

Growing Hearts, Minds & Futures.

My True SELF Impact Report

August 2025-June 2026



About My True SELF

(Social Emotional Learning Fun)

What is My True SELF?

My True SELF (MTS) is an evidence-based, dynamic curriculum and program created to support the social-emotional learning needs of all students and the adults who support them.

The program fortifies educational excellence by fostering learning environments rich with trusting relationships and co-regulatory connections. This experiential program integrates artistic expression, mindfulness practices, somatic and movement-based activities. By integrating this curriculum consistently, partners see a transformative shift in student wellbeing, self-awareness and readiness to learn.

What are Individual Regulation Plans (IRPs)?

To ensure every child receives the right level of support, we utilize Aperture's DESSA-mini as a universal screening tool, allowing staff to monitor progress with data-driven precision and turn potential challenges into milestones of growth.

When a student's DESSA score falls in the "need" range, we create an Individual Regulation Plan (IRP) to help them identify personal tools for managing behavior. These sessions focus on empowering the student to choose what works for them, honoring their progress by naming the ways in which they showed up as their best self, and sharing these specific wins with families and teachers through our IRP snapshot worksheets and postcards.

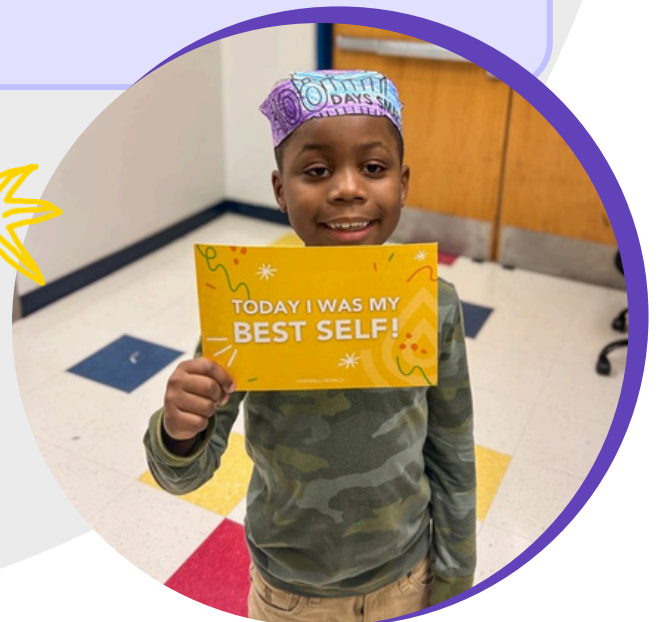
This practice reinforces positive behavior by ensuring every student feels seen for their unique strengths and their larger support system can aid them in this journey.

Cover Image Captions:

Left: A student at AWL in a moment of mindfulness in nature.

Right: Students at Sayler Park explore natural textures with leaf rubbings.

This page: A Roberts Academy student shows off his My True SELF postcard after his IRP session.



MYTRUESELF™

YEAR IN REVIEW 2025-26

PROGRAM NUMBERS:

1,267

Total unique students reached in My True SELF programming.

182

Total weekly students reached at 7 partner schools.

9/10

Participating students reached typical or strength SEL competencies by the end of our programming.



Student practices hand breathing with Well Staff member, Sarah.

314 = 4,780

MTS Sessions facilitated

Minutes of mindfulness activities



Roberts Academy student shows off his abstract emotion artwork.



Job Readiness Training participants at Aiken High School are guided through a goal-setting meditation.



Academy of World Languages student shows off her nature observation drawing.

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YEAR IN REVIEW 2025-26



Empowering Youth One My True SELF Session At A Time

What an extraordinary year of growth, connection, and transformation for the My True SELF (MTS) program! Throughout the 2025–2026 school year, we had the privilege of bringing our mission to 26 vibrant schools and community centers, expanding our local impact. Every day, we were inspired by students whose creativity, energy, and genuine hunger for connection reminded us why this work matters. Our roots have grown deeper, and we deepened connections with schools and community partners to increase collective impact. As we look ahead to expanding this vital work in the coming year, we invite you to look back and celebrate everything we have accomplished together.

26

*Schools & Community
Centers*

5

*Greater Cincinnati
Counties*

21

*Greater Cincinnati
Zipcodes*



Sharp Middle School
students enjoy an
energizing nature walk.



New School students are
guided in a meditation
inspired by river.



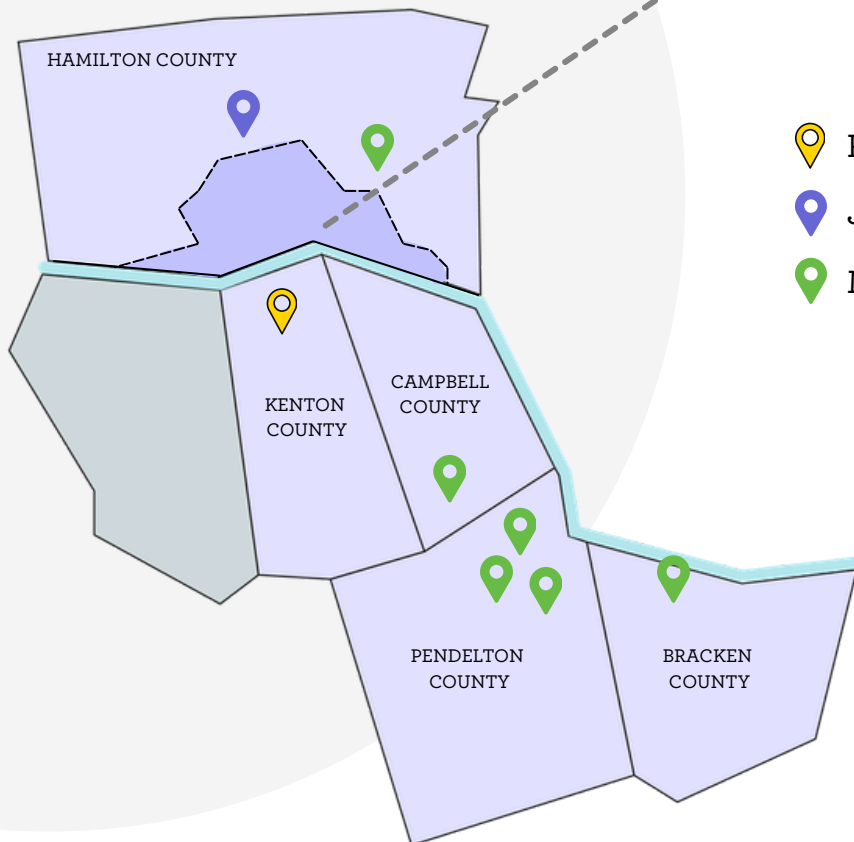
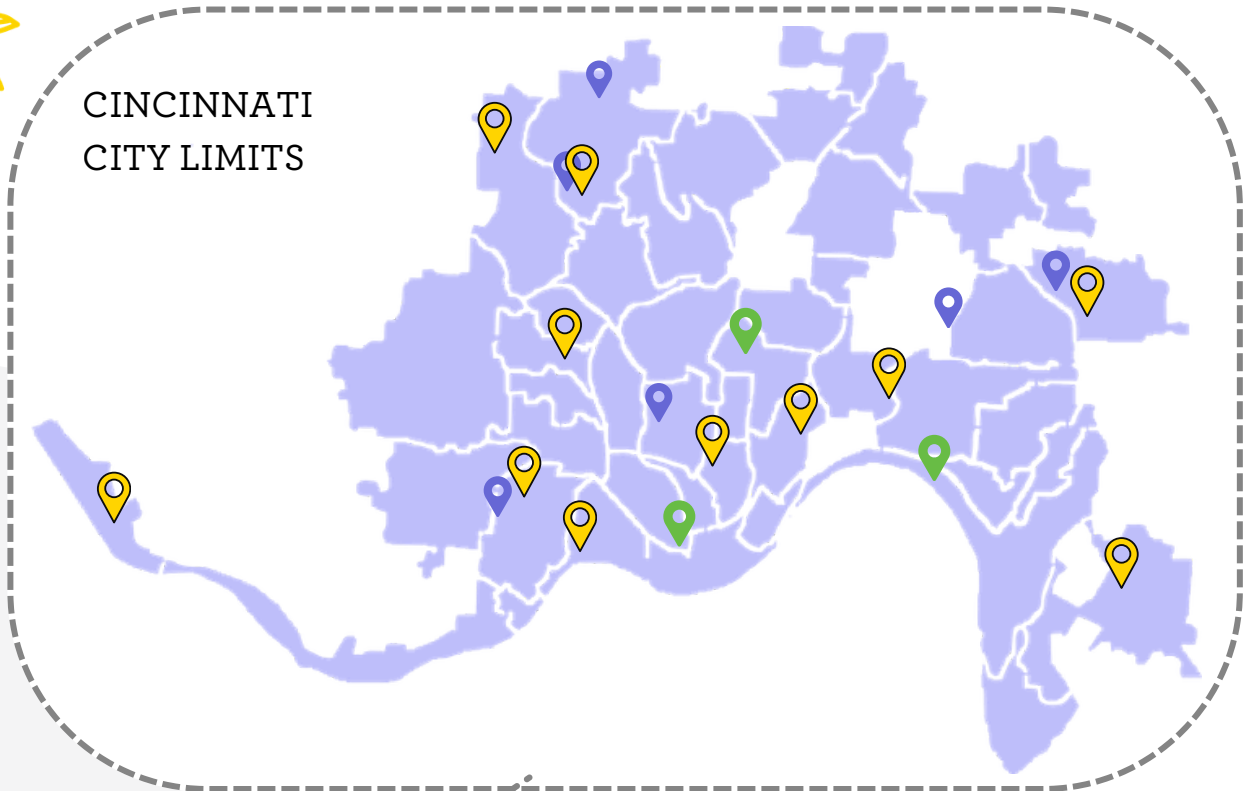
An AWL student poses
with her foraged nature
artwork.

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MTS PROGRAMMING IN GREATER CINCINNATI AREA SCHOOLS



CINCINNATI
CITY LIMITS



- Recurring MTS Sessions
- Job Readiness Training Session
- MTS One-Time Workshop



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MTS PROGRAMMING IN CINCINNATI AREA SCHOOLS

OUR SCHOOLS

We're proud to work with so many schools, social service organizations, and educators. Together, we're helping students learn how to be their best self through social emotional learning that caters to appropriate age-levels, interests, and needs of students.

The following is a list of schools and community organizations that our staff visited to provide a My True SELF session or workshop in the 2025/2026 school year.



Recurring MTS Sessions



Job Readiness Training Session



MTS One-Time Workshop

Greater Cincinnati Schools & Community Centers



Aiken High School



Contemporary Arts Center



Ethel Taylor Academy



Frederick Douglass



HCFE Norwood



Hughes High School



IDEA Public Schools



Mt Airy School



Mt Washington School



Mulberry Elementary



Montessori Center Room



North Central Library



Oyler School



Pause For Parents



Roberts Academy



Sayler Park Elementary



Shroder High School



The New School



Trojan High School



Winton Woods High School

Northern Kentucky Schools & Community Centers



Center For Great Neighborhoods



Bracken County Middle School



Northern Kentucky University



Northern Elementary School



Sharp Middle School



Southern Elementary School



Oyler student, Jordan, tests his balance in a movement activity.

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2025- 2026 SCHOOL YEAR PARTNERS



A student at Mulberry Elementary participates in a guided meditation.



An Oyler Student shows off her artwork entitled, "Heart World."



Roberts Academy students pose with their foraged nature mandala.

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MTS PARTNER HIGHLIGHT:

This year, The Well deepened its partnership with longstanding CPS affiliate, Project Connect, which supports students experiencing housing insecurity. A year-long program focused on a cohort of 12 eighth-grade girls at Ethel Taylor Academy. To measure the program's impact and ensure we were meeting the holistic needs of these young women, participants completed pre, mid-year, and post surveys utilizing the nationally recognized 100 Million Healthier Lives assessment framework. Results showed a measurable improvement in the girls' outlooks on their lives and sense of belonging.

Building on the success at Ethel Taylor Academy, we expanded our footprint within the CPS community this Spring by facilitating an additional 10 weeks of sessions at Aiken High School and continuing our participation with summer sessions. We are truly grateful for this wonderful partnership.



Ethel Taylor students draw a shared safe space they named "Comfort Academy."

59

Total Sessions

140

Weekly Students

500

Minutes of mindfulness activities

ETHEL TAYLOR STUDENTS SHOWED AN:

33% *Increased sense of community belonging.*

28% *Increased sense of purpose, indicating their life will make a difference in the world.*

25% *Increased current life satisfaction score over the course of the school year.*



Students create "self love origamis" for themselves and other girls in the cohort.

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MTS PARTNER HIGHLIGHT:

During the Spring semester, the My True SELF program deepened its partnership with Costars Early Childhood Services to deliver a total of 87 sessions across four partner schools.

At 3 focus schools identified by Costars, The Well staff spent additional time tracking student SEL progress by bringing in an additional facilitator to provide 15 individual regulation plan sessions. For the sites receiving SEL assessments, student outcomes were measured over a 16-week period using the standardized DESSA assessment frameworks, and students that fell within the 'need' category received Individual Regulation Plans.

By the end of the school year, our students showed a 56% increase in typical social-emotional competencies.



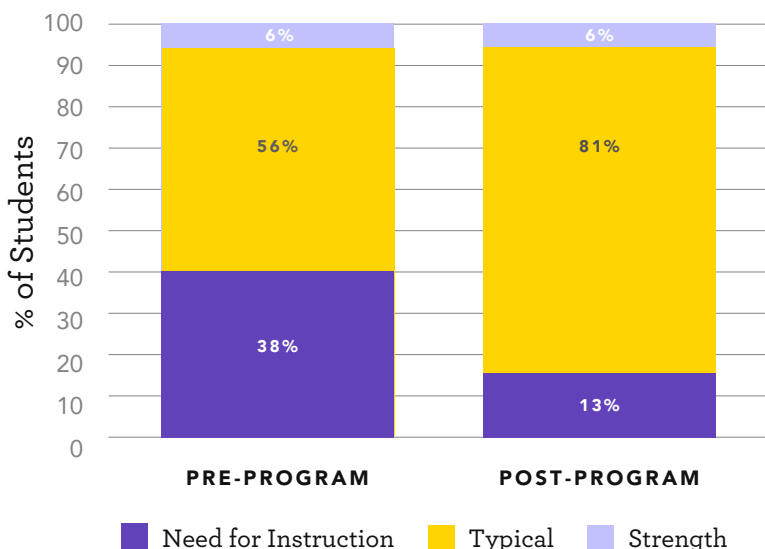
Mt Washington students pose with their gratitude rainbows.



Founder Stacy Sims in an Individual Regulation Plan session with a Mt. Airy student.

COSTARS 2025- 2026 OUTCOMES

Change in Social-Emotional Competence Scores



87

Total Sessions

62

Weekly Students

800

Minutes of mindfulness activities

9/10

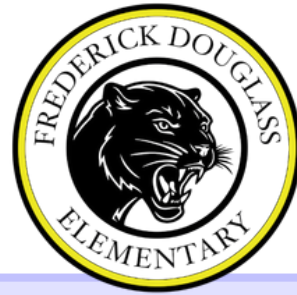
Participating students achieved positive SEL competencies.

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MTS PARTNER HIGHLIGHT:



Frederick Douglass kindergarteners listen to The Well staff member, Patrick, read them a chosen book.



Believing deeply in the power of investing in the community, The Well staff volunteered weekly at morning reading sessions with Frederick Douglass kindergarteners. Additionally, resource coordinator, Angel Griffon, helped us organize lunchtime interventions with students in need of some down-regulation time in the middle of their days. This partnership resulted in 25 sessions reaching over 100 students. Thank you to Frederick Douglass for this partnership.

MTS PARTNER HIGHLIGHT:



The Well discovered an amazing volunteer organization this Spring called Pet Partners. They are a community of over 200 volunteer therapy animal teams dedicated to sharing the healing power of the human-animal bond throughout the Greater Cincinnati/Northern Kentucky area.

We had pet teams stop by multiple of our My True SELF sessions to bring our students some excitement and change up the cadence of our usual sessions. Each visitor came with a baseball card of stats and a sweet energy that the kids absolutely loved. Scheduling with the team was a breeze, and we would absolutely recommend their teams.



Mt. Airy students gather to pet their therapy dog visitor, Obie, who was very happy to receive their love.

MTS PARTNER HIGHLIGHT: WONDER PATCH PROGRAM

girl scouts 
of western ohio

The Well partnered with the Girl Scouts of Western Ohio Council Patch Program to create the Wonder Patch Program, inviting Girl Scouts on a vibrant journey of discovery through creative, mindful, and age-appropriate activities. Participants explored how to nourish themselves, their families, community, and the world around them.

We offer two pathways for girls to achieve their Wonder Patch, the group experience welcomes a troop to The Well's Walnut Hills space to complete the patch together in one session, and our independent track lets girls complete their activities in their own time, and we mail them their official patches and a certificate of completion later on.

We look forward to awarding even more Girl Scouts their Wonder Patches in the coming year.



The Well's Wonder Patch.
Each participant in a workshop or independent journey receive a physical patch to commemorate their hard work.

Example of The Well's Wonder Patch independent track activity list, organized by troop level:

Everyday for one week, complete the following:

	DAISIES & BROWNIES	JUNIORS & CADETTEES	SENIORS & AMBASSADORS
Listen or watch the Wonder Meditation	★	★	★
Journal what you wonder about.	★	★	★
Play outside, cloud watch, or spend time in the sunshine.	★	★	★
Set an intention for the day ahead.		★	★
3 sun salutations.			★

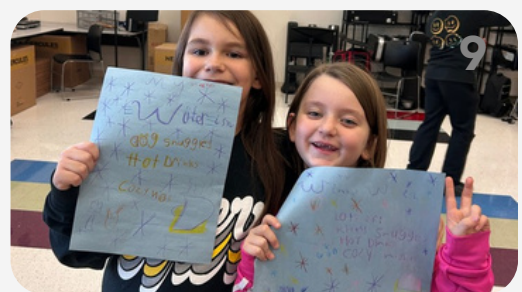
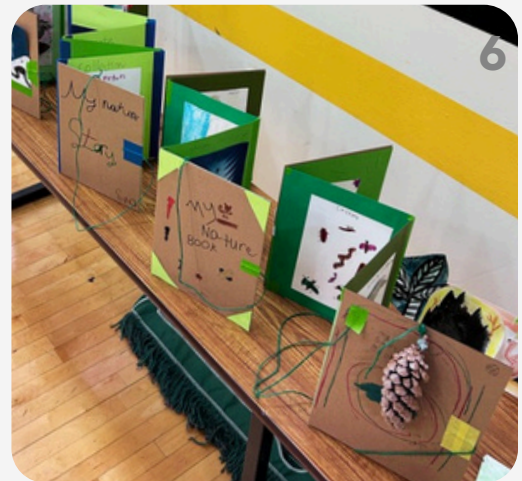
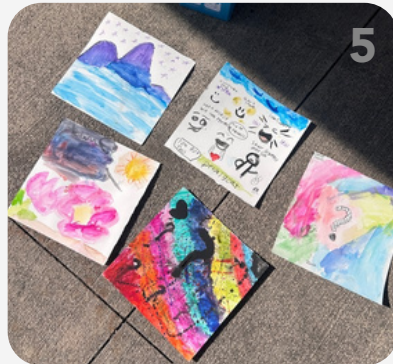


A sweet troop of Brownies pose after an exciting Wonder Patch workshop at The Well learning about movement and wellness.



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YEAR IN REVIEW 2025-26



1. Mt. Airy student holds up his grounding tree, where he wrote who in his life supports him. 2. AWL student and Well facilitator, Miss Julie, pose with their interactive art piece. 3. Roberts Academy students show off their animal artwork. 4. Ethel Taylor student shares a portrait of her 'best self'. 5. MTS student character strength watercolor artwork. 6. AWL students' journals of natural discoveries. 7. Oyler students pose with their hand-built lemonade stand project. 8. A Mt. Washington student gleefully shows off her group's gratitude rainbow projects. 9. Oyler students hold up their winter wish artwork.



To learn more about our My True SELF program offerings, scan this QR code!

