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Global Impact Analysis

Four Pillars of Wellbeing

Problem Summary & Solution

What is the global challenge we are addressing?
What is our proposed solution to this challenge?



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The second leading cause of young adult death is suicide (WHO, 2020)

1:7 children suffer from a diagnosable mental/emotional illness. ([WHO, 2022](#))

The leading cause of childhood disability is depression. (WHO, 2021)

Prevalence of childhood depression & anxiety has **increased by 50% over 10 years.** (CDC, 2021)

In 2019, 1 in 3 high school students had persistent feelings of sadness or hopelessness, **a 40% increase since 2009.** (CDC, 2022)

In 2019, 1 in 6 youth reported making a recent suicide plan, **a 44% increase** since 2009. (CDC, 2022)





The third leading cause of adult disability is mental/emotional illness. [\(WHO 2020\)](#)

1 in 8 adults globally suffer from diagnosable mental/emotional illness, including stress and workplace burnout. [\(WHO 2022\)](#)

Up to 90% of people see significant improvement in mental/emotional illness with training & education. [\(NAMI 2023\)](#)

\$300 billion in lost productivity each year due to preventable mental/emotional illness. [\(NAMI, 2018\)](#)

71% of employees working in high performance organizations struggle with anxiety and depression. [\(CDC 2018\)](#)

Workplace anxiety and depression **reduces workplace performance and efficiency in 35% of employees.** [\(TH.ORG, 2022\)](#)

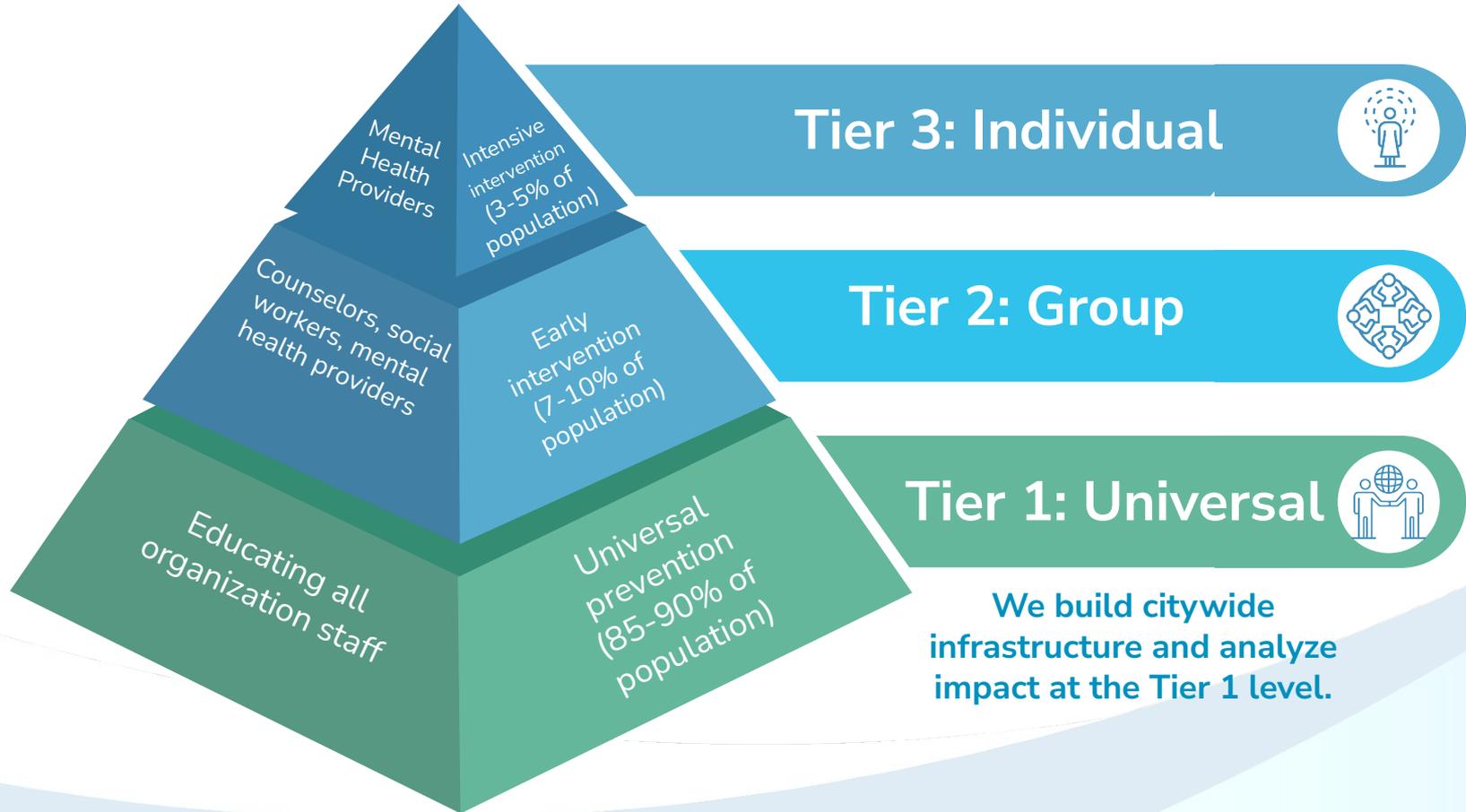
The solution is **Tier 1** mental health support.

[mentalhealth.gov](https://www.mentalhealth.gov), 2019)

- Significantly increases **academic performance**, reduces stress & anxiety. ([Durlak, et al., 2011](#))
- Positive impact on mental health lasts for **up to 18 years** post intervention. ([Taylor, et al., 2017](#))
- Average per-school ROI is **\$11 for every \$1** spent. ([Columbia Univ., 2015](#))
- Significantly **reduces large-scale poverty**. ([Brookings, 2015](#))
- Successful interventions at early ages predict long term **wellness into adulthood**. ([Jones et al., 2015](#))



Three Tiers of Mental Health Support



The Four Pillars of Wellbeing Framework

Our program framework is based on one of the most well-established approaches to Tier 1 mental & emotional health support in the field of psychology. It combines mindfulness & emotional intelligence skills to provide a comprehensive mental health learning experience.

[\(Davidson, 2020\)](#)

Mindfulness



Community



Self Curiosity



Contentment



Level 1 Analysis: Contentment Foundation Global Impact

The Four Pillars of Wellbeing has found a home in many different cultures around the world. This section describes our current global presence, impact, and implementation fidelity statistics.



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Our programs are actively implemented in schools in **9 countries** and **40+ cities, towns, & refugee communities** within these countries. These include the USA, Bhutan, Kenya, Uganda, Singapore, Indonesia, the UK, and The Netherlands.

- **USA:** 51 schools
 - New York City
 - Los Angeles, CA
 - Siskiyou County, CA
 - Tampa, FL
 - Scranton, PA
- **Bhutan:** 65 schools
 - Paro City Area
 - Samtse Region
- **Kenya:** 29 schools
 - Nairobi Area
 - 17+ Districts
- **Canada:** 1 school
 - Ontario
- **Singapore:** 3 schools
- **Netherlands:** 1 schools
 - The Hague
- **Indonesia:** 1 school
 - Jakarta
- **India:** 1 school
 - Surat City
- **Uganda:** 6 refugee communities
 - Kampala (2)
 - Totya Platform
 - Bidibidi Settlement
 - Rwamwanja Settlement
 - Tongogara Camp



The Four Pillars has been successfully rolled out in **240 school communities** over the past **7 years**. Currently, we are actively engaging with **150+ school communities**, representing **130% growth** in the past 12 months.

- **Educator Impact:** 7500 directly trained.
15,000 partially trained and/or indirectly impacted by 4PWB.
- **Student Impact:** 75,000 directly taught.
226,000 indirectly impacted by 4PWB.
- **Family Members Impacted:** 249,000 directly impacted via family program.
966,000 estimated family indirect impact.
- **To-date Direct Impact:** 331,500 students, teachers, & family members.
- **Total Direct & Indirect Impact:** 1.2 million students, teachers, & family members.



Our Cities of Wellbeing program scales the Four Pillars of Wellbeing at the District and City levels. We currently have **5 Cities of Wellbeing Projects** across different phases of growth.

- **Paro, Bhutan:** 100% of Paro's 42 schools are actively participating in 4PWB, along with Paro College of Education, which trains every teacher in the country in the 4PWB. Formal government endorsement and partnership achieved on a national level.
- **Siskiyou County, CA, USA:** 30% of Siskiyou County's 40 schools are enrolled in 4PWB training. Formal countywide endorsement and partnership achieved.
- **Nairobi, Kenya:** 25 of Nairobi's 2000+ schools are enrolled in 4PWB training. Seed stage City of Wellbeing Project launched in 2023 with a formal partnership with the Kenya Education Fund.
- **Los Angeles, CA, USA:** 15 of LAUSD's 1800 schools are enrolled in 4PWB training. Seed stage City of Wellbeing Project launched in 2023 with an informal partnership with LAUSD.
- **New York, NY, USA:** 10 of NYC's 2200 schools are enrolled in 4PWB training. Seed stage City of Wellbeing Project launched in 2022 with an informal partnership with NYC DOE.



224

Classroom lesson plans available on digital platform.



140+

Training videos, audios, & workbooks available on platform.



48

School climate metrics collected in wellbeing analytics system.



40+

Wellbeing Library articles published in our digital platform.



1-18 years

Age ranges covered in our 4PWB student lesson plans.



7

Developmental age group categories for lesson plans.



4 hours

Time required to complete 4PWB digital training.



20-30 min

Time required for each 4PWB classroom lesson.



We track usage statistics of our digital learning platform in every school we partner with. Schools with little to no access to the Internet or digital technologies are analyzed and managed manually.

- **Training Videos Watched:** 87,000+ views.
- **Student Lesson Plan Usage:** 32,000+ views/downloads.
- **Platform Access:** 12,000+ total educators, staff, and family members have logged into digital platform.
- **Digital Learning Impact:** 10,000+ Educators trained using our digital platform.
- **Wellbeing Library Access:** 3000+ Wellbeing Library articles read/downloaded.
- **Advanced Certifications:** 1000+ Wellbeing Team Champions received live training.
- **Wellbeing Survey:** 717 educators and staff have tracked their personal wellbeing.

4PWB Classroom Usage & Completion Rates



>53%

Of students use practices from the 4PWB at least once per month.



4 hours

Average time per week that educators spend using the 4PWB for their personal lives.



3.5 hours

Average time per week that students spend using the 4PWB in classroom activities.



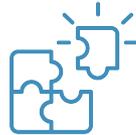
18 hours

Average amount of time per year spent on directly teaching the 4PWB in the classroom.



73%

Of educators finish learning at least one pillar online.



28%

Of educators finish learning all four pillars online.



>80%

Completion rate of live advanced certification program.



>90%

Of active schools have at least one advanced training champion.

Level 2 Analysis: School Outcome Data & Internal Studies

Here we showcase some our published, peer-reviewed results on the impact of our work. We actively collect outcome & implementation fidelity metrics on all participating schools.



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Overall Experiences in Classrooms

Our teachers, families, and students have had an overwhelmingly positive experience learning and practicing the Four Pillars of Wellbeing.



87%

Of educators surveyed said that the 4PWB practices benefitted their students' lives in class & beyond.



86%

Of educators surveyed reported that the 4PWB benefitted their lives personally outside of school.



84%

Of schools surveyed said that the 4PWB positively impacted their staff members professionally.



77%

Of schools reported that the 4PWB positively impacted families and their relationships to them.

School Outcomes from Active Studies (Part 1)

Our Wellbeing Analytics System provides us with valuable information about how school climate is impacted by the Four Pillars of Wellbeing rollout.



54%

Reported an increase in overall wellbeing.



51%

Reported improvements in classroom climate.



63%

Reported improved relationships among students.



62%

Reported reductions in student bullying.



63%

Reported increase feelings of belonging among students.



60%

Reported improvements in student collaboration.



63%

Reported improvements in student compassion.



61%

Reported improvements in educational quality.

School Outcomes from Active Studies (Part 2)

Our Wellbeing Analytics System provides us with valuable information about how school climate is impacted by the Four Pillars of Wellbeing rollout.



70%

Reported increases in job satisfaction.



60%

Reported improved relationships among staff members.



62%

Reported improvements in staff collaboration.



61%

Reported improvements in classroom behavior.



59%

Reported improvements in staff compassion.



62%

Reported increased belonging among educators.



47%

Reported increases in educational efficacy.



1.6x

More likely to improve wellbeing by studying 2 or more pillars.

School Outcomes from Published Studies

We have published two case studies on the 3-year effectiveness of the Four Pillars of Wellbeing in our longest-running partner school. Statistically significant results below.



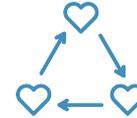
Emotional intelligence skills.



Felt experience of contentment in life.



Teacher efficacy in the classroom.



Relationship satisfaction.



Job satisfaction among educators.



Self-compassion.



Psychological wellbeing.



Rates of burnout.

Level 3 Analysis: Global Outcome Data & External Studies

All of our programs and services are based on rigorously studied, clinical-grade approaches to mental health and wellness from over 1000 peer-reviewed randomized, controlled trials. Here we showcase the more robust and stable outcomes of these practices.



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Academic Outcomes from Tier 1 Mental Health

Over 1000 studies around the world make it clear that Tier 1 mental health & emotional support systems for schools have major impact on academic outcomes.



523

Studies demonstrated overall improved academic achievement for emotionally well students.

[\(Durlak & Mahoney, 2022\)](#)



476

Studies analyzed together found that Tier 1 programs improve math & reading performance.

[\(Greenberg, 2023\)](#)



424

Studies aggregated from 52 countries showed improved whole school functioning.

[\(Cipriano, et al., 2023\)](#)



82

Studies demonstrated that the overall boost in academic performance can last up to 18 years post intervention.

[\(Taylor, et al., 2017\)](#)

Tier 1 Mental Health & Community Outcomes

Over 300 studies demonstrate that Tier 1 mental health & emotional support systems for schools have major impact on health, wellness, and safety.



177

Studies show overall that early mental health intervention in children dramatically improves health outcomes.

([Durlak, et al., 1997](#))



112

Studies analyzed together showed significant reductions in anxiety and stress for students.

([Clarke et al., 2021](#))



64

Studies show in aggregate that mental health is boosted by community training and whole-school support.

([Harandi, et al., 2017](#))



47

Studies found overall that Tier 1 support systems improved school climate and safety for low-income school districts.

([Farahmand, 2011](#))



43

Studies together show that training teachers in mental health education significantly improves health outcomes for students.

([Sanchez, et al., 2018](#))

Mindfulness Outcomes for Children & Families

Here we look at 100+ studies that found how simple mindfulness interventions promoted mental health, wellness, and safety in children & families.



33

Studies show overall that early mindfulness interventions reduced depression and anxiety in children.

([Dunning, et al., 2019](#))



25

Studies analyzed together found that mindfulness reduced parenting stress and child conduct issues for families.

([Burgdorf et al., 2019](#))



21

Studies showed in aggregate that mindfulness improved attention and reduced hyperactivity in children.

([Vekety, et al., 2021](#))



21

Studies showed overall that mindfulness interventions improved peer relationships in schools.

([Dai, 2022](#))



11

Studies together showed how mindfulness interventions were helpful for children with existing mental illness symptoms.

([Kallapiran, et al., 2015](#))

Here we look at 200+ studies that focused on the impact of emotional intelligence interventions to promote mental health, wellness, and safety in children & families.



158

Studies show overall that EI interventions improve academic performance and social relationships among students.

[\(MacCann, et al., 2019\)](#)



46

Studies analyzed together found that emotional intelligence predicted improved mental health and wellness.

[\(Martins et al., 2009\)](#)



44

Studies showed in aggregate that emotional intelligence is associated with overall human health.

[\(Schutte, et al., 2007\)](#)



43

Studies showed overall that increased emotional intelligence predicts improved job performance for adults.

[\(O'Boyle, et al., 2011\)](#)

Level 4 Analysis: Schools of Wellbeing Anecdotal Evidence

The stories of positive change from our global schools are profound. Our Schools of Wellbeing Series follows diverse classrooms around the world as they adopt the Four Pillars of Wellbeing.



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See Our Videos for Further Information

We are proud of our lighthouse schools for leading the way in Tier 1 mental health implementation on a global and cross-cultural level. Learn their stories by following the links.

Middleton International
School, Singapore

Excel Christian Academy,
Lakeland, Florida

P.S./M.S. 124, Queens,
NYC

Country Day World
School, Largo, Florida



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