



elgorithm
mental health for all

IMPACT

REPORT

2020-2022

ABOUT US

Elgorithm is a UAE-based social enterprise providing schools with access to its digital platform hosting mental health programs aimed at increasing student, teacher, and school-wide well-being.

OUR IMPACT AT A GLANCE

32

SCHOOLS
REACHED

12,000

STUDENTS
COMPLETED THE
PROGRAM

30%

INCREASE IN GENERAL
WELLBEING

OUR STORY

OUR MISSION

Our mission is to integrate mental health programs into schools to provide youth with access to tools for navigating and increasing individual and school-wide wellbeing.

OUR WORK

Our program has been implemented in 32 schools across Lebanon, since 2020 where we provide full access to our platform. Working alongside a team of psychology professors and researchers, we continue to measure and assess our program's impact on student and teacher wellbeing.

OUR PROGRAM

Our program, Omnia, is multi-modal and incorporates a range of video series, class-based discussions, activities, along with reflection questions and games. Where evidence-based practices from the field of mindfulness, cognitive-behavioral therapy (CBT), and social and emotional learning (SEL) are taught to students and teachers in efforts towards increasing individual and school-wide wellbeing.

HOW WE BEGAN

Algorithm for Schools was formed in response to the Beirut Port Explosion of August 4, 2020, where Lebanon's residents and youth were facing mental health challenges as a result of the country's financial, economic, and political crises. Numerous parents, teachers, and youth voiced their need for mental health support, however, no widespread community solutions were available.

In efforts to build a systems-level response, our program began with the goal of integrating mental health literacy & tools into the mainstream education system. As such, strides towards de-stigmatizing conversations around mental health & service seeking would become increasingly accessible.

80%
**OF ARAB YOUTH
ARE WILLING YET
UNSURE OF HOW TO ACCESS
MENTAL HEALTH
SUPPORT**

OUR GOALS

1

Increase student, teacher, and school-wide wellbeing

With the primary aim of the program as increasing student wellbeing, classroom sessions will facilitate & measure such changes. Our team of psychology researchers work to assess the changes in individual general wellbeing before and after the program. Where all program results and impact reports are shared with schools on a semi-annual basis. Additionally, all data collected is encrypted and kept confidential.

2

Promote positive & inclusive school environments

The program aims to promote a socially inclusive school ecosystem and bully-free environment where students feel supported. This is achieved by fostering a quality, inclusive, and safe bully-free learning environment, while allowing students to develop self-awareness, positive self-image, awareness of and empathy for others, healthy relationships, and problem-solving and responsible decision-making.

3

Support schools in building their mental health infrastructures

Our work with partner schools ensure that a full mental health infrastructure is set in place, where teachers, students, parents, and school administration are fully equipped with tools to support individual mental health. This is achieved through the Elgorithm teacher training, program, as well as a full directory of mental health services available within the school's region.

4

Engage student, teachers, parents, and school administrations

Elgorithm's platform is designed to have user interface curated for student, teacher, parent, and school administration login! Our hope is to be able to provide all users with a full range of access to the tools and resources featured throughout our platform.

MEASURING CHANGES IN WELLBEING

Assessing individual wellbeing before and after the
program's administration



32

Schools reached

12,000

Students engaged

STATISTICAL ANALYSES METHOD

To examine the efficacy of the Elgorithm for School's program, students & teachers are asked to complete psychological questionnaires pertaining to general wellbeing at different points in time. These data points were compared using the repeated-measures ANOVA test to compute the percent change in wellbeing throughout the duration of the program. All surveys administered were short and non-invasive questionnaires.

TESTIMONIALS

Elgorithm's trainings have been one of the resources I continue to revisit & use. Highly effective and supportive in managing my classroom!

**Ruba,
3rd grade homeroom
teacher**

The program was easy to navigate and implement. Students were positively interacting with the content and resources after class

**Karim,
10th grade Advisory
teacher**

The program was very engaging, I really enjoyed the videos and games, as well as the discussions in class about mental health!

**Manal,
9th grade student**

THANK YOU TO OUR PARTNERS & SUPPORTERS!