

National Academies of Sciences, Engineering, and
Medicine (NASEM), Division of Behavioral and Social
Sciences and Education (Washington DC)

Responding to the Current Youth Mental Health Crisis and Preventing the Next One: A Virtual Workshop Day 2

**“Preventing the Next Mental Health Crisis through
Partnerships with Families and Communities ”**

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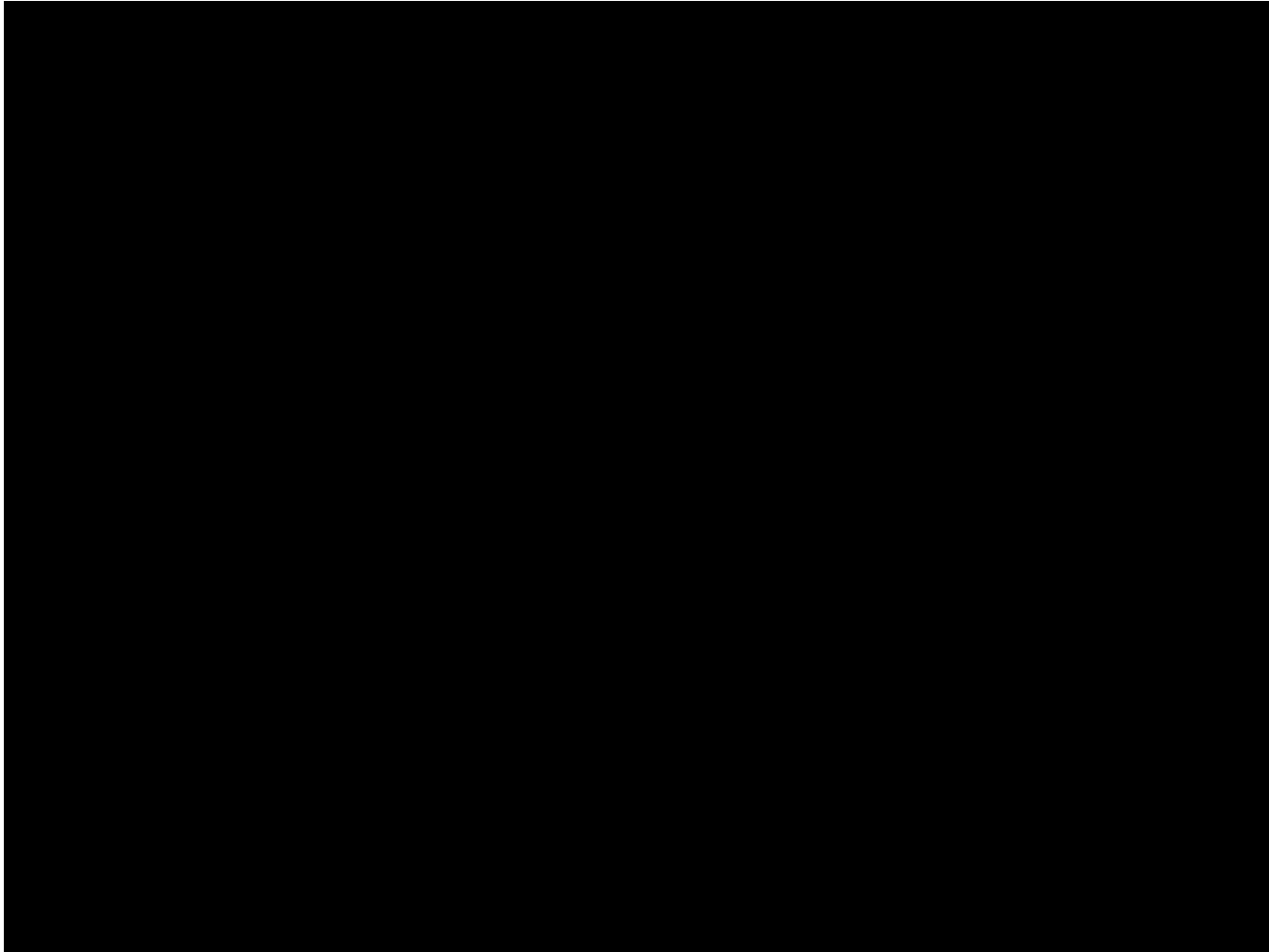
Roots of Empathy, USA is a registered 501 (c)(3) non-profit organization





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Seeds of Empathy Family Visit





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Seeds of Empathy – Early Literacy Component





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The Roots of Empathy Impact

- Since the year 2000, independent research has been conducted on the Roots of Empathy program in numerous countries, across three continents
- Results show consistent immediate and long-term outcomes





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The Roots of Empathy Impact

Independent research, including longitudinal randomized control trials, have found that ROE children experience:



- An increase in prosocial behaviours (e.g, caring, sharing, including, helping)
- An increase in empathy
- An increase in knowledge of infant development
- A decrease in aggression, including bullying

(Connolly et al., 2018; Latsch et al., 2017; Santos et al., 2011, Schonert-Reichl et al., 2012)





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Lasting Impact

Connolly (2018) conducted a longitudinal, randomized control trial evaluation through Queen's University Belfast, Northern Ireland.

Results showed:

- An increase in ROE children's prosocial behaviour and a reduction in aggressive and difficult behaviour was found in comparison to control group.
- Some evidence that the reduction in difficult behaviour may have been sustained for three years beyond program participation.

Connolly, P., Miller, S., Kee, F., Sloan, S., Gildea, A., McIntosh, E., Boyer, N., & Bland, M. (2018). A cluster randomised controlled trial and evaluation and cost-effectiveness analysis of the Roots of Empathy schools-based programme for improving social and emotional well-being outcomes among 8- to 9-year-olds in Northern Ireland. NIHR Journals Library.





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Lasting Impact

Santos et al (2011) conducted a longitudinal randomized control trial to evaluate the effectiveness of the Roots of Empathy program in schools across Manitoba, Canada.

Results showed:

- A decrease in physical and indirect aggression in children, both immediately and three-years after program completion.
- An increase in prosocial behaviours (sharing, helping, including) in children immediately following the program.



Santos, R. G., Chartier, M. J., Whalen, J. C., Chateau, D., & Boyd, L. (2011). Effectiveness of school-based violence prevention for children and youth: Cluster randomized field trial of the Roots of Empathy program with replication and three-year follow-up. *Healthcare Quarterly*, 14, 80-91.
http://www.longwoods.com/articles/images/HQ_vol14_ChildHealth_Issue2_Santos.pdf





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Lasting Impact

Latsch & Bollinger (2017) conducted an evaluation of the Roots of Empathy program in Switzerland, 2015-2017.



Results showed:

- A significant decrease in aggression and an increase in empathy and prosocial behaviour in children, when compared with control groups.
- Decrease in aggression was maintained one year after program completion.

Latsch, D., Stauffer, M., & Bollinger, M. (2017). Evaluation of the Roots of Empathy program in Switzerland, years 2015 to 2017. Full Report. Bern: Bern University of Applied Science.





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An Australian study found that the Roots of Empathy program had a **positive effect on children's mental health and well-being**, particularly with decreasing children's anxiety, increasing self-confidence and having greater empathy towards one another (Cain and Carnellor, 2008).



Cain, G., & Carnellor, Y (2008). Roots of Empathy: A research study on its impact on teachers in Western Australia. *Journal of Student Wellbeing*, 2(1), 52-73.



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When asked “What do you hope that the world will be like when your Roots of Empathy baby is growing up?”, students offered comments such as:

“I want our Roots of Empathy baby to grow up in a world where there are no people discriminated because of there sexuality, race, gender, etc.”

- Grade 7 Student

“[I hope in the future] that every...one is kind and there is no [bullying] or [excluding] and that [everyone] gets along.”

- Grade 6 Student



What can Roots of Empathy teach the world?: Roots of Empathy can teach

the world to be Really kind and evreyone
can change their actions.