



GHOSTED

In its second tour designed for high school audiences, SCT’s production of *Ghosted* raised awareness about anxiety and depression and gave students tools to build social-emotional resiliency. Every performance concluded with a discussion about mental health that allowed students to engage directly with the actors in the cast. They asked a lot of questions:

- Have you individually gone through mental health problems?
- What do you do when you feel sad?
- What do you do if you feel you can’t talk to someone about your problems, or if you have a friend who won’t go talk to anyone?

Trained by a team of Kaiser Permanente health providers, SCT’s actors showed students that they were not alone in dealing with challenges to mental health. They shared resources—including the numbers for crisis hotlines—and offered coping strategies for stressful situations.

Making an Impact in Washington’s High Schools

“I was able to take students to see the show twice this past week. Several of my students enjoyed it so much that they went with me as well as with their English class. Two of my students who have severe anxiety, coupled with auditory hallucinations, were very triggered but sat in the back row with me practicing breathing and grounding strategies while the story played out. (Since we had spoken with Curriculum Specialist Meredith Berlin, I knew how to prep them before they went to the show and we had a strategy in place to deal with being triggered). Both of them then wanted to go back and see it again! Clearly things really resonated, and we had some excellent follow up discussions as a class. I think it helped many of my students feel less alone; they saw other people talking about what they experience all the time. I’ve also heard through the grapevine that our counselors are reporting an increase in the number of students requesting appointments with them this past week.”

– *Teacher at Mariner High School, Mukilteo, WA*

After seeing *Ghosted*:

- Students report an average of 3% improvement in attitudes towards mental health issues.
- Students report intentions to use new coping strategies.

BY THE NUMBERS

Ghosted Tour • Oct. 21–Dec. 13, 2019

- 22** schools
- 46** performances
- 7588** students reached
- 75** workshops
- 14** school districts in eight counties
- 64.9%** average free & reduced lunch

Above Between Below Tour •

Feb. 24–Apr. 10, 2020

(Tour Canceled on March 13 due to Covid-19 Pandemic)

- 11** schools
- 17** performances
- 4290** students reached
- 11** workshops
- 10** school districts in four counties
- 63.5%** average free & reduced lunch

Rise Up • Oct. 2019–June 2020

(3 livestreamed sessions)

- 14** learning sessions
- 425+** educators served
- 5** counties

Teen Advisory Group

- 15** students reached
- 4** workshops/learning sessions

12318 total reach

63 performances

104 workshops/learning sessions



RISE UP & VIRTUAL RISE UP

Resilience In School Environments: Understanding and Practice (RISE UP) is a learning session designed to foster resilience using a trauma-sensitive approach to interactions with students. Teaching artists from SCT facilitate the 2-hour session employing theatre, experiential learning, and arts integration techniques to engage participants in their own discovery and practical implementation. At the end of the session, participants create a simple action plan to apply the skills and concepts examined in the session.

Making an Impact with Educators in Washington

Comments from RISE UP Post Surveys:

“It finally felt as if the training had a basis in the reality of our day to day experiences. Thank you.”

“Loved this training! It was so engaging and helped me reflect on my own experiences and approach.”

“I consider myself a work in progress, meaning workshops such as this increases my toolbox and self-awareness.”

“I appreciated your skill in taking the ideas from the audience (which is different every time) and making it real. Your student was realistic and not a caricature and I really appreciated that.”

After taking part in RISE UP:

- Teachers report a 50% increase in using trauma-informed practices with students who are acting out.
- Teachers report a 31% increase in confidence and self-efficacy to use skills from RISE UP.

ABOVE BETWEEN BELOW

In its third tour for middle school audiences, *Above Between Below* shifted focus from the topic of bullying to conflict management. Utilizing a curriculum aligned with Washington’s Education Standards for Social and Emotional Health, SCT’s cast and teaching artists showed students how to understand others’ perspectives in moments of conflict and offered effective strategies for resolving disagreements peacefully.

Engaging Middle School Audiences Across Washington:

When the play’s facilitator Teague Parker asked during the post-show discussion, “What is this Play About?” One Student from Kilo Middle School in Auburn answered: “It reminds me of what happens here every day.”

After seeing *Above Between Below*:

- 59% of students reported they’d speak out against unkind words and actions (from 45%).
- 64% of students reported they feel comfortable walking away from conflicts (from 51%).

TEEN ADVISORY GROUP

Placing youth at the center of script development, SCT met with the Teen Advisory Group (a cohort of traditional and non-traditional high school students) to solicit suggestions for changes to *Above Between Below* and *Ghosted*. Their contribution made a direct impact on students’ reception of the plays.

