



**Silence
the Shame**

YOUTH MENTAL WELLNESS COPE CLINIC

3.25.2023 OUTCOMES REPORT

Silence the Shame Youth Mental Wellness Community Outreach & Practice Effort (COPE) Clinic is a youth (13-19) resiliency program that offers innovative opportunities to understand mental health and crisis, build soft vocational skills, and practice coping techniques for managing stress. Students engage in experiential learning segments (COPE activities) to build skills for self-care, entrepreneurship, financial health, and college/career readiness.

STS partnered with local providers and organizations on **Saturday, March 25, 2023**, at [The Faith Center](#) in Tucker, GA, to engage Metro Atlanta youth in an immersive experience to practice self-care and safely express thoughts and emotions. Caregivers participated in our Parent Cafe to discuss raising resilient teens, being trusted adults, and healthy development for their youth. Program participants heard about managing daily stress and prioritizing wellness from a panel of three youth leaders, a behavioral health clinician, and STS CEO Shanti Das. Through the COPE Clinic, Program participants:

62 YOUTH
SERVED

20 SUPPORTED
CAREGIVERS

25 ENGAGED
PARTNERS

1. Learned to recognize signs & symptoms of crisis and suicide
2. Accessed local behavioral health resources and providers
3. Empowered by authentic lived experiences from their peers

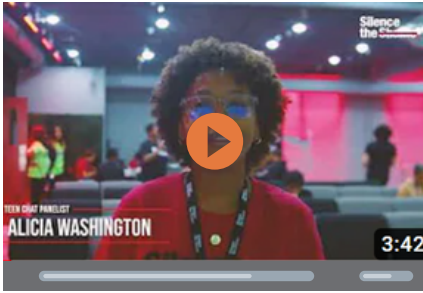
And received the following resources:

- [Finding a Trusted Adult](#)
- [How to Become a Trusted Adult](#)
- [Understanding Anxiety](#)
- [Connecting with Crisis Resources](#)
- [Self-Care Tips for Students](#)



Check out @silencetheshameteens for teen-created and teen-informed content!

03/25 COPE CLINIC RECAP

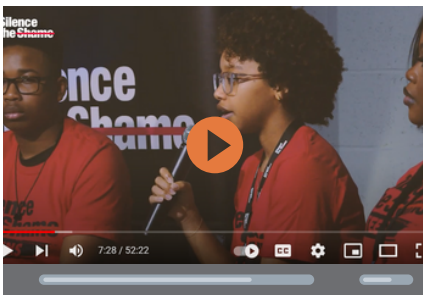


This recap video highlights youth participants' and partners' reactions to the COPE Clinic. Participants created sensory kits and positive affirmations and engaged with youth leaders during the Teen Chat. We also provided four Expression Stations:

- Podcasting and Content Creation with [VOX ATL](#) - Listen to the teen-produced podcast episode [HERE](#)
- Yoga with [Marsha Shackelford](#)
- Wellness Vision Board with Tia Robinson, [The Practice Pause](#)
- Explore Your Spark with [Usher's New Look](#)

Additionally, we partnered with the following local organizations to offer resources to participants: [Children's Healthcare of Atlanta \(CHOA\)](#), [Peach State Health Care](#), [Seedlife Foundation](#), and [South Candler Neighborhood Advocates](#).

TEEN CHAT



Check out the panel discussion about teens' mental health concerns, stressors, and healthy coping strategies. Here are some highlights:

"When it comes to mental health, we are impacted by what happens in us, to us, and around us" - [Dr. Gunter](#).

"I would love for someone to talk to; not everyone has an answer, not everyone has a solution every time or the best way to solve my problem, but it just feels good to know that I can talk to someone or just let loose." - [Alicia Washington, 17](#)

"Your love language is the opposite of the way you self-sabotage. So for me, my love language is quality time and I isolate" - [Savannah Elahee, 16](#)

"Some parents understand but not all parents do. Different kids, they want their parents to understand the struggles they go through so whenever they have a problem they can help them with it and collaborate and solve it." - [David Gooding, 14](#)

EVENT OUTCOMES

Youth created, produced, and edited content for a podcast and social media messaging. Program participants completed a survey to measure knowledge or skills gained due to the COPE clinic. Participants were also encouraged to silence the shame and ask for help when experiencing mental health challenges.

As a result of this conversation, I feel more confident that I can recognize risk factors for experiencing a crisis.



Strongly Agree

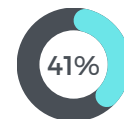


Agree

As a result of this conversation, I feel more confident that I can identify healthy ways to cope with stress.

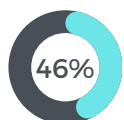


Strongly Agree

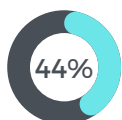


Agree

As a result of this conversation, I feel more confident that I can recognize things that impact my own mental health.

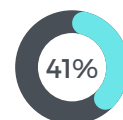


Strongly Agree



Agree

As a result of this conversation, I feel more confident that I can ask for help.



Strongly Agree



Agree