

iNDIEFLIX

# Angst

## Building Resilience

An element of the CalHOPE Student Support Initiative

### An Easy-Implementation Guide for Districts and Schools

Made possible by our partners



# Congratulations!

Your district has registered so your school now has access to the

## Angst: Building Resilience Program

- X This is a film-based mental health support program that directly addresses anxiety, its causes, and provides healthy coping strategies.
- X The program includes a **43-minute film**, SEL activities, and discussion guides and can be presented in class to students and to parents through school screenings.
- X School administrators, please choose up to **5 staff members (teachers, counselors, etc)** who will register to implement the program. Each staff member that registers has unlimited access to the program **between now and December 31, 2022.**
- X Please be sure to notify parents/guardians in advance about the Angst program and the voluntary, anonymous follow-up survey and allow them to opt their children out, if they choose. In concurrence with state policy for student surveys, we've taken the liberty to provide [this sample letter](#) to notify parents should you need it.

# Getting Started - creating user access

1. **To access the 5 registration accounts, have the 5 users click the “Click Here to Watch the Film” button** on the dashboard to create an account. Using their email address as username makes it easy to remember.
2. **Users should write down** their username/password, as this is needed to login for the future.
3. **Hit Unlock!** Now they have access anytime to the dashboard which includes the film, discussion guides, SEL activities, and the survey. Each account gets full access to the program until December 31, 2022.
4. **Review the tabs** on the dashboard for more ideas.

# Remember...

**The film is just *PART* of the equation to making a lasting impact.**

- X* The dashboard can be accessed anytime, without limit. *Please take advantage of it!*
- X* After each screening, viewers should use the QR code or link to **complete a 2-minute post-screening survey.**
- X* When the screening is finished, feedback as the administrator (teacher, counselor, etc...) is equally as valuable. **Please take 5 minutes to provide your thoughts.**

# For Teachers: How to Engage Your Students!

- X **Get your kids excited about the program.** Click [HERE](#) for posters, email templates, and other marketing materials to help bring attention to this initiative. Have students watch the [#WhatIsYourWord video](#) that shares perspective from California youth.
- X **Download the [classroom discussion guide](#)** to get ideas on setting the stage before you show the film and for after - ideas you can discuss.
- X **Watch the :43 minute film** in one class period and then leverage the discussion guide and SEL Activities directly after the film or over several class periods.
- X **Choose from the 3 [SEL Activities](#).** Using Mindfulness to slow down and refocus; Turn Negative Thought into Positive Action, or My Action Plan.
- X **Have your students take the viewer survey!**

# Share with Parents

*When parents are aware about anxiety, they can help.*

- X Pick a date to host a parent night viewing.** Perhaps piggyback off of monthly awareness themes?
- X Use the [email snippets or artwork](#)** to promote via email or social media.
- X Pick a panel** to facilitate the post-screening conversation, use [this guide](#) for ideas.
- X** On the night of your event, welcome everyone, show the film and discuss with your panel, use [this guide](#) for discussion topics.

*Don't forget to have them use their phones to take the 2-minute survey. Go back to the dashboard and share the screen for the QR code.*

# Another way to provide a viewing:

- x California Residents may access the film from **3pm -2am Pacific Standard Time**.
- x The film will be available every **First** and **Third Wednesday** of the month through **December 31, 2022**.
- x They will need to register for a free account
  - o to gain admission to the film direct them to [this page](#) & click the button to register and watch the film.

*Don't forget to have them use their phones to take the 2-minute survey. Go back to the dashboard and share the screen for the QR code.*

# What about you and your colleagues?

*Create a space to support one another.*

- X **Create a monthly check-in**, either virtually or in person. Break it up by department or keep it general.
- X Kick it off with sharing the film and watching together!
- X Just like a book club, **host the conversation**. [Here are tips](#) for a great discussion.
- X **Use the [SEL Activities](#) for you.**



# Need more ideas?

*Join the weekly best practices call via zoom every Wednesday at 3:30 pm PST!*

## **Join Zoom Meeting**

<https://us02web.zoom.us/j/87987429027?pwd=VkpOZDNEQkQrb2llbGpLdWlxb00zZz09>

**Meeting ID:** 879 8742 9027

**Passcode:** 575434

## **One tap mobile**

+16699009128,,87987429027#,,,,\*575434# US (San Jose)

**Dial by your location:** +1 669 900 9128 US (San Jose)

# Sharing is caring!

**Our key partners generously funded this program to make it available for free to public middle and high schools throughout California.**

We'd love to show them the impact it has had on viewers and gather any feedback from those that implemented the program. **Please be sure to have your viewers scan the QR code or use the link in the dashboard to complete the 2-minute survey.**

We'd love to hear your stories, feedback, and **tips that can be shared with colleagues** to help others best utilize this program. Let us know of your successes and challenges with implementing the *Angst: Building Resilience* program in your classroom or school.

Please send us an email or video at [share@indieflix.com](mailto:share@indieflix.com).