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## UTAH NON-PROFIT STEPS UP TO HELP STUDENTS WITH ANXIETY DURING COVID-19

*As anxiety and uncertainty rises among displaced students and disrupted families because of the Coronavirus closures, one Utah organization is stepping up to offer some real help at home.*

**St. George, UT.** (March 30th, 2020) – The School of Life Foundation, a 501(c)(3) company currently administers their secondary education program, Life Launch University, to thousands of students in Southern Utah’s High Schools and Middle Schools.

The online video training series teaches emotional resilience principles to help youth deal with the rising mental health challenges, such as anxiety and depression, in productive ways. While some schools have utilized the program in health class, others make it a part of their daily home room studies. Students and administrators alike have enjoyed the positive impact this program has had on school culture and individuals mental health.

As anxiety and uncertainty rises among displaced students and disrupted families because of the Coronavirus closures, this Utah organization is stepping up to now make Life Launch University available for students at home free of charge.

“While students may only be displaced for a month, that’s a significant amount of time for them. Anxiety is running higher than ever with all the uncertainty surrounding world events. There couldn’t be a better time for us to bring this program into the home and help families learn these proven emotional tools to address their mental health challenges,” states Joe Newman, Business Development director and on screen instructor of Life Launch University. “Tools like Mindfulness, Distress Tolerance Tools, and Loving Kindness Phrases. It’s all the most current practices from Dialectical Behavior Therapy that have proven to be very effective for youth as well as the adults in their lives.”

“Really this came about because a few of the institutions that were running the program in school that came to us and said, ‘our kids need this more now than ever. How can we bring this home along with all of their other studies.’ That’s when we knew we had to do whatever we could to make this possible,” states Jack Rolfe CEO of The School of Life Foundation.

“Parents weren’t planning on homeschooling their kids, and now we’ve got a whole nation overwhelmed with trying to make the necessary adjustments. Not to mention the social impact this is having on kids as they are forced into isolation.” said Newman. “We incurred a bit of cost to make the necessary changes to make it available at home, but it’s worth it. We’ve got to get them the help they need.”

For the entire month of April, families can subscribe to Life Launch University@Home for a free months trial. As an approved resource for SEL by the Utah State Board of Education, Life Launch University is a unique program that combines social-emotional learning with character education. Through a series of 90 videos with accompanying worksheets families will learn brain development, healthy emotional coping mechanisms, the power of attitude, service, empathy and mindfulness.

Schools and districts can distribute the access link to parents or use the link directly from this article. <https://lifelaunchuniversity.org/free-month>

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### MEDIA CONTACTS

JOE NEWMAN  
DIRECTOR OF BUSINESS DEVELOPMENT  
JOE@LIFELAUNCHUNIVERSITY.ORG  
435-414-4447

JACK ROLFE  
CEO OF THE SCHOOL OF LIFE FOUNDATION  
JACK@LIFELAUNCHUNIVERSITY.ORG  
435-632-2947



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