

GRIT

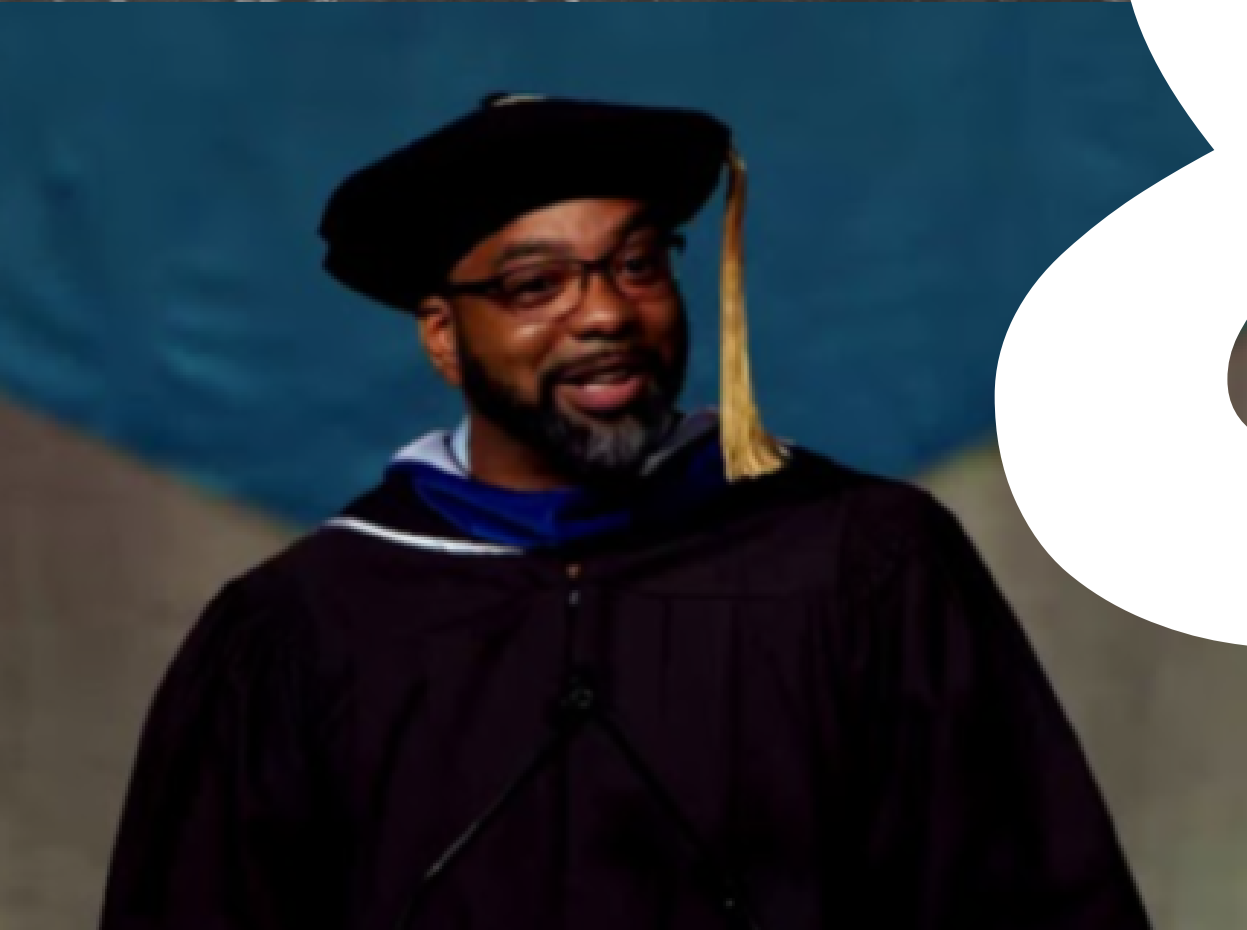


a story



a vision





Big Dreams

My biggest dream is to become a stock broker.

- to succeed
- Make my parents proud
- To become rich
- to be a basketball player
- to become a nurse



why?

&

**mental wellness
isn't just
aspirational.**

it's achievable.



but you gotta have

GRIT



introducing

2025

GRIT



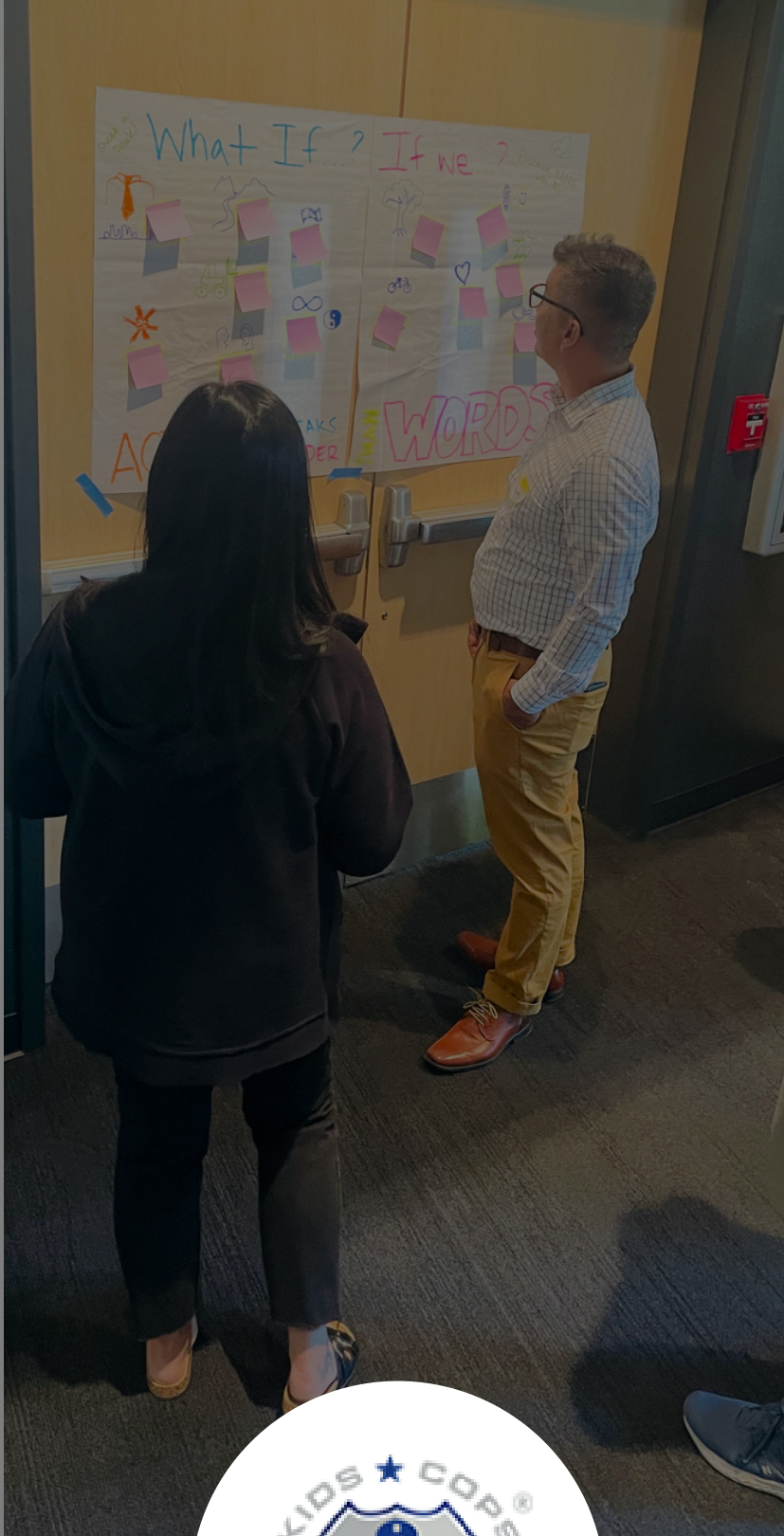
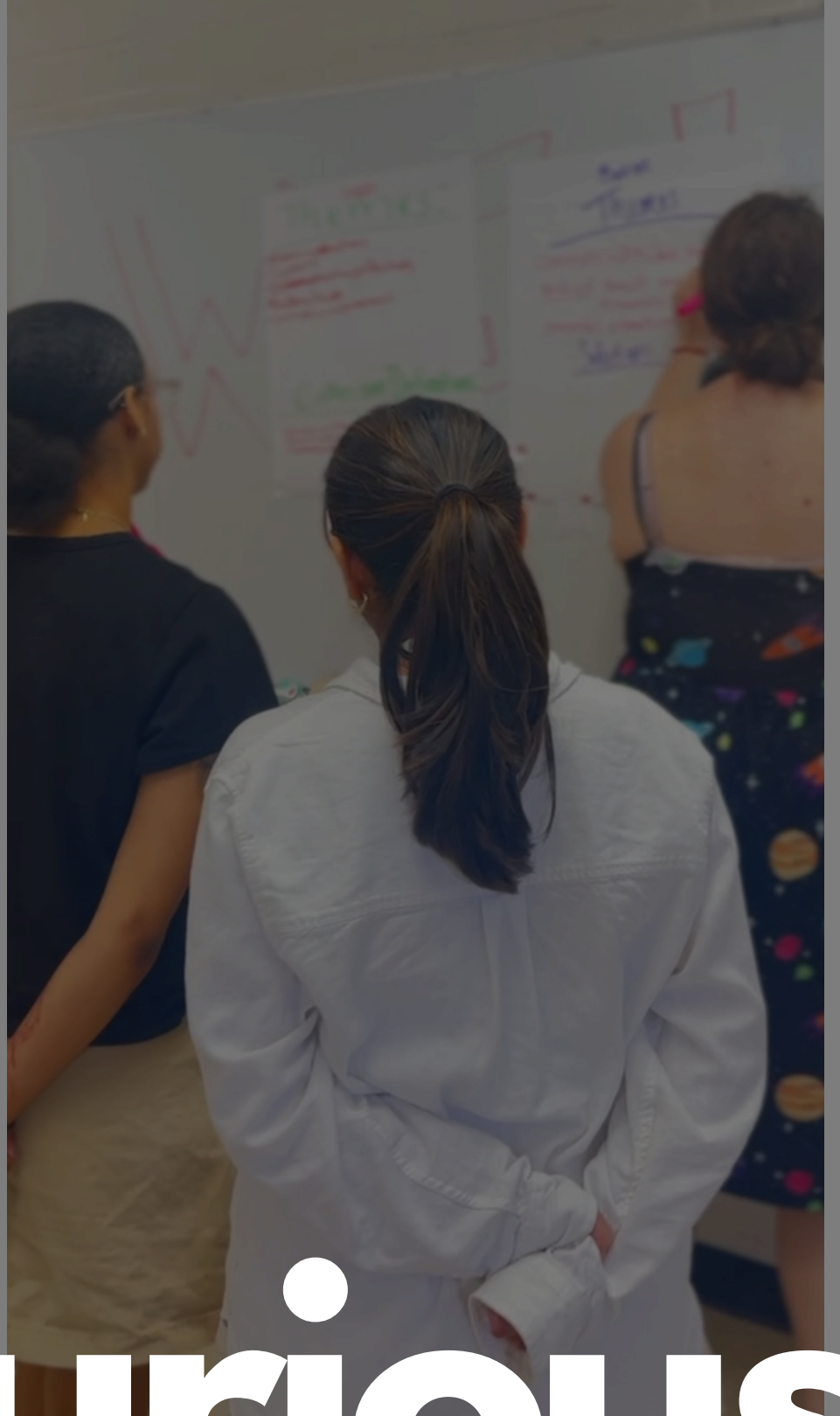
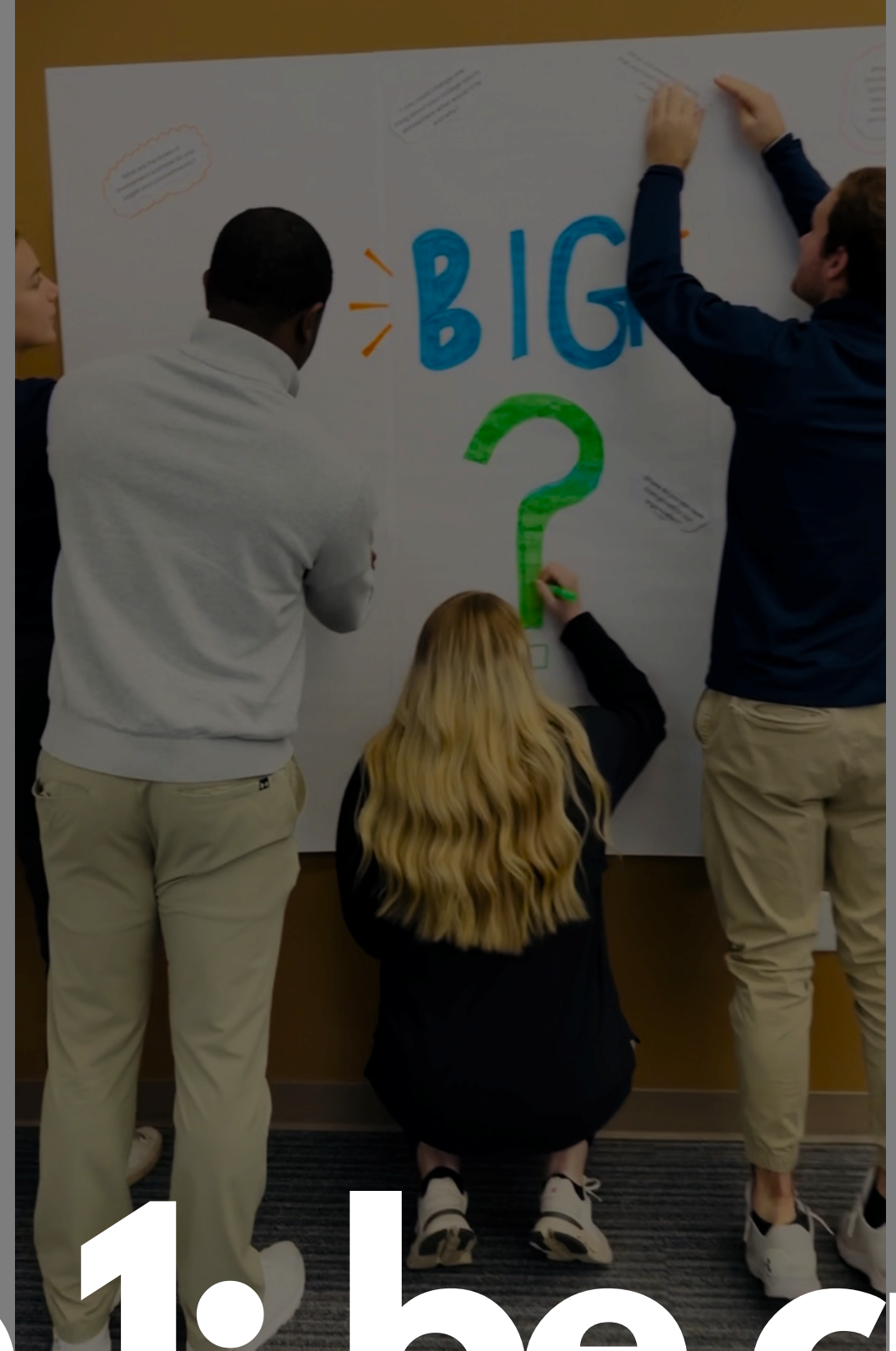
**our new
mental wellness initiative**

it's for you.
it's for PAL youth.
it's for me.



GRIFF is for all of us.





step 1: be curious

program development



staff survey



- **70% of PAL staff express a desire for support groups & stress management workshops.**
- **56% want training on how to handle children's mental health issues.**
- **54% are interested in access to counseling services.**
- **46% want educational programs focused on MH topics.**
- **30% frequently experience stress or feel overwhelmed at work.**



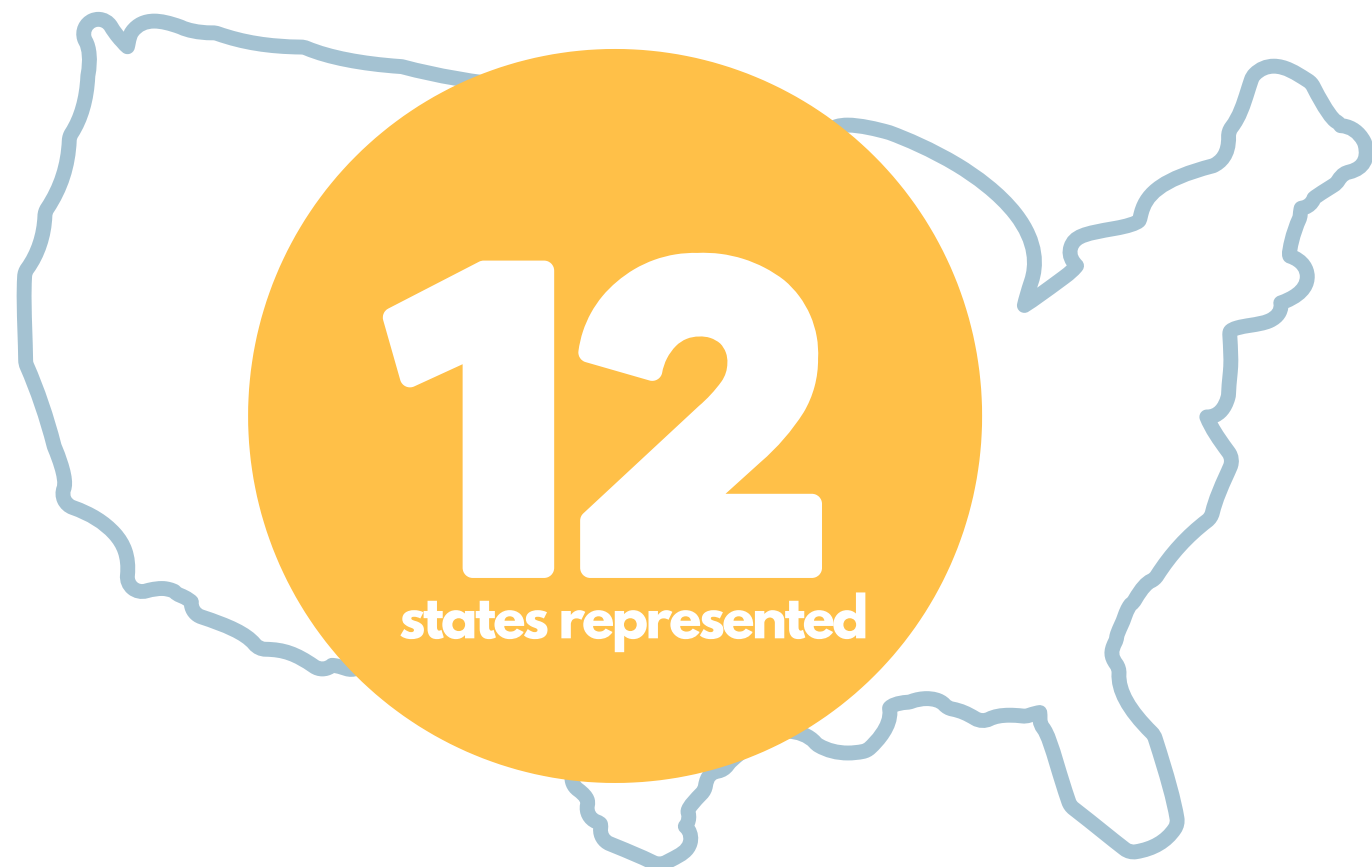
results show interest & demand for mental wellness initiatives



youth data



- **focus groups**
- **surveys**



What's a challenge you're working to overcome right now?

Answered: 96 Skipped: 3

increasing social connection and being better at putting my name out in the world

3/10/2025 02:03 PM

Laziness and burnout

3/10/2025 02:02 PM

Not stressing myself out and taking a break when I need to

3/10/2025 02:02 PM



step 2: build program

program development

principles



G

growth mindset

R

resilience

I

initiative

T

tenacity

core components

- **Psychological First Aid**
- **National GRIT Playbook**
 - **Lessons, activities, resources**
- **On-call NPAL support**
- **In-person & Virtual Field Trips**





summary

- **GRIT will address mental wellness for staff & youth**
- **GRIT will provide ongoing opportunities for professional development and peer support**
- **GRIT empowers young people to better care for their own mental health & achieve their big dreams**



youth survey

