

ghosted

Ghosted

Will a student's bout of anxiety allow others to create a safe space to talk about what they're going through and what's really going on? *Ghosted* is an up-close look of a single day in the life of 4 high school students as they navigate their relationships and support each other while facing harsh realities and many unknowns.

A virtual program, *Ghosted* is available to schools and communities **free of charge**.

Ghosted is approved by the California Department of Education as a resource for public high schools to meet suicide prevention instruction required by California Education Code (EC) Section 215.

Educational Goals

Through the course of the virtual program, students learn to

- Combat stigma by understanding that mental health conditions are common
- Develop skills to talk about stress, anxiety, depression, and suicide prevention
- Identify healthy coping strategies to build resilience
- Access community resources for help when going through difficult or stressful situations

Virtual Program Information

- 60-minute livestreaming, facilitated viewing (a 30-minute film) with a 30-minute educational wrap-up)
- 60-minute livestreaming, interactive workshop
- Target audience: high school students, priority to 9th and 10th grades
- Priority to schools with higher percentage Free and Reduced Price Meals (FRPM)



Technology Requirements

In Class

- Chromebook, tablet, laptop, or desktop computer
- Headphones, headsets, or earbuds

Remote Learning

- Chromebook, tablet, laptop, or desktop computer

Eligibility and Booking

Our mission is to focus on the most vulnerable communities. We use several factors to determine eligibility, including the Free and Reduced Price Meals (FRPM) program.

If you would like to book *Ghosted* or have any questions about your school or community group's eligibility, please contact us at 1-877-353-2223 to speak with one of our staff or visit kp.org/et/nca.



Options

Ghosted Virtual Program

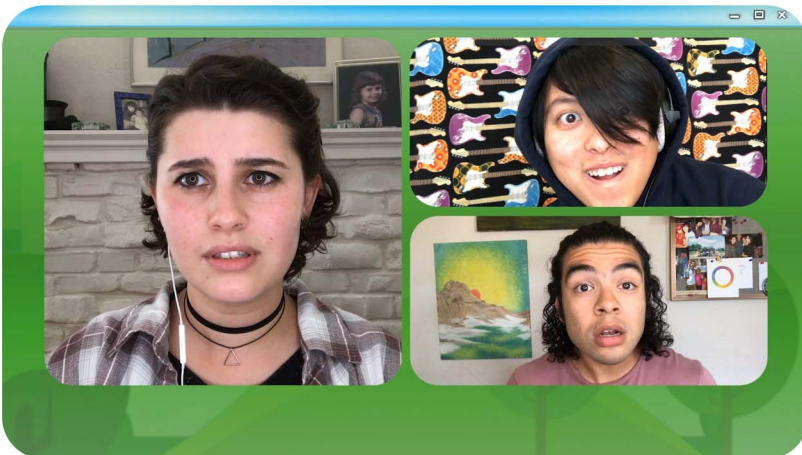
- 60-minute livestreaming, facilitated viewing (a 30-minute film with a 30-minute educational wrap-up)
- 60-minute livestreaming, interactive workshop consists of dynamic activities and writing prompts, designed to further the conversation about stress, anxiety, depression, suicide prevention, and resilience.

Ghosted Facilitated Viewing

- 60-minute livestreaming, facilitated viewing (a 30-minute film with a 30-minute educational wrap-up)

Educational Materials

To help reinforce the themes of *Ghosted*, resources for students, parents, and educators, including follow-up activities for the classroom, are available for download and distribution.



Why Is Kaiser Permanente Offering This Program?

As one of the nation's oldest not-for-profit health care delivery systems, Kaiser Permanente has worked to improve the health of our communities for 75 years. During this time of social distancing, Educational Theatre offers remote and in-person school audiences innovative videos and livestreaming workshops to engage and inspire them to make healthy choices and build stronger, healthier communities.

According to the National Institute of Mental Health, 1 in 6 U.S. youth aged 6 to 17 experience a mental health disorder each year. We offer *Ghosted* to students to inspire audiences to engage in conversations about mental health and to provide coping strategies to build resilience.

Contact Information

Northern California:
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