs & Concepts in Albany, Georgia, this research employed a quasi-mixed measure design inspired by Dr. R. Burke Johnson from the University of South Alabama and Dr. Anthony J. Onwuegbuzie from the University of Cambridge.

Fifth graders were randomly assigned to two classrooms of 19 students each, while eighth graders were placed in four classrooms with 9 to 10 students each. This approach created distinct control groups for outcome comparisons. Lessons were delivered to fifth graders in 30-40 minute classroom sessions over 11 weeks, and to eighth graders in health classes during the same period. Pre- and post-instruction, teachers completed the SAEBRS risk screener for each student, while students completed mySAEBRS screeners and the EmpowerU Starting Point Self-Reflection Assessment (SPA), which focused on four key areas:

- Personal wellness
- Emotional regulation
- Social confidence and connection
- Academic motivation and organization

The results show clear improvements in SPA scores, with students who received EmpowerU instruction outperforming those who did not.

Study highlights

Key takeaways from the report underline three positive impacts of EmpowerU Tier 1 instruction.

- **Demonstrated results**—Preliminary data shows measurable decreases in at-risk behaviors and higher goal achievement rates.
- **The power of self-help**—Through self-reflection and goal-setting, more than 82% of students made progress in their emotional and mental health development.³
- **The criticality of a holistic approach**—EmpowerU seamlessly integrates mental health support into the academic framework to foster holistic student development.

EmpowerU Tier 2: Tailored support for students with greater needs

The EmpowerU Tier 2 program is designed to provide personalized, one-on-one online asynchronous coaching to students who require more targeted support. This intensive intervention assists students who have not responded to Tier 1 instruction, giving them additional tools to successfully reengage at school and in life beyond the classroom. By addressing emotional, behavioral, and academic challenges early, EmpowerU helps to prevent issue escalation, maximize the capacity of school counselors and staff, and deliver the tailored support students need to thrive.

Closing the gap in mental health support resources

As student mental health challenges deepen, the need for effective interventions is urgent, but current infrastructures are far from adequate. While the recommended ratios are one psychologist per 500 students⁵ and one counselor per 250,⁶ actual ratios are 1:1,211 and 1:408 respectively. EmpowerU's Tier 2 program bridges this gap, delivering essential support through:

- **Expanded mental health capacity**—EmpowerU coaches extend a school's ability to address growing mental health needs, offering personalized daily feedback without straining existing resources.
- **Integrated one-on-one coaching**—EmpowerU incorporates daily individualized coaching into the curriculum, delivering a high level of support.

71%
of students noted
improvements
in behaviors²

82%
of students reported
progress on their
individual goals³

87%
of students
demonstrated fewer
at-risk behaviors⁴



² Measured by mySAEBRS screener

³ Measured by EmpowerU Starting Point Self-Reflection Assessment (SPA)

⁴ Measured by SAEBRS screener

⁵ National Association of School Psychologists, 2023

⁶ American School Counselor Association, 2023



90%

success rate in
preventing Tier 2
students' need for
Tier 3 services⁷



- **Clear visibility**—The Tier 2 program provides ongoing visibility into student progress and outcomes and enables direct collaboration with EmpowerU coaches through an easy-to-use dashboard.
- **Evidence-based success**—Data shows that 90% of students who complete the Tier 2 program avoid the need for Tier 3 services,⁷ highlighting the effectiveness of personalized coaching and a resilience-focused curriculum.

Specialized support uplevels student motivation and academic outcomes

EmpowerU's Tier 2 program, with its student-centric design and highly supportive approach, demonstrates effectiveness in three key areas.

- **Goal achievement**—More than 90% of students show measurable progress from pre- to post-assessments.⁷
- **Positive impact**—93% of students report EmpowerU significantly improves their overall well-being.⁷
- **Valuable one-on-one coaching**—89% of students find one-on-one coaching essential for advancing toward their personal goals.⁷

Building resilience and brighter futures

EmpowerU stands apart from other student mental health support offerings by providing a comprehensive, research-backed approach that fosters resilience and emotional well-being. By seamlessly integrating science-based curricula and personalized coaching within existing frameworks, EmpowerU provides the right tier of support, at the right time, to strengthen student mental health and long-term academic success.

empoweru

Discover how EmpowerU, Catapult Learning's mental health and resilience solution, helps pave the way for positive student outcomes by visiting catapultlearning.com/empoweru/

⁷ Statistical analysis of compiled data from EmpowerU user surveys conducted between 2022 and 2024