

Tier 2 School-Led Group Support

Personalized resilience lessons and support for students

EmpowerU offers school-led group support designed to help at-risk students with **targeted areas of need build vital resilience skills** so they can overcome their non-academic barriers and succeed.

This **blended program** pairs **online student skill-building lessons** with **counselor-led small group support** into a proven combination that delivers both the psychological safety of an online program and the sense of belonging of a group setting.

Counselors benefit from the **flexible format** that provides highly-targeted support to each student based on their area of need (emotional regulation, confidence, friendships, habits) in multi-age, multi-need groupings that make it easier to schedule and reach more students than traditional groups.

Proven design equips students with **durable resilience skills** to **drive positive change**



Students find EmpowerU helpful to their well-being



Staff report increased capacity to support students



BENEFITS



Easy to implement with lower staff lift as students complete lessons independently



Reaches more students with flexible implementation that allows for mixed need and age groups



Evidence-based with pre-to-post growth data



Targeted support focuses on specific resiliency competencies for identified need

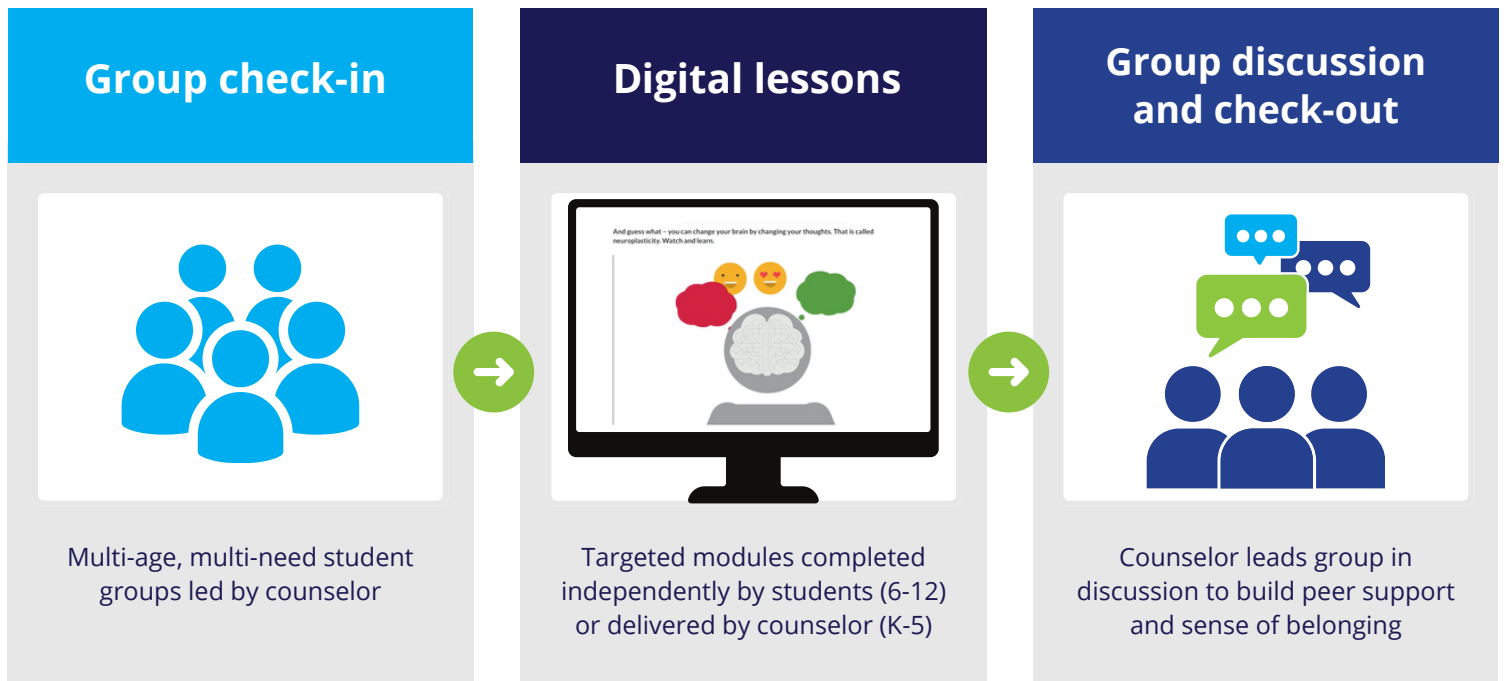


Sense of belonging and peer support that increases trust and motivation



HOW IT WORKS

Student's risk level and targeted area of support are identified using existing resources or **EmpowerU's MTSS Productivity Tool**. Counselors schedule regular weekly group time, inviting multi-age, multi-need students for eight-week periods. Students can rotate in at any time and do not need to start or stop the group at the same time.



AT A GLANCE

Time and Length

Groups meet 1-2x per week for 30 min over 6-8 week period

Implementation

K-5: Groups can be multi-age with like-needs for best implementation. Facilitator delivers digital lessons.

6-12: Groups can be multi-age and multi-need (targeted areas of support can vary within group). Timing is flexible, students do not need to start and finish during the same 8 week period.

Included Materials

- Secure access to EmpowerU portal with digital lesson modules supporting emotional regulation, confidence, friendship, habits
- Facilitator discussion guide prompts
- Pre-to-post data to measure student growth and goal progress
- On-demand facilitator training and support, live helpdesk, dedicated EmpowerU client success manager