



900 seconds

small bites of learning and buiding skills in 15 minutes



Provided by a DFC Grant #5NH28CE002603

**Angela Graham - Hubbard in
Prevention
Brina Ellison - MN Suicide
Prevention Regional Coordination**

THIS

OR

THAT



MISSION:

**STRENGTHEN
AND
EMPOWER
YOUTH**

**PROVIDE
OPPORTUNITIES
TO BUILD
KNOWLEDGE**

**DISCOVER
SUPPORT
RESOURCES**

**TEACH
HEALTHY
COPING SKILLS**

GOAL:

**SMALL BITES OF LEARNING AND
BUILDING SKILLS WITHIN 15 MINUTES**

How We Got Here

Spring 2023 - Summer 2024

Talks of Wanting to Bring
an Athletic SEL Program to
Students



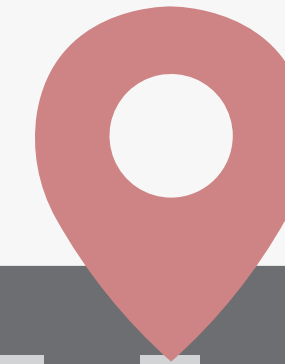
Spring 2025

Pilot Program and Content Created
with Girls Softball on Smaller
Scale



Summer 2025

Concrete Content
Development



Fall 2024

More Dedicated
Conversations on What this
SEL Program would look like
and Created a Name.



Winter 2025

Meetings with School
Administration and Athletic
Directors



Fall 2025

Increase Capacity
on Program
Implementation



900 SECONDS Right Now

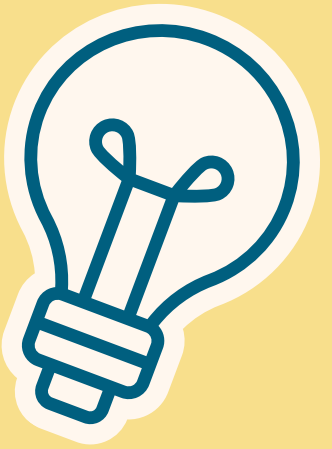
Schedule:

- First and Second Wednesday of Each Month - In Person
- Followed by the Third Wednesday with a Video from Mr. Brown



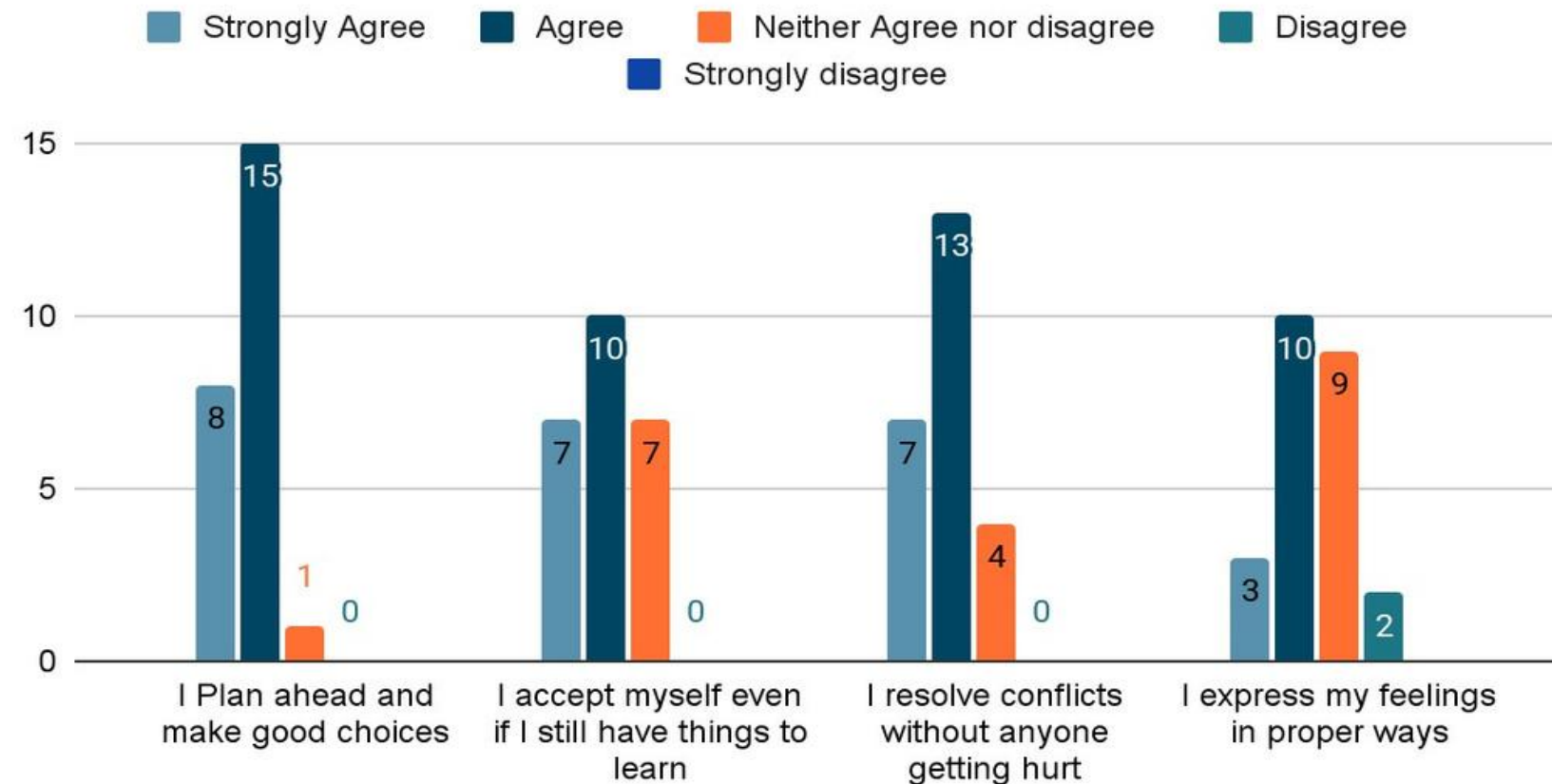
Topics:

- Choices
- Wellbeing
- Relationships
- Social Media
- Suicide Prevention
- Substance Use Prevention
- Bullying
- Resources



Survey Results from Pilot

Please rate your level of agreement with each statement



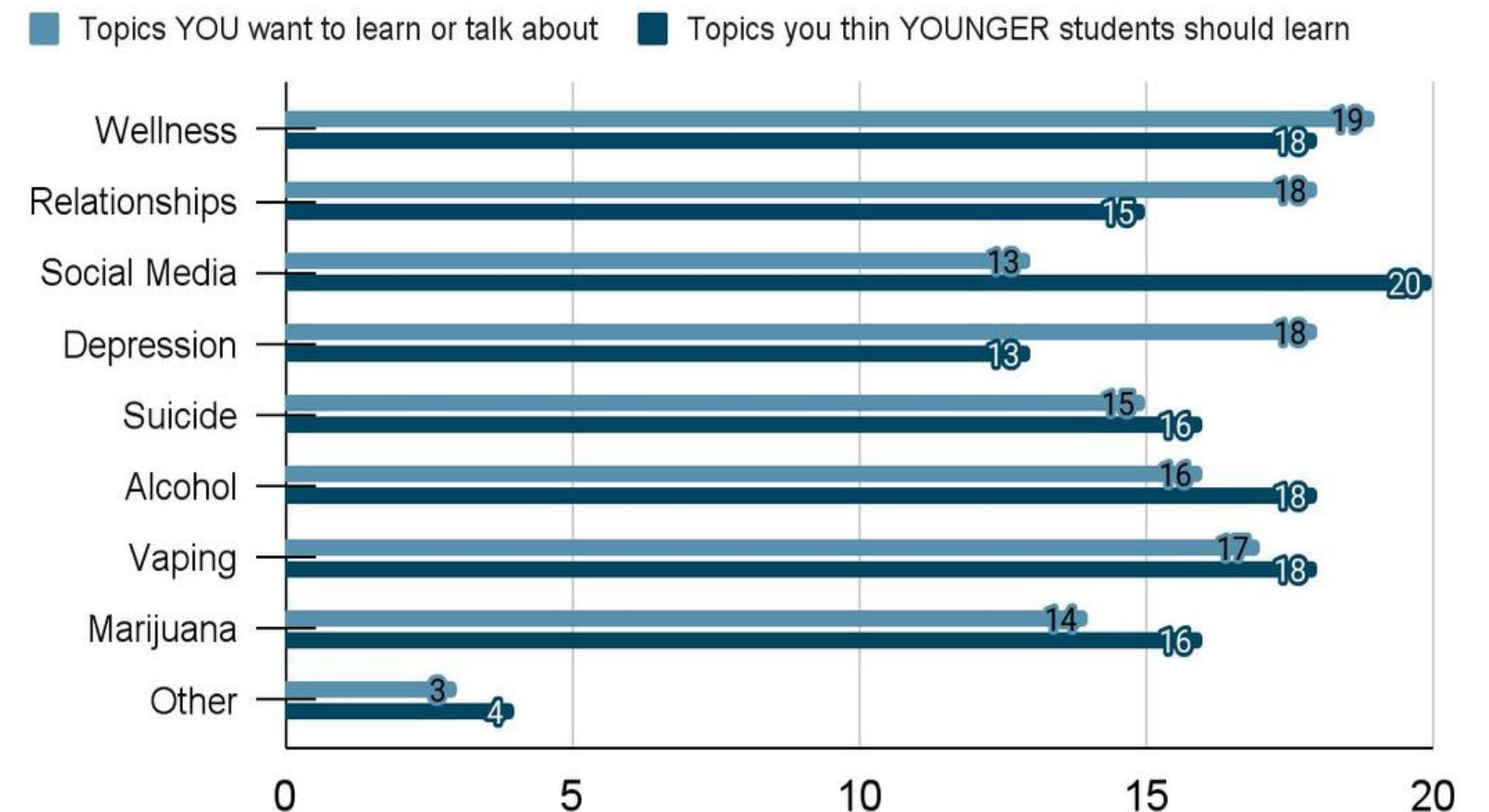
Question 3. How Could 900 SECONDS be improved?

- More activities/interactive x7
- Longer time x3
- No Changes Needed x2
- More Food x2
- More talking/spending time on topic x2
- Being in a less stressful room

Question 2. What do you like most about 900 SECONDS?

- Snacks/Food x5
- Team bonding time x5
- Activities/Fun x5
- Learning new coping skills x4
- Free stuff x2

Thinking about next year



Looking

Forward

Sustainability with the school

Solid partnerships both inside the community and with broader partners

Expand program to new school districts

Offer to more than just student athletes

Secure sustainable funding and program facilitators

Develop youth peer-to-peer leadership training

Questions?

How can we help you replicate in your
school/community?