

**Silence  
the Shame**

# YOUTH MENTAL WELLNESS COPE CLINIC

05.02.2023 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 Fulton County Commissioner, Natalie Hall, Fulton County Schools, Atlanta Public Schools (APS), local providers and organizations on **Tuesday, May 2, 2023**, at **Fulton County Central Library** in Atlanta, GA, to engage students from APS and Fulton Co. Schools in an immersive experience to practice self-care and safely express thoughts and emotions. Program participants heard about the importance of building and practicing self-love from two youth leaders and STS CEO Shanti Das during a live podcast episode taping. Through the COPE Clinic, Program participants:

**80** YOUTH  
SERVED

**38** ENGAGED  
PARTNERS

**03** SCHOOLS  
SUPPORTED

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](#)
- [Certified Self-Love](#)
- [Understanding Anxiety](#)
- [Connecting with Crisis Resources](#)
- [Self-Care Tips for Students](#)



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

## 05/02 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 Live Podcast. We also provided four Expression Stations:

- Podcasting and Content Creation with [VOX ATL](#) - Listen to the teen-produced podcast episode [HERE](#)
- Sound Bath with [Tamiko Hope of Hope Heritage](#)
- Lyrics Prescribed Workshop led by Shaun Andrews & Charles Hankerson with [Mind Hac](#)
- Other Expression Stations offered included: Mindful Journaling, Wellness Vision Board Creation, and Self-Love Affirmation Mirror Station

Additionally, we partnered with the following local organizations to offer resources to participants: [Children's Healthcare of Atlanta \(CHOA\)](#), [Peach State Health Care](#), [Fulton County Sheriff's Office](#), [Delta Community Credit Union](#), [The Fulton County Department of Behavioral Health & Developmental Disabilities](#), [Free Your Feels](#), [Usher's New Look](#), [Mental Health America of Georgia](#), and [Georgia Department of Behavioral Health & Developmental Disabilities](#).

## STS BONUS PODCAST - CERTIFIED SELF-LOVE



Check out this live podcast discussing defining your self-love languages and how it is essential to start loving yourself early to promote lifelong wellness. Here are some highlights:

"Pouring into others, requires a lot of you. The more that you love yourself, the more you learn yourself, the more that you're aware of yourself, the more you're able to teach others how to love you and the healthier your relationships will be." - [Dr. Vaughn Gay](#).

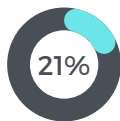
"You can't be everything to everybody... it can get very draining and one thing I learned is you can't pour from an empty cup." - [Marquis Hill, 17](#)

"Building the strength and courage to say "This is me, I am going to be the only person that is going to be with myself from now until I die, so, I might as well learn to love this part of myself" and also, realize that anyone is who telling you anything different, sees something in you that they don't see in themselves." - [Savannah Elahee, 16](#)

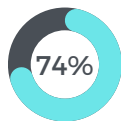
## EVENT OUTCOMES

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 clinic, I feel more confident that I can identify signs and symptoms of mental crisis and how to access behavioral health support.

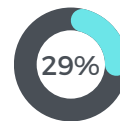


Strongly Agree



Agree

As a result of this clinic, I feel more confident that I can identify ways to cope and maintain my mental wellness through periods of stress.

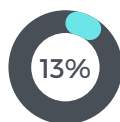


Strongly Agree

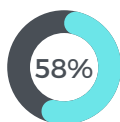


Agree

As a result of the clinic, I have learned ways to strategically share my voice around my wellness.

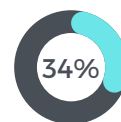


Strongly Agree



Agree

As a result of participating in the clinic, how likely are you to advocate for your wellness?



Very Likely



Likely