

Open Parachute at Home



UNIVERSITY OF CALGARY



TREC LAB

Trailblazing Research for Equitable Care

The Open Parachute program is an online home education resource that teaches mental health literacy skills at a developmentally appropriate level to children and adolescents aged 5 to 18

Parents reported children using the program were **positively** impacted in the following ways:

30%



Better able to communicate with peers/adults

41%



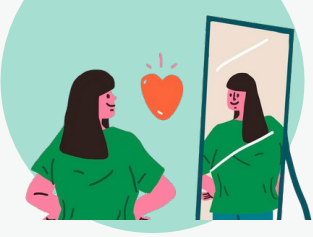
Better able to soothe their own emotions

35%



Better able to problem-solve challenges

47%



More self-aware about their own thoughts & actions

41%



More empathetic for others

47%



Had more skills to support their mental health

Parents were empowered by:

39%

Improved confidence in supporting their child(ren)

40%

Understanding youth mental health challenges

45%

Improved knowledge & skills in mental health literacy

67%

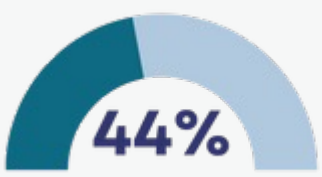
Greater connection to their child

44%

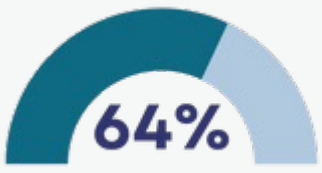
Helping identify challenges that their child(ren) were facing

56%

Improved comfort discussing mental health topics with their child(ren)



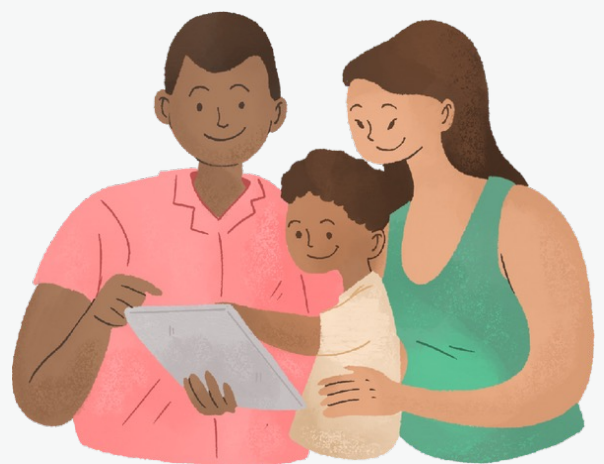
Parents reported that the **Open Parachute program** helped **'a lot'** in their role as a home educator



Parents spent **0 - 15 minutes** preparing for each lesson



Parents **felt prepared for** Open Parachute lessons after minimal preparation time



What parents told us:

"The lessons we were going through really lined up well with her real lived experience for her age group."

"I liked how it was laid out, I liked the user-friendly language."

"It was really easy to access and really easy to tailor our study plans and work our way through things at our own pace."

"It was really good for us... for our goal, like we want our kids to be caring, responsible, contributing members of society."

"It gave her context at her level, within her age range, with children explaining it to her. It made it a little bit more relatable."

"It was really nice to have a program give an alternative perspective or an alternative way of looking at some of the same things we've talked about."

"It made my child a little more emotionally aware of herself and of people around her."

"I really liked that I could make individualized plans for each of my kids."