



Silence the ~~Shame~~

YOUTH MENTAL WELLNESS COPE CLINIC

IMPACT REPORT

2024



Silence the Shame's **Youth Mental Wellness Community Outreach & Practice Effort (COPE) Clinic** is a transformative resilience-building program designed for teens aged 13-19. It empowers youth to understand mental health, navigate crises, and practice coping strategies for managing stress. Through hands-on experiential learning activities, known as **COPE Activities**, participants build life skills in areas such as self-care, mental health advocacy, financial literacy, and college and career preparedness.

Parents and caregivers are also supported through the **Parent Café**, which equips them with tools to nurture resilience and emotional well-being in their teens. The program is further strengthened by the **Youth Advisory Council**, where teens are encouraged to use their voices and skills to advocate for mental health awareness and inspire their peers.

BOOSTING MENTAL HEALTH AND WELLNESS MANAGEMENT SKILLS

STS collaborated with nine organizations and seven wellness facilitators to deliver 11 COPE activities, reaching 377 young people. Through interactive workshops, participants practiced healthy coping skills and focused on emotional and physical well-being. Sessions covered emotional regulation, positive body image, and physical activities like yoga and Zumba to boost endorphins and healthy lifestyles. Participants also learned about mental health resources, such as crisis hotlines, identifying trusted adults, and recognizing when to seek professional help. Among those evaluated, 83% reported a better understanding of mental health, 86% felt confident in seeking early help, and 80% gained skills from vocational and stress management workshops.

EMPOWERING AND EQUIPPING YOUTH AND PARENT LEADERS AND ADVOCATES

STS engaged 16 Youth Ambassadors in promoting mental health awareness by participating in public speaking engagements, creating podcast episodes, and volunteering at community events. Additionally, STS empowered 30 young individuals by providing them with opportunities to serve on the Youth Advisory Council, enabling them to contribute their voices and perspectives to shape programs and digital content.

CAREGIVER SUPPORT AND MENTAL HEALTH AWARENESS

STS successfully engaged 113 parents and caregivers through seven virtual and in-person Parent Cafés. Among participants who completed evaluations, 88% reported an enhanced ability to support their teens' mental health and promote resilience.



COPE ACTIVITIES

STS partnered with local organizations and behavioral health experts in Lawrenceville, Marietta, Athens, Brookhaven, Atlanta, and Decatur, Georgia, to carry out Community Outreach Practice Effort (COPE) activities, Parent Cafes, and outreach events. The goal of these initiatives was to provide participants with the necessary tools to communicate effectively with their communities, dispel misconceptions, and encourage open and healthy discussions about mental health.

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COPE ACTIVITIES

YAC MEETINGS

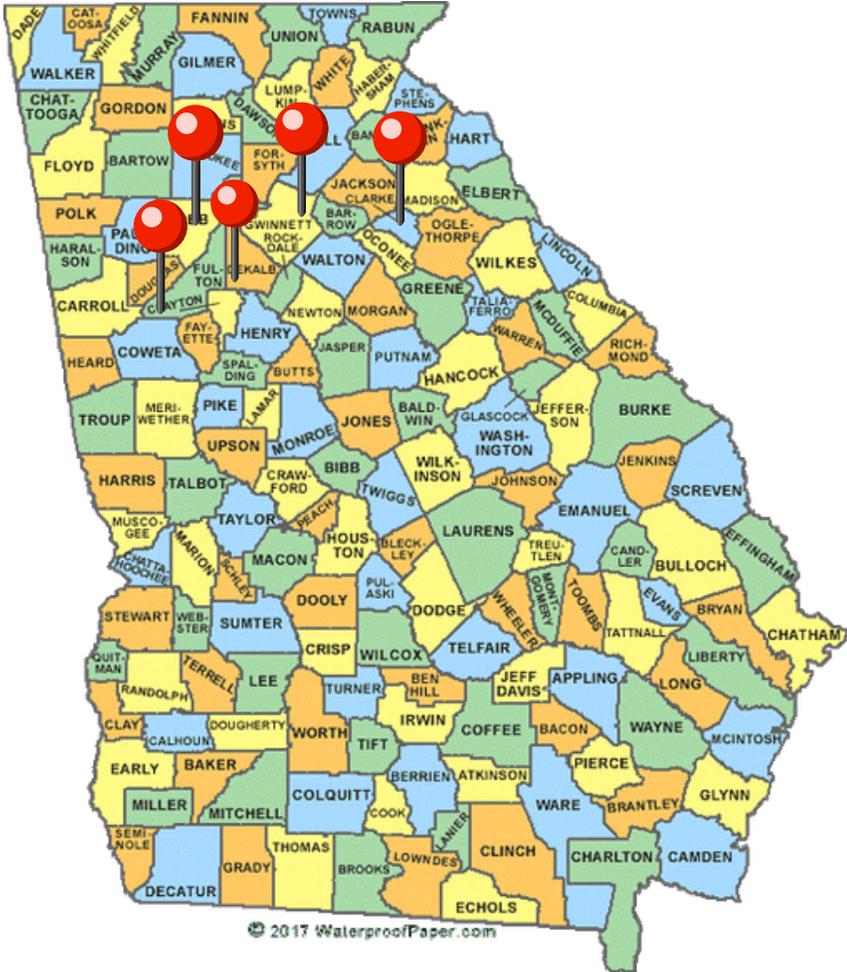
OUTREACH EVENTS

377 YOUTH ENGAGED

113 SUPPORTED CAREGIVERS

21 PARTNERSHIPS DEVELOPED

32 VOLUNTEER MOBILIZED



2024 COPE ACTIVITY RECAP

VISION BOARD PARTY - COMMUNITY EVENT

SATURDAY, JANUARY 24, 2024 | LOTUS PERFORMING ARTS, ATLANTA GA



STS partnered with [Lotus Performing Arts](#) to host a Vision Board party with [Tia Robinson, The Pause Practice](#) focusing on self-care and new year aspirations. Youth practiced self-care and goal-setting by creating a vision board.

Resources Provided:

Self-care Tips, Anxiety, Depression, Crisis pens, Hotline magnets, How to Find a Trusted Adult

SELF-LOVE COPE ACTIVITY - VOXAPALOOZA

SATURDAY, MAY 4, 2024 | MLK CENTER, ATLANTA, GA



STS partnered with [VOX ATL](#) to host a self-love activity for over 90 attendees at Voxapoolza. STSU students helped with setup and engaged participants in the self-love activity, allowing them to express their feelings and celebrate their self-worth.

Resources Provided:

Self-care Tips, Anxiety, Depression, Crisis Cards, Crisis Hotline magnets, How to Find a Trusted Adult

POSITIVE AFFIRMATIONS COPE ACTIVITY - DISRUPTIVATOR SUMMIT

THURSDAY, JULY 25, 2024 | OLGETHORPE UNIVERSITY, BROOKHAVEN, GA



STS partnered with [Usher's New Look](#) to empower over 50 youth to create positive affirmation letters to send to 80 residents at [Orchard at Brookhaven Assisted Living Facility](#). This activity was led by STSU college ambassadors to promote mental health education.

Resources Provided:

Self-care Tips, Anxiety, Depression, Crisis Cards, Crisis Hotline magnets, How to Find a Trusted Adult

SELF-REGULATION COPE ACTIVITY - YOUTH SPARKS

WEDNESDAY, OCTOBER 16, 2024 | YOUTH SPARKS, ATLANTA, GA



STS partnered with [Youth Sparks](#) to engage youth in a self-regulation workshop using Anger Iceberg. framework Facilitated by [Sierra Hillsman](#), participants gained practical skills to identify, understand, and manage their feelings, allowing them to transform emotional responses into healthier actions.

Resources provided:

Stress ball, fidgets, crisis pens, Youth MH, Self-regulation, Anxiety, Depression, PTSD, and Self-care practices.

2024 COPE ACTIVITY RECAP

AFFIRMATION MIRROR: SELF-LOVE COPE ACTIVITY - YELLS

TUESDAY, OCTOBER 22, 2024 | MARIETTA, GA

STS partnered with the **YELLS Afterschool Program** to host an interactive workshop empowered participants to explore the power of positive self-talk and personal motivation as tools for growth and success.

Resources Provided:

Self-care Tips, Anxiety, Depression, Crisis, Crisis Hotline magnets, How to Find a Trusted Adult



WELLNESS COLLAGE COPE ACTIVITY - AGAPE

WEDNESDAY, OCTOBER 23, 2024 | ATLANTA, GA

STS collaborated with the **Agape Family and Youth Center** to inspire and empower youth in creating wellness collages. Led by **Skyland Trail**, participants engaged in meaningful exploration and reflection on three essential aspects of mental health: physical, emotional, and social well-being

Resources Provided:

Self-care Tips, Anxiety, Depression, Crisis Cards, Crisis Hotline magnets, How to Find a Trusted Adult



BUILDING YOUR SENSORY KITS - FREE YOUR FEELS TEEN SUMMIT

SATURDAY, OCTOBER 26, 2024 | ATHENS, GA

STS partnered with **Free Your Feels hosted by Voices for Georgia's Children**. STSU ambassadors led a Sensory Kit activity with 16 youth and offered resources to over 60 youth in the Clark county school district. managed an STS table.

Resources provided:

Stress ball, fidgets, cups, pens, Youth MH, Self-regulation, Anxiety, Depression, PTSD, and Self-care practices.



YOGA COPE ACTIVITY | AGAPE

WEDNESDAY, NOVEMBER 20, 2024 | ATLANTA, GA

STS partnered with **Agape** to practice Yoga with their middle school students. Led by **Marsha Shackelford, Rawr Yoga Life** youth explored mind-body connection, breath control, and movement as tools for improving mental and physical well-being.

During this event, we provided:

Stress ball, fidgets, crisis pens, Youth MH, Self-regulation, Anxiety, Depression, PTSD, and Self-care practices.





2024 COPE ACTIVITY RECAP

SOUND BATH COPE ACTIVITY | SHILOH

THURSDAY, NOVEMBER 21, 2024 | SHILOH HIGH SCHOOL, SNELLVILLE, GA



STS partnered with **Shiloh High School** to practice meditation through Sound Bath. Led by **Tamiko Hope, HOPE Heritage**, students were immersed through sound frequency and vibrations to promote relaxation, stress reduction, and improved focus.

Resources provided:

Self-care Tips, How to Find a Trusted Adult, Stress ball, fidgets, crisis pens, Youth MH, Anxiety, Depression.

ZUMBA COPE ACTIVITY | AGAPE

WEDNESDAY, DECEMBER 4, 2024 | ATLANTA, GA



STS partnered with **Agape** to energize youth through a Zumba Session. Led by **Lisa More, More LLC**, participants learned the importance of movement and exercise as a tool for stress relief and emotional expression.

Resources provided:

Stress ball, fidgets, cups, pens, Youth MH, Self-regulation, Anxiety, Depression, PTSD, and Self-care practices.

POSITIVE BODY IMAGE THROUGH DANCE | LOTUS PERFORMING ARTS

SATURDAY, DECEMBER 14, 2024 | ATLANTA, GA



STS partnered with **Lotus Performing Arts Studios** to foster positive self-image. Led by **Bria Campbell, S.P.E.A.K. LLC** participants engaged in expressive dances that helped them connect with their emotions, embrace their true selves, and cultivate a healthier relationship with their bodies.

Resources provided:

Stress ball, fidgets, crisis pens, Youth MH, Self-regulation, Anxiety, Depression, PTSD, and Self-care practices.



YOUTH ADVISORY COUNCIL

At STS, we believe in empowering young people aged 13-26 to raise awareness about mental health issues, eliminate stigma and improve outcomes. Our Youth & Young Adult Advisory Council aims to achieve these goals. The Youth Advisory Council (YAC) maintained a dynamic group of 30 active members throughout the year, led by inspiring young leaders Savannah (17), Joi (18), and Alonje (19). Together, the council actively engaged in 12 impactful meetings, skill-building trainings, and a celebratory year-end recognition event.

KEY HIGHLIGHTS OF THE YAC'S ACTIVITIES INCLUDED:

- **Understanding Leadership Roles:** Cultivating leadership skills and exploring individual strengths to empower members to take initiative in their communities.
- **Mind Matters: Behavioral Health Conversations & Care:** Facilitating open discussions and raising awareness about mental health, fostering peer support and resilience.
- **Volunteer Opportunities:** Actively supporting community initiatives through meaningful volunteer experiences.
- **988 Training with GA DBHDD:** Equipping members with tools and knowledge on Georgia's mental health crisis hotline, further advocating for behavioral health resources.
- **YAC Recognition Event:** Celebrating the achievements and contributions of all members in a well-deserved year-end ceremony.

YOUTH VOICE IN MENTAL HEALTH AWARENESS

YAC President Savannah shared her mental health journey in a documentary, helping to break stigma and inspire others. Her bravery encourages open conversations and fosters a supportive community.

[CLICK HERE](#) >>





PARENT CAFÉ

The Parent Café is a transformative session designed to provide parents and caregivers with a supportive, educational, and empowering space to address youth mental health challenges and caregiver well-being.

Parents and caregivers were engaged virtually and in person to learn healthy ways to promote teen resilience and focus on self-care.

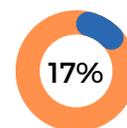
STS partnered with community behavioral health professionals to lead conversations with parents on various topics including:

- Kaci Griffin, MSW, LCSW
- Ursula Davis, LPC, CPCS
- Sierra Hillsman, M.Ed., LPC, NCC
- Reinetta Arnold, MSW, LCSW, MAC, CFVIP
- Fabricia Prado, LCSW

The Parent Café provided a physically and emotionally safe space for discussions.

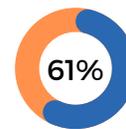


Strongly Agree



Agree

The Parent Café helped me create effective strategies to strengthen my family.



Strongly Agree



Agree

The Parent Café helped me explore healthy coping strategies and suicide prevention techniques for building resilient teens.



Strongly Agree



Agree

7 PARENT CAFÉS HOSTED

113 PARENTS SUPPORTED

5 PROFESSIONAL FACILITATORS

88% INCREASED LITERACY

Silence the Shame PARENT CAFÉ RECAP SUPPORTING MENTAL HEALTH FOR TEENS AND ADULT CHILDREN

DID YOU KNOW? Suicide is the second-leading cause of death for teens aged 10-24. According to 2019 data, approximately 8.9% of high school students reported making at least one suicide attempt in the last 12 months. CDC

KEY TAKEAWAYS

COMMUNICATION AND CONNECTION

- **Open Dialogue:** Encourage open and honest discussions. Let them know it's okay to talk about feelings and mental health issues without fear of judgment.
- **Active Listening:** Listen attentively and validate their experiences. Offer empathy and understanding rather than immediate solutions or dismissive comments.
- **Consistent Check-ins:** Regularly check in on their well-being, making these conversations a normal part of your routine.

SUPPORT SYSTEMS - BUILDING A VILLAGE

- **Build a Support Network:** Encourage them to build a network of trusted friends, family members, and mental health professionals.
- **Peer Support:** Promote the value of peer support groups where they can share experiences and coping strategies.
- **Access to Services:** Ensure they know how to access mental health services, such as counseling, therapy, or hotlines.

EDUCATION AND AWARENESS

- **Mental Health Literacy:** Educate yourself and them about common mental health issues, symptoms, and available resources.
- **Normalize Seeking Help:** Break the stigma around mental health by normalizing therapy and other mental health services.
- **Stress Management:** Teach effective techniques such as mindfulness, deep breathing exercises, or yoga.

Silence the Shame PARENT CAFÉ RECAP STRESS MANAGEMENT FOR PARENTS

DID YOU KNOW? Self-care means taking the time to do things that help you feel well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. - NIMH

KEY TAKEAWAYS

BUILDING A SELF-CARE PLAN

- **Schedule "Me Time":** Carve out dedicated time in your weekly schedule for activities that rejuvenate you, whether reading, exercising, or simply enjoying a quiet moment. Treat this time as non-negotiable, just like an important appointment, to ensure you prioritize your well-being.
- **Set Boundaries:** Communicate your needs and limits with family and friends. Establish boundaries to protect your self-care time and avoid overcommitting. Understanding that it's okay to say no allows you to focus on your health while being a more present and effective caregiver.

CREATE A SUPPORT NETWORK

- **Connect with other parents and caregivers** to build a community. Share experiences, seek advice, and offer mutual support. A strong support network can provide emotional, practical assistance, and valuable insights for managing competing challenges.
- **Attend local parenting groups, community centers, or online forums** to share experiences, resources, and support. Creating a network of trusted individuals who can offer help and advice when needed.

THE POWER OF POSITIVITY

- **Maintaining hope and a positive mindset** during tough times empowers you to seek solutions and drive change in your life.
- **If you are facing a problem, try to write down as many ways to overcome it as possible.** Then, think about the pros and cons of each solution and which one would be easier to put into practice.
- **Remember, you don't need to fix every child's situation.** If a problem is beyond your control, try to focus on what you can do to help the situation improve.

Silence the Shame PARENT CAFÉ RECAP MENTAL HEALTH AND THE HOLIDAYS FOR PARENTS

DID YOU KNOW? So... go ahead and yell, cry, kick, scream, sleep, eat, understand, your anxiety or not, be silent or be still, just make sure you FEEL ALL the feels so you can eventually HEAL. - Shanti Das, Hostess of a Merry Little Christmas

KEY TAKEAWAYS

PROTECTING YOURSELF THROUGH THE HOLIDAYS

- **Set Boundaries and Manage Expectations:** Be clear about what you can and cannot do during the holidays, whether it's with your family, friends, or children. It's okay to say no to events or commitments that will overwhelm you. Prioritize what matters most and ensure you leave time for rest.
- **Practice Self-Care:** Taking care of your family, make time for your own mental and physical health. This could mean scheduling moments to unwind, exercising, eating well, or seeking emotional support if needed. A healthy parent is better able to create a joyful and supportive environment for the family.

CREATE A SUPPORT NETWORK

- **Connect with other parents and caregivers** to build a community. Share experiences, seek advice, and offer mutual support. A strong support network can provide emotional, practical assistance, and valuable insights for managing competing challenges.
- **Attend local parenting groups, community centers, or online forums** to share experiences, resources, and support. Creating a network of trusted individuals who can offer help and advice when needed.

THE POWER OF CONNECTING

- **Create Traditions Together:** Engage your children in fun, family-oriented activities like baking cookies, decorating the house, or making holiday cards. These traditions create lasting memories and strengthen bonds. Let them contribute their ideas to make it even more special.
- **Send Quality Time on One Time:** Dedicate time to connect individually with each family member. Share a personal conversation or holiday message. This shows your children that you care about them and their feelings.



OUTCOMES & FEEDBACK

To evaluate the effectiveness of our COPE activities, program participants were asked to complete online surveys. The surveys gauged the knowledge and skills gained from the following programs: Self-Care Social, Financial Literacy, and College Readiness Community Conversation.

The workshop results demonstrate a successful and impactful experience for participants in building skills and strategies for personal growth, well-being, and resilience. A significant percentage of attendees expressed a strong commitment to adopting practices learned during the session

Summary of Key Strengths

- High success in teaching practical techniques for affirmations, positive self-talk, and goal-setting.
- Significant improvement in participants' willingness to seek help for emotional struggles and use grounding techniques for anxiety.
- Facilitators connected with youth that was meaningful and relevant to their needs.

In summary, the workshops was highly effective in providing attendees with tools to boost self-confidence, resilience, and emotional well-being. From affirmations and positive self-talk to goal setting and grounding techniques, participants left feeling better equipped to manage their mental and emotional health. The feedback suggests both short-term satisfaction and long-term potential for these strategies to be embedded in their daily lives.

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This sound bath experience has been relaxing and engaging. As someone who struggles with anxiety, I've found that different sound frequencies help me relax. - 11th Grader at Shiloh High School



I typically keep my emotions to myself, but I've realized that walking with my mom improves my mood. Going on hikes together allows me to open up and share my thoughts, benefiting my emotional wellness. - 6th Grader at Agape Youth and Family



Thank you so much for to talk about regulating emotions because it's needed, and I will be using these skills in my life. - 12th grader at Youth Sparks



I'm putting this affirmation in my room so I can look at it every day to reach my goals. - 11th Grader at YELLS Afterschool Program

Increasing Self-Confidence and Resilience



Strongly Agree

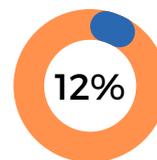


Agree

Positive Self-Talk

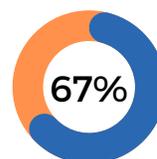


Strongly Agree



Agree

Emotional Support: Asking for Help



Likely



Most Likely



86%

UNDERSTANDING OF EARLY INTERVENTION

80%

ENHANCED DEVELOPMENT SKILLS

83%

UNDERSTANDING OF MENTAL HEALTH CHALLENGES

BEHAVIORAL HEALTH RESOURCES

Youth, families, and communities gained access to behavioral health resources to improve mental well-being. Youth ambassadors created social media toolkits on topics like Positive Affirmations, Self-Love, and Mental Health Disorders. Additional resources covered issues such as anxiety and depression, enhancing understanding. Crisis tools, including the 988 hotline, were provided for immediate assistance.



Download Resources Here



Silence the Shame

Uncovering Emotions: What is Self-Regulation?

Self-regulation is all about learning how to manage your thoughts, feelings, and actions. It's like being the "boss" of your emotions!

Did You Know?!
When you practice self-regulation, you can stop and think before you react to something that makes you angry or upset. Instead of letting your feelings control you, you take a moment to breathe and decide how to respond in a cool way.

Connect with Us!
Stay in the loop—see our upcoming events and exclusive content!

Tips for Managing Your Emotions

- Know Your Triggers:** Keep a diary about when you feel angry and why. This will help you see what makes you tick!
- Take a Break!** If you're feeling super angry, try stepping away for a few minutes to cool down before you react.
- Look for Solutions:** Instead of focusing on what made you mad, think about how you can fix it or make it better.
- Share Your Feelings:** Talk about how you feel using "I" statements (like "I feel upset when..."). This way, others will understand you better!

Activity Time: Anger Iceberg
The Anger Iceberg Activity lets you dive into why you feel angry. Just like an iceberg, where only a little bit shows above water, anger is only the surface! There are other feelings, like sadness or fear, hiding below. This activity helps you find those feelings so you can better manage your anger.

- Find Hidden Feelings:** When you feel angry, it's often because something else is bothering you, like feeling ignored or scared. This activity helps you find those feelings.
- Draw It Out:** Create a drawing of your feelings! This lets you see what's hidden underneath your anger and talk about it with friends.
- Team Talk:** After you figure out your feelings, identify friends or family to discuss what you uncovered. It's great to know you're not alone in feeling this way.
- Tools to Help:** Use cool tricks like breathing exercises and journaling to help you stay calm and express how you really feel.

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All About You: A Self-Love Journey

Self-love is all about appreciating who you are and treating yourself with kindness and respect. It means recognizing your worth and taking care of your own needs, both emotionally and physically. When you practice self-love, you boost your confidence, improve your mood, and make better choices for your life. Remember, you're awesome just the way you are!

Did You Know?!
Negative self-talk can actually change your brain chemistry, leading to feelings of sadness. Positive affirmations can help flip the script and create a healthier mindset!

Connect with Us!
Stay in the loop—see our upcoming events and exclusive content!

Tips for Practicing Self-Love

- Be Positive:** Challenge negative thoughts about yourself. Replace them with affirmations like "I am enough" or "I am worthy."
- Set Boundaries:** Learn to say no! Protect your energy and time by recognizing what's good for you.
- Make Time for You:** Plan fun activities that make you happy, whether it's listening to music, reading, or hanging out with friends.
- Celebrate Small Wins:** Recognize your achievements, no matter how small. Did you finish a homework assignment? That's worth celebrating!

Activity Zone

- Gratitude Journal:** Write down three things you love about yourself or three things you're grateful for every day.
- Affirmation Mirror:** Stand in front of a mirror and say positive affirmations out loud. Try to do this daily!
- Mindfulness or Meditation:** Spend a few minutes each day practicing mindfulness. Focus on your breathing and let go of negative thoughts.
- Creative Expression:** Draw, paint, write, or dance! Use your creativity as a way to express yourself and boost your mood.

Silence the Shame

Vibe Check: Exploring Sound Therapy

Sound therapy is a cool way to use music and sounds to help you relax and feel better! It involves listening to different types of sounds, like calming music, nature sounds, or even special instruments like singing bowls. These sounds can help reduce stress, improve your mood, and create a peaceful atmosphere.

Did You Know?!
Sound therapy has been used for thousands of years in cultures around the world, from chanting in temples to drumming circles.

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Stay in the loop—see our upcoming events and exclusive content!

Tips for Practicing Sound Therapy

- Feel the Vibes:** Sound therapy can help you feel more relaxed and centered by using vibrations and frequencies that resonate with your body.
- Personalize Your Playlist:** Create a playlist of your favorite calming songs or nature sounds that you can listen to whenever you need a break.
- Experiment with Sounds:** Try different types of sounds, like white noise, binaural beats, or even your own voice, to see what helps you relax the most.

Activity Zone

- Sound Bath:** Join a sound bath session where you lie down and listen to soothing sounds from instruments like singing bowls, gongs, or chimes. Let the vibrations wash over you and help you relax.
- Nature Sound Walk:** Go outside and listen to the sounds around you—birds chirping, leaves rustling, or water flowing. Take a moment to focus on these natural sounds and how they make you feel.
- DIY Instruments:** Create your own simple instruments using household items, like shakers with rice or beans in a container. Experiment with different sounds and rhythms!
- Mindful Listening:** Find a quiet space, close your eyes, and listen to a piece of music or nature sounds. Focus on each instrument or sound, noticing how it affects your mood and thoughts.

Silence the Shame

Flow & Grow: A Quick Guide to Yoga

Explore yoga—a fun way to strengthen your body, improve flexibility, and find balance in your mind and life.

Purpose of Yoga
It's all about learning how to connect your mind and body, while helping you stay calm and focused. Plus, it's a great way to boost your overall fitness without the fancy equipment!

Connect with Us!
Stay in the loop—see our upcoming events and exclusive content!

Did You Know?!

- Yoga originated in ancient India over 5,000 years ago and is a practice that combines physical postures, breathing techniques, and meditation.
- Regular practice can improve flexibility, strength, balance, and posture. It can also enhance physical fitness and overall health.
- Yoga promotes relaxation, reduces stress, and improves concentration and mental clarity. It can also help with anxiety and depression.
- Breath control is a key component of yoga that helps regulate energy and calm the mind.

Tips To Practice Yoga

- Start Slow!** If you're new to yoga, begin with beginner classes or online tutorials to learn the basics.
- Listen to Your Body:** Pay attention to how your body feels during practice. It's important to avoid pushing yourself into discomfort or pain.
- Stay Hydrated!** Drink water before and after your practice to stay hydrated.
- Have Fun!** Enjoy the process! Yoga is not just about perfecting poses but also about finding joy and peace in the practice.



COMMUNITY OUTREACH

STS engaged with communities to provide behavioral health resources and crisis tools aimed at fostering mental well-being.

- **MLK Day Beloved Youth Fair** - The King Center Atlanta, GA
- **Literacy Night** - Louise Radloff Middle School, Duluth GA
- **Brotherhood Summit** - Benjamin E. Mays High School, Atlanta, GA
- **Inaugural Youth Town Hall** - City of Atlanta Mayor's Office Atlanta, GA
- **Career Day** - Wadsworth Magnet School, Decatur, Georgia
- **Back to School Drive** - The Powder Springs Community Taskforce, Powder Springs, GA

GRANTMAKERS

THANK YOU TO OUR SUPPORTERS!



AIDS HEALTHCARE FOUNDATION

BETTY AND DAVIS FITZGERALD FOUNDATION



Georgia Department of Behavioral Health & Developmental Disabilities



SOCIAL MEDIA INSIGHTS



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



Views

1200



Followers

1051



Impressions

18,600





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