

What teens say:

“It (COPE) made me more confident in myself. It helped me take a second and think about things before I react.”

What college students say:

“COPE gave me great advice on how to deal with stress and also what activities to do to relieve stress.”

What parents and caregivers say:

“This program is about preparation for making the right choices in future situations. The great thing about the program is that it really prepares young people for things they haven’t faced yet, but are sure to come up.”



Meet Bernadette Mazurek Melnyk,
PhD, RN, CPNP/PMHNP,
FAAN, FAANP

For Bern Melnyk, founder of COPE, the program is the realization of a lifelong dream to get people the type of help that was unavailable to her after the sudden death of her mother at 15 years of age. As a pediatric nurse practitioner and psychiatric mental health nurse practitioner, Bern’s ultimate goal is to get COPE into the hands of every child, teen, and young adult who suffers from stress, depression, anxiety, or other mental disorder that prevents them from living happy and healthy lives full of hope.



www.cope2thrive.com

DISCOVER
THE POWER
TO COPE





When faced with stress, depression, and anxiety, everyone needs help to COPE.

Approximately one out of every four children, teens, and young adults is dealing with stress, anxiety and depression, but fewer than 25% are getting the treatment they need.

COPE helps young people develop the skills necessary to stop negative thoughts, and start thinking and acting in more positive ways. Based on key components of cognitive behavioral therapy, each COPE Program leads participants through brief, easy-to-follow sessions that include education and skills-building exercises. Children, teens and young adults learn how to:

- Reduce negative thoughts and emotions
- Increase healthy behaviors
- Improve communication
- Build problem-solving skills
- Understand and cope with stress
- Set achievable goals
- Enhance self-esteem and resilience
- Feel happier, healthier, and more positive, every day.

You can't control the events that trigger stress and anxiety, but COPE can help you deal with them in healthy ways.

When children, teens, and young adults learn to COPE in positive ways, their brains lay down new pathways and grow strong new connections. Once thoughts change from negative to positive, healthy feelings and behaviors naturally follow suit. COPE teaches young people how to turn negative thoughts into positive ones, so that they feel better emotionally and behave in healthier ways.

Which COPE Program is right for you?

All of the 7-session COPE Programs can be delivered by healthcare providers, teachers, counselors, or social workers who have completed an educational workshop. Programs come in both Online and Manual versions, and can be delivered in primary care schools, specialty care, school-based clinics as well as mental health settings. Each session can be completed in either a brief 25 to 30 minutes, or in a more traditional 50-minute class.

- **COPE Teen 7-session Manual**
Designed to be delivered by healthcare providers and educational professionals to teens ages 11 to 18.
- **COPE Child 7-session Manual**
For children ages 7 to 11.
- **COPE Young Adult 7-session Manual**
For young adults and college students ages 18 to 24.
- **COPE Teen Online**
An interactive program that makes it easy and enjoyable for teens ages 13 to 18 to learn anywhere, any time, at their own pace.

Take healthy behavior even further with our **COPE Healthy Lifestyles TEEN Program.**

In addition to the 7-session programs, the 15-session TEEN (Thinking, Emotions, Exercise, Nutrition) program builds on the skills learned in the Teen COPE 7-session Program and includes sessions on nutrition and physical activity.

For more information or to place an order, email us at cope.melnyk@gmail.com or visit www.cope2thrive.com.