



RISE & REST: A SCHOOL-BASED SOUND THERAPY ROUTINE TO PROMOTE ADOLESCENT MENTAL WELLNESS AND NEURO-INCLUSION IN KENYA

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Introduction

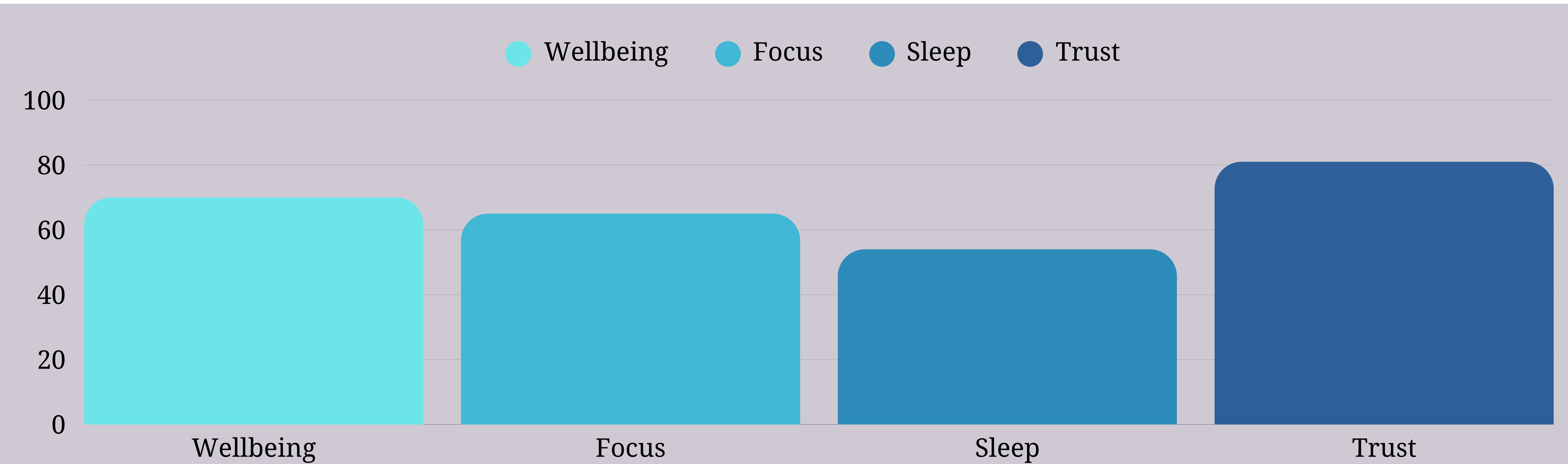
Adolescent mental health has become a global priority, with schools increasingly recognized as key platforms for early intervention and prevention. Up to 40% of adolescents in Kenya experience psychological distress. School-based support is constrained by stigma, limited personnel, and lack of culturally grounded interventions. Neurodivergent learners remain especially marginalized. Rise & Rest provides a scalable, non-stigmatizing school-based routine to improve emotional regulation, focus, and inclusion.

Objectives / Aims

- Assess feasibility and acceptability of Rise & Rest in schools.
- Improve emotional regulation, focus, and sleep quality.
- Foster neuro-inclusion by reducing stigma and building trust.

Methods

Rise & Rest integrates brainwave entrainment via isochronic and binaural beats with the R.I.S.E. routine: Reset the Mind, Inner Awareness, Stress Literacy, and Evening Wind-down. Pilots were conducted during Sunshine Rallies across 18 schools, reaching $\approx$ 25,000 adolescents (53% female). A sample of n=385 was evaluated using wellbeing check-ins, discussions, and caregiver/teacher interviews.



Key insights: High acceptability and low stigma. Challenges include device access in rural schools and facilitator retention.

Conclusions & Recommendations

Rise & Rest is a promising, inclusive approach for adolescent mental health. Pilots validated feasibility; next steps include embedding routines into daily school life. Alignment with national education and disability frameworks supports pathways for scale. A randomized controlled trial is planned.

References

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