

# On Our Sleeves® Impact Report

## THE STORY OF ON OUR SLEEVES

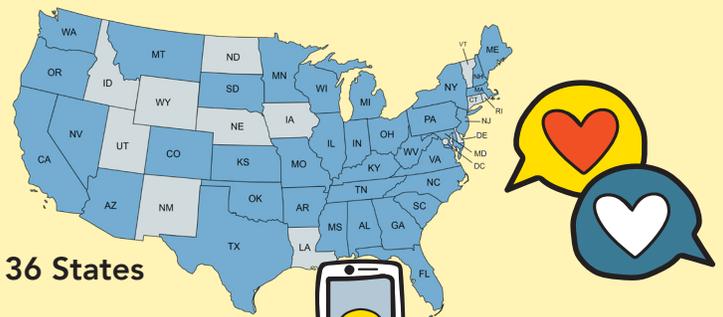
The *On Our Sleeves* movement was started in 2018 at Nationwide Children’s Hospital. Dayton Children’s joined the *On Our Sleeves* alliance in the spring of 2021 by becoming a licensee partner. Through funding from the Montgomery County Alcohol, Drug Addiction and Mental Health Services of Dayton (ADAMHS) and the AES Ohio Foundation, we launched a movement to provide free educational resources to our community and break children’s mental health stigmas.

*On Our Sleeves* at Dayton Children’s is focused on empowering adults to feel confident and comfortable with discussing mental health and wellness with the children in their lives. By reaching out to community organizations, school systems, healthcare providers, patient families, caregivers and parents, we are working to build a world where mental health is part of the upbringing of every child.



## By the Numbers

### Members of the Movement



36 States

Social Media Reach  
**1.1 million impressions**

Community Presentations  
**25+**

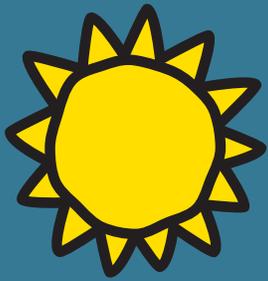
## Top Articles

**Having Conversations** The more that having conversations becomes a natural part of family life, the more likely parents will be able to notice changes in a child’s behavior.

**Dealing with Pressure** Teaching children constructive ways to handle pressure does wonders for their performance and their mental health.

**Getting Mentally Fit** Just like physical fitness, being mentally fit can help children experience more positive relationships, a sense of purpose, and support during hard times.

**Helping Your Child While Waiting for Therapy** If a family is on a waiting list for therapy they can use this guidance to prepare a child for their professional therapy appointment which can make a big difference in their stress and overall outcomes.



"It's always good to have resources to support conversations I have with kids every day! Young people need to know they are powerful as thinkers who can process their world, balance their emotions, and find balance for themselves each day. *On Our Sleeves'* resources will continue to fuel me with tools to support all the kids I spend my days alongside."

— Stacey Reeder

"I joined *On Our Sleeves* because my personal experiences has shown me that mental health is a real, valuable, important, and also is an aspect that often times is overlooked and deemed inappropriate. All the resources and support in this area help to change lives everyday, and I want to be a part of that change to make the world a brighter place."

— Casandra Goldy

## Conversation Starter Cards

Building a strong foundation for communication is made simple with the *On Our Sleeves* Conversation Starter Cards. Each pack of cards features dozens of icebreaker questions to make starting a conversation easier for people of all ages. There are several versions of Conversation Starter Cards, including the original pack, the exploring a child's interests pack, and the conversation starter cards for counselor's pack.



"Our kiddos were so happy to read the cards and answer the questions. It helped us all connect and learn more about each other. I think this helped the kids feel like they were a bigger part of our family."

## Emotion Explorers: Activity Book

The Emotion Explorers Activity book is filled with emotion-empowering activities and offers a space for kids to get creative and identify feelings.



"My kids didn't want to stop using their activity books at bedtime. Then they went right back to them first thing in the morning!"



## Advertising Campaign

*On Our Sleeves* has launched two major billboard campaigns across 4 counties (Montgomery, Greene, Miami and Clark) featuring messages to educate and empower adults to have conversations with kids and explore emotions.

**How were you kind to someone today?**

ON OUR SLEEVES | dayton children's

**I look mad.**  
But really, I'm feeling scared.

ON OUR SLEEVES | dayton children's

Because kids don't wear their thoughts on their sleeves

**Name 3 things you are thankful for**

ON OUR SLEEVES | dayton children's

**I look distant.**  
But really, I'm feeling anxious.

ON OUR SLEEVES | dayton children's

Because kids don't wear their thoughts on their sleeves

# On Our Sleeves in the Schools

180 SCHOOLS

50%  
elementary

20%  
middle  
school

18%  
other

12%  
high  
school

## Classroom Champions

300+  
members

Classroom Champions is a community of educators and teachers who are committed to helping their students with mental wellness. All Classroom Champions receive free classroom activities, lesson plans and other resources from our experts to boost the mental wellness of kids in all grade levels.

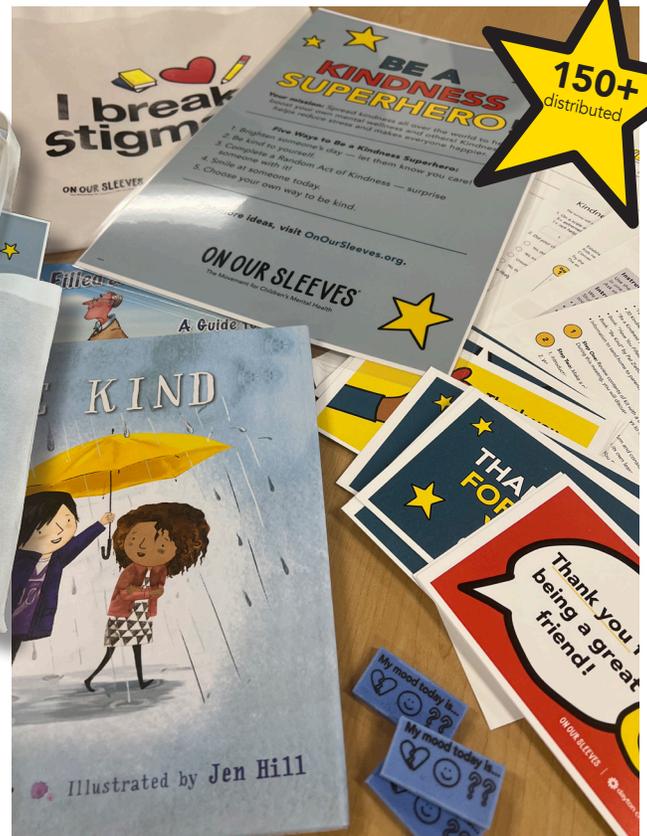


Sign up for  
Classroom Champions

## Classroom Kits

Social-emotional learning is not just a requirement in today's classrooms, it's an opportunity for educators to impact the lives of the students they encounter. The *On Our Sleeves* classroom kits make mental health in the classroom more effective by providing a detailed curriculum on kindness, step-by-step instructions for activities, books, prizes and hands on training to empower teachers. New classroom kits with new mental wellness topics are being developed for release soon.

150+  
distributed



*"This program has made a huge impact on myself, my staff, my students and families. I am very thankful for finding this resource."*

*"I had a great experience. As a school counselor at an elementary school I try to take advantage of the many online resources available and sign up for many email although many of them get ignored due to lack of time or lack of quality material, I NEVER ignore my On Our Sleeves email. The resources are great."*

# Meet your *On Our Sleeves* Champion Emily Weitz, LSW



As a licensed social worker with more than eight years' experience working with children and families, Emily Weitz was already excited about the *On Our Sleeves* program when she first heard about it. Now, she leads the *On Our Sleeves* program as a content-expert, community outreach coordinator and overall champion for children's mental health.

Through the *On Our Sleeves* campaign at Dayton Children's Hospital, Emily is working to provide free mental health educational resources to families in the Dayton region. Emily's goal is to give caregivers the tools to feel empowered to help their children overcome basic life struggles.

## Donors and Funding



We thank our donors for their generosity and for ensuring that *On Our Sleeves* resources can remain free. With all the donations since 2021 we have been able to promote the movement for children's mental health and wellness.



## Community Partners



Scan to join



Learn more and join the movement at [childrensdayton.org/onoursleeves](https://childrensdayton.org/onoursleeves)

