



School Health Opportunities

Promoting Health and Physical Activity in the Illinois Delta Region

The Illinois CATCH onto Health Consortium (ICHC) and SIH want to provide the tools and resources needed to help sustainably improve health. Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behaviors.

CATCH Health Ed Journeys and PE Journeys

Health Ed Journeys is a comprehensive health education curriculum for grade K-8 that is accessed via online platform. Included in the program are 36 age-differentiated lessons with movement and physical activity in every lesson, an interactive student workbook that reinforces key concepts and guides students in setting and tracking personal health goals, and engaging bonus activities to do at school and at home.

PE Journeys is a physical education curriculum that teaches physical literacy, movement skills, physical fitness, social-emotional learning, skill competency, and cognitive understanding about the importance of lifelong physical activity. The curriculum is standards-aligned and designed to promote enjoyment and participation in moderate to vigorous physical activity (MVPA).

Other CATCH programs are available including early childhood, sun safety, and after school.

CATCH My Breath

A research-based vaping and e-cigarette prevention program for grades 5th-12th. This program provides students with the skills to resist peer pressure and media influence to try e-cigarettes. Teacher trainings offered.

Character Strong

Character Strong provides research-based Pre-K through 12th grade social and emotional learning curricula and professional learning services that positively impact school staff, faculty, and students.

Hidden in Plain Sight (HiPS)

This simulated teenager's room provides parents with clues to help determine whether their child might be experimenting with using drugs or alcohol. This program provides education on current drug and alcohol trends, helps parents have engaging conversations with their children, and informs them about resources in their area.

School Wellness Committees

Attend and provide assistance to schools through wellness meetings that identify the health needs within the school to meet the requirements of the local school wellness policy.

School Health Index (SHI) Assistance

The SHI enables schools to identify strengths and weaknesses of health and safety policies. Assists schools in developing and incorporating an action plan for improving student health into the School Improvement Plan.

Youth Mental Health First Aid

This course is designed to teach parents, teachers and other adults how to help and respond to an adolescent who is experiencing a mental health challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Contact to set up a training.

Signs of Suicide Program

Youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression, as well as a reduction in suicide attempts. Junior High and High School

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