ABOUT

The Elevate Foundation is a not-for-profit organisation which was founded in 2017. We fund youth mental health and well-being experts to deliver programmes, talks, workshops, campaigns and events for young people throughout Co. Clare. Elevate is now approaching its third year in operation and continues to fund a multifaceted wellness programme for young people in secondary schools. Since our launch we are honoured to have funded wellness programs for over 7,906 young people in Co. Clare. We utilise highly qualified expert independent organisations and professionals specialising in youth wellness and mental health. For information on our 4 key offerings to schools, check out the following pages of this document.

While Elevate actively connects with young people in participating secondary schools and Youthreach centres, the foundation also continues to explore other avenues to reach out to young people in Clare through a variety of youth projects.

All information on our youth projects can be found on our website www.elevatefoundation.ie
OUR PLANS FOR 2019/2020

As the academic year is well underway we have now finalised our schools programme and will be liaising with all Secondary Schools in Clare in the coming weeks to commence bookings. We look forward to another successful year and continue in our endeavour to raise the banner for youth wellness. We aim to continually build on our understanding of the mental health issues affecting young people in Clare so that our programmes connect with them in the most meaningful practical way to support their journey through life.

We are also stepping into a process to explore and better understand the mental health resources currently available to young people in Clare. This includes undertaking research around the potential to campaign for a Jigsaw unit in Clare as we are aware that counselling services are under severe pressure in the county. We believe that a safe and confidential space where young people can access a wide range of mental health supports is vital. If you are a Principal or teacher based in a secondary school in Co. Clare and think any of the below four offerings would be of benefit to the students in your school we would be hugely honoured to 100% fully fund these options so that your school doesn’t incur any cost whatsoever.

OUR PROGRAMME - 4 KEY ELEMENTS

Four elements make up our offering of the Elevate programme for the school academic year 2019/2020. These elements will be delivered through secondary schools, Youthreach centres and/or youth organisations wishing to participate. The Elevate Foundation is committed to the young people of Clare and will endeavour to promote and support youth wellness and mental health.

1. SOAR WORKSHOPS

Soar is a registered charity that delivers early-intervention, preventative wellness workshops for young people, delivered by highly trained and passionate facilitators.

For more information on Soar go to www.soar.ie

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**Secondary School Program**

**WHO?**

**TRANSITION YEAR**

**WHAT?**

**WELLNESS WORKSHOP**

Soar’s TY workshop encourages young people to see value in their individuality, to think about setting goals, step out of their comfort zone & realise their full potential. Open discussions are supported within a safe environment to increase self-confidence, responsiveness & self-belief.

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**VICE**

**WHO?**

**3RD YEARS**

**WHAT?**

**BOY’S WORKSHOP**

Vice is an experiential workshop available to 3rd Year boys that dismantles stereotypes. It starts conversation so that each boy can rewrite the rules on what it means to be a man. This leads to the building of healthy traits that strengthen resilience.

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**STRIPPED**

**WHO?**

**5TH YEARS**

**WHAT?**

**GIRL’S WORKSHOP**

Stripped is a workshop that strips back societal expectations, judgements and barriers & empowers young women to explore their own self-worth. It creates a space in which girls can explore themselves wholly, without judgement and develop their self-confidence & emotional well-being.
2. MINDFULNESS WORKSHOPS
The mindfulness workshop is delivered by Ms. Monica Coady and consists of a six-week course based on the .b mindfulness programme. Elevate will offer the course to first year students in secondary schools and to young people attending Youthreach centres in Co. Clare. The workshops will provide a brief introduction to mindfulness and offer activities that will focus on developing both formal and informal practices, such as short meditations and experiences of objects in the environment. The workshop intends to equip participants with skills to enable mindful practice at any given time in the future. These skills can help young people perceive situations positively and to respond wisely to stressful events instead of reacting.

For more information on the .b mindfulness programme go to www.mindfulnessinschools.org

3. INSPIRATIONAL SPEAKER
Our inspirational speaker for 2019/2020 will be Clare native, Tony Griffin. Tony grew up in Co. Clare dreaming of playing Ireland’s national sporting game Hurling at the highest level, winning an All-Star in 2006. Tony then cycled 7000 kms across Canada while fundraising 1 million euro for cancer charities. He co-founded the multi-award winning Soar Foundation which is a pioneering emotional and mental health organisation focused on developing teenager’s resilience and character which has gone on to impact the lives of tens of thousands of young people in Ireland. After scaling the heights of his dreams, a battle with depression brought his study of the human condition deeper. In this talk Tony will focus on the concepts of acceptance, grit, resilience and mind-set as tools that young people can draw on for the rest of their lives as an antidote to periods of mental health difficulty but also as co-ordinates to the territory of their own dreams.

To book Tony for January 2020 email sharon.elevatefoundation@gmail.com

4. WORKING THINGS OUT 2 IN ASSOCIATION WITH CLARECARE
The Clarecare Springboard Family Support Project will deliver the Working Things Out 2 (WTO2) workshop to participating 2nd Year students and Youthreach centres. This is an evidence-based workshop based on cognitive behaviour therapy (CBT) principles. It is a preventative workshop aiming to promote positive mental health and teach coping skills to overcome specific problems. Mental health issues that are commonly experienced by young people are discussed and means of accessing support are provided.

For more information go to www.clarecare.ie
ELEVATE’S SCHOOL PROGRAMME IN NUMBERS 2017 - 2019

We have worked with over 7,906 young people in Co. Clare since our launch in 2017. As well as operating in secondary schools throughout Co. Clare and YouthReach centres we run our annual YOUTHFEST free wellbeing events, which are hugely inspirational and fun days for young people. We also have a social media audience of 6,181 people and a strong growth evident each week. We aspire to use our voice to engage with young people in a positive and meaningful way.

Elevate is also involved in funding other youth projects and events in Co. Clare. We have funded counselling services, trips to adventure centres for vulnerable teenagers, social media campaigns to support exam year students and the annual YouthFest well-being festival over two consecutive years, plus much more. For more information go to www.elevatefoundation.ie.

HOW TO APPLY

To register your interest for the coming academic year 2019/2020 please email Sharon Connellan at sharon.elevatefoundation@gmail.com