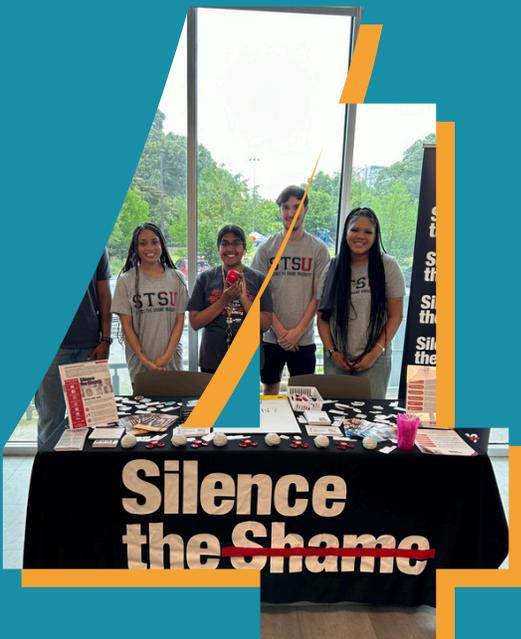


STSU

SILENCE THE SHAME UNIVERSITY

COLLEGE AMBASSADOR PROGRAM



IMPACT REPORT



PROGRAM OVERVIEW

SILENCE THE SHAME UNIVERSITY

Silence the Shame University (STSU) is a College Ambassador Program that empowers young adults to advocate for behavioral health on campuses and in their communities. In partnership with the Georgia Department of Behavioral Health and Developmental Disabilities, STSU offers leadership training and outreach opportunities to help students become effective community advocates.

CLIMB UP AMBASSADOR LEADERSHIP TRAINING

The CLIMB UP Ambassador Leadership training offers six months of experiential training for college students and young adults who aim to enhance their communities. As STSU Ambassadors, they share their experiences and foster important discussions on mental health in their communities.

PROGRAM HIGHLIGHTS

STSU program team recruited and trained 25 college students through the CLIMB UP Leadership training for six months. Participants completed a self-guided training series, participated in interactive workshops fostering mindfulness, resilience and social connectedness and connected with professionals through community conversations, self-care socials and wellness seminars. The program goals included:

CULTIVATE LEADERSHIP & CAREER READINESS

Our program has empowered 25 college students with essential career readiness and leadership skills, promoting development in communication, critical thinking, problem-solving, and teamwork through 21 activities. Participants engaged in at least three self-guided vocational webinars and activities to boost their self-awareness, social awareness, and advocacy skills. They also completed three training sessions focused on leadership and resilience, along with two sessions on behavioral health and suicide prevention.

ENHANCING MENTAL HEALTH AWARENESS

Throughout the training cohort, students collaborated on group projects aimed at raising mental health awareness, resulting in the launch of five initiatives: Two Conversations & Care, a Youth COPE Clinic, a podcast series, and a College Empowerment Summit. These projects were designed to encourage dialogue, provide education, and advocate for mental health, working to reduce stigma and empower communities.

PROMOTE HELP SEEKING BEHAVIOR

Students participate in monthly discussion sessions to foster social connections and complete workbook activities that teach them how to access local resources. They took the initiative to lead, engage, and invite their peers to six outreach events. Additionally, they volunteered at seven community outreach events, where they shared behavioral health resources and information about college campuses, community activities, and partner events.



963 REACHED & ENGAGED

25 STUDENTS LEADERS

5 COMMUNITY ENGAGEMENT EVENTS

85% PROGRAM SATISFACTION

88% MENTAL HEALTH LITERACY GAINED

MEET OUR INAUGURAL MEMBERS

Total Participants: 28 total/25 graduated
Ambassadors Into Interns: 3 Silence the Shame interns

Majors Involved:

- Psychology
- Information Technology
- Public Health
- SOciology
- Nursing
- social work
- Mechanical Engineering
- Computer Science

Colleges/Universities Involved:

- Clark Atlanta University
- Spelman College
- Morehouse College
- Kennesaw State University
- Agnes scott College
- Georgia STate University
- Georgia Institute of Technology



Aaliyah Sargeant



Abriana Northington-Winston



Alicia Washington



Ashley Singh



Ava Makombe



Breann Combs



Charity Fisher



Christian Scott



Demi Cabness



Gianna Burns-Ferguson



Jacob Burrell



Jamarrea Anderson



Jayden Hightower



Kai Dickerson



Kayla Pierce



Kyla Bowen



Leah Thompson



Mariam Shafik



Natalyia Hall



Parker McCaig



Qurban Mahary



Sarah Groves



Shamar Williams



Simone Leonard



William Thompson

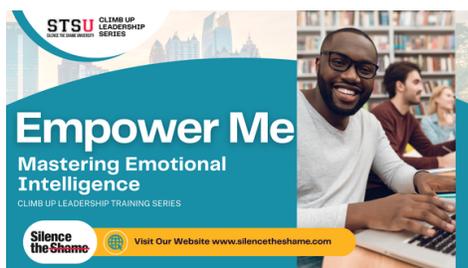
CLIMB UP LEADERSHIP TRAINING SERIES

STS created self-guided modules on emotional intelligence, mental health for college students and leadership roles to execute mental health awareness events with assessments and activities, allowing members to learn at their own pace.



CLIMB UP Leadership Orientation

This orientation prepares students for program by covering mental health, leadership, and the significance of fostering a mental health culture on campus.



Empower Me: Mastering Emotional Intelligence

This training focused on improving emotional intelligence and interpersonal skills, helping participants manage emotions and navigate social interactions effectively.



EmpowerU: Mental Health Educator

This training equipped students with the tools to understand mental health and the strategies to educate youth and adults effectively.



Collaborate: Volunteer Coordinator Training

This training provided students with the knowledge and skills needed to coordinate volunteers for mental health awareness events.



Speak Up: Public Speaker Training

This training equipped students with the skills and confidence to communicate and advocate through public speaking for mental health awareness in your community.



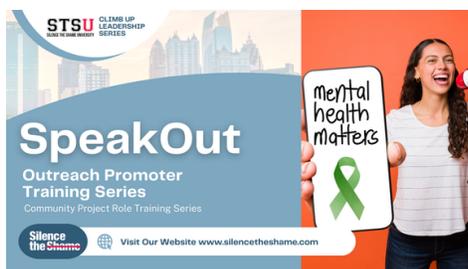
Advocate: Mental Health Content Creator Training

This training is equipped students to create printed resources and digital content including social media and podcasting for mental health awareness.



Lead Up: Project Coordinator Training

This training equipped students with essential skills and knowledge for effectively coordinating and managing these mental health awareness events and projects.



Speak Out: Outreach Promoter Training

This training equipped students with the tools and knowledge to effectively promote mental health awareness and organize impactful events.



Mind Matters: Navigating Mental Wellness Through College

This training empowered students with the tools, knowledge, and support they need to thrive mentally and emotionally during their college journey.

FOSTERING CONNECTION AND COMMUNITY

During the six-month CLIMB UP Training, the STSU program team strongly emphasized building meaningful connections and cultivating a sense of community among the cohort. To achieve this, we offered a blend of virtual discussions and in-person social events designed to foster intellectual engagement and personal bonds.

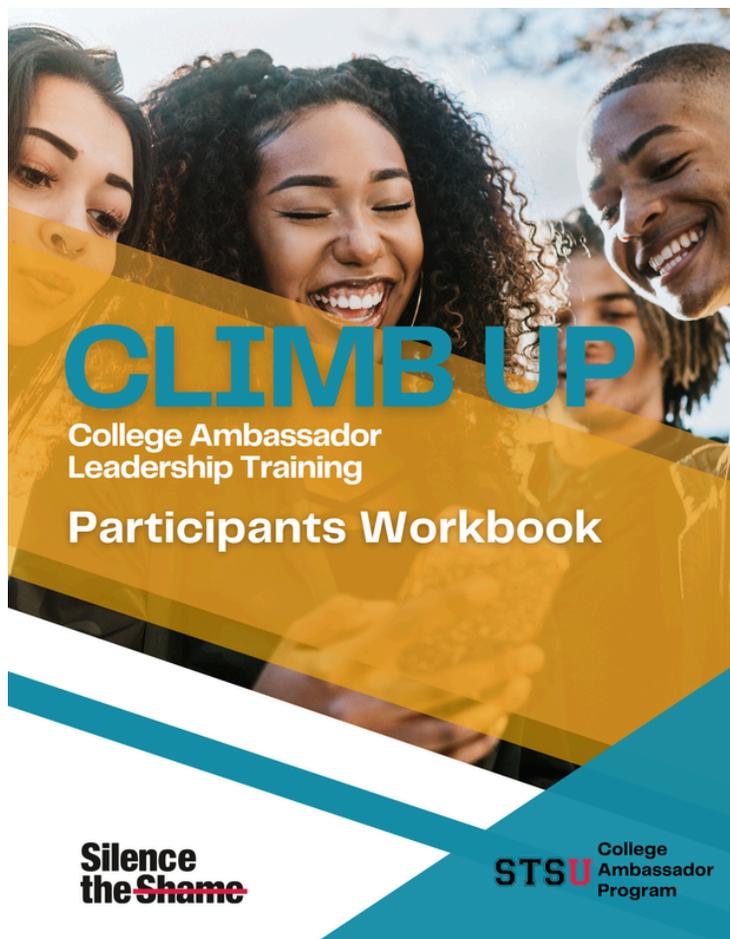
This included four virtual discussions on leadership, mental health, and personal growth, offering a supportive space for participants to share and learn. To strengthen bonds, the program also featured in-person events like a social gathering at Dave & Buster's, a fun day at Piedmont Park, and an outing at Main Event. These gatherings allowed participants to build friendships in a more casual setting, relax together, and support one another throughout their personal and professional journeys.

EQUIPPING STUDENTS FOR GROWTH AND IMPACT

Participants gained hands-on experience and completed valuable certifications, including Youth Mental Health First Aid (YMHFA), Adult Mental Health First Aid (AMHFA) facilitated by the **Georgia State University Center of Excellence for Behavioral Health & Wellbeing** and Question, Persuade, Refer (QPR) suicide prevention. Some students advanced further, becoming certified YMHFA and AMHFA facilitators, enabling them to train others and expand mental health awareness in their communities.

Additionally, **Tionna Skipper from Delta Community Credit Union** led a Financial Literacy Training session, equipping participants with essential money management skills to support financial security and long-term success.

CLIMB UP empowered students with technical skills, professional certifications, and the ability to create a lasting impact within their communities.



CLIMB UP: PARTICIPANT WORKBOOK

This workbook is designed for participants to enhance their training experience. It includes reflection exercises to help ambassadors explore their thoughts and feelings, mindfulness journaling prompts to encourage self-awareness and stress management, and resources to support their mental health advocacy work. Additionally, the workbook provides leadership tips to help ambassadors effectively communicate and lead mental health initiatives on campus.

COMMUNITY ENGAGEMENT EVENTS

Silence the Shame organized a series of impactful community engagement events aimed at promoting learning, connection, and personal growth. These thoughtful gatherings brought together cohort members, behavioral health professionals, wellness facilitators, community leaders, and peers to participate in meaningful discussions and activities centered around mental health, leadership, and career development.

Highlights of these events included the *Fireside Chat with Trevor Jackson, the Behavioral Health Panel Discussion, and Mindfulness and Resilience Workshops*. These initiatives not only fostered enriching conversations but also significantly strengthened student engagement, deepened community connections, and reinforced the program's dedication to mental health awareness and leadership cultivation.

Furthermore, cohort members actively participated in outreach efforts by volunteering at major events such as Voxapoolza, Killer Mike Live Podcast, and Clark's Mental Health Summit. Through these tabling opportunities, they engaged with diverse audiences across various industries, schools, and communities, further amplifying their mission of raising awareness around mental health and wellness.



COMMUNITY ENGAGEMENT EVENTS

“MIND MATTERS” CONVERSATION & CARE

TUESDAY, MARCH 19, 2024 | ATLANTA, GA



This Mind Matters: Conversations on Mental Health Professions and Care event, held at the Auburn Ave Research Library, aimed to bring together professionals from diverse backgrounds to share their experiences, roles in the field, and insights while promoting mental health awareness, among other topics. The event attracted approximately 50 participants. Students had the chance to interact with local experts and experience a wonderfully calming sound bath led by Tamiko Hope, the Sound Bath Facilitator.



The panel included:

- Shanti Das - Moderator, CEO and Founder of Silence the Shame
- Taylor Peyton - Director of State Opioid Response
- Dr. Lakliesha Izzard - Licensed Professional Counselor/NAMI
- Anthony Catlin - DBHDD Project Director of Youth & Family /Peer Specialist
- Reinette Arnold - Licensed Therapist
- Maria Ramos - Senior Specialist at Georgia Voices

COST OF CARE TRAINING WITH AMANDA MUHAMMAD

TUESDAY, JUNE 25, 2024



The Cost of Care Training was an event facilitated by Amanda Muhammad, a Mindfulness Consultant from Dallas associated with Mako Mindfulness. It took place at the Agape Youth Center in Atlanta and engaged 16 participants. The training delved into how stress affects mental, emotional, and physical well-being, highlighting the genuine "cost of care" associated with managing daily responsibilities and expectations.

POSITIVE RESILIENCE TRAINING WITH BUCK DAVIS

SATURDAY, JULY 13, 2024



The Positive Resilience Training was an event led by Buck Davis, a speaker and trainer hailing from South Carolina. Hosted at the Agape Youth Center in Atlanta, the session saw the participation of 13 individuals. Buck blends research on positive emotions and resilience with his personal experiences to assist attendees in remaining grounded during challenges such as anxiety and burnout. Through interactive exercises and captivating storytelling, he conveys a practical and empowering message, inspiring participants to bring their best selves to both work and life.

COMMUNITY ENGAGEMENT EVENTS

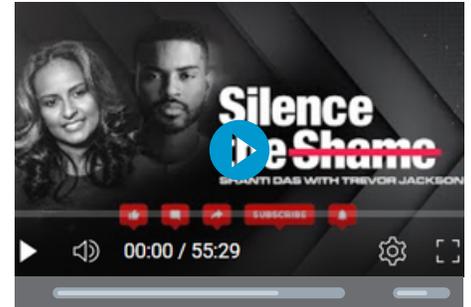
FIRESIDE CHAT WITH TREVOR JACKSON

MONDAY, APRIL 22, 2024 | MOREHOUSE COLLEGE

This engaging Fireside Chat featuring the versatile Trevor Jackson took place at the renowned **Ray Charles Performing Arts Center at Morehouse College**, aimed at assisting college students on their journeys toward self-discovery and mental wellness. Moderated by Shanti Das, the CEO and Founder of Silence the Shame, Trevor Jackson — an Actor, Artist, Songwriter, and Entertainer — candidly shared his personal experiences, providing valuable insights and strategies to help reduce the stigma surrounding mental health issues. The event attracted 214 participants through both virtual viewing and in-person attendance.

During this gathering, we offered resources from the following organizations:

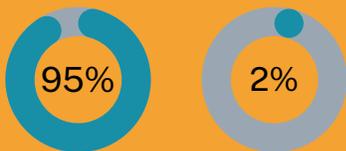
- **Spelman Counseling Center**
- **Morehouse Counseling Center**
- **Love Ya Self**
- **Fulton County Department of Behavioral Health**



COMMUNITY ENGAGEMENT FEEDBACK

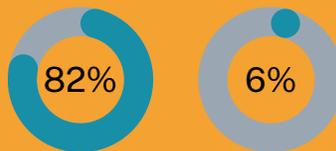
We gathered feedback from community engagement events to assess participants' overall experiences and this is what we found out.

How would you rate your overall experience?



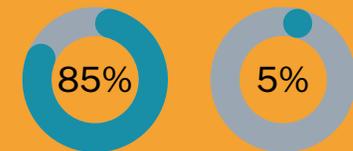
Very Satisfied Satisfied

This event influenced my willingness to seek help or support when needed.



Strongly Agree Agree

I gained new knowledge about mental health from this event.



Strongly Agree Agree

“Events like this needs to go all over the city of Atlanta! It is needed so much! Loved it!”- Solana Escoffery

“I was not expecting to gain as much insight as I did today. This was such a great event.”- Brandon Cabezas

“I actually enjoyed every second of the event and I would definitely attend it again if I had the chance.”-Tiara Smith

“I really enjoyed this event! Thank you so much for your time and the planning of this event.” - Destiny Ceasar

OUTREACH PROJECTS

STSU Program team empowered cohort members to organize and facilitate five impactful mental health outreach projects across Metro Atlanta:

- Conversations & Care: Two sessions at Kennesaw State University fostered open discussions on mental health.
- Free Your Feels Summit: Hosted at Creel Park with Future Seekers to raise community awareness.
- Podcast Recording: Held at the Rice Center to amplify conversations about mental health.
- College Empowerment Summit: Conducted at Morehouse College, empowering students with resources and strategies for mental well-being.

Key Goals and Achievements:

1. Raised awareness and reduced stigma around mental health.
2. Encouraged help-seeking behaviors.
3. Empowered community advocates in underserved areas.
4. Connected participants with behavioral health resources.

These initiatives reflect Silence the Shame's dedication to breaking mental health stigma and empowering all communities.



“CLEAR YOUR MIND” CONVERSATIONS & CARE

FRIDAY, JUNE 14, 2024 | KENNESAW STATE UNIVERSITY IN KENNESAW, GA



The "Clear Your Mind" outreach initiative involved 17 college students and 4 professionals, focusing on promoting mental health awareness, reducing stigma, and offering strategies for well-being. Participants engaged in calming activities and acquired skills to ease their transition into adulthood. The program highlighted KSU's nurturing campus environment that fosters student success. Additionally, we had six volunteers assisting us throughout this event.

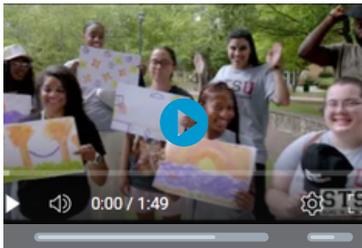
During this event, we offered:

- Self-care activities such as journaling prompts, coloring, and drawing
- Informative videos highlighting the services provided by the KSU Counseling Center
- A panel discussion moderated by a STSU Ambassador, focusing on the transition into adulthood, featuring panelists **Dr. Allen, Dr. Combs, and Dr. Bullard.**



“DISCONNECT TO CONNECT” CONVERSATIONS & CARE

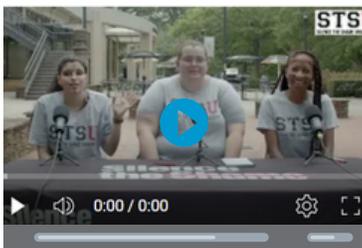
THURSDAY, JUNE 20, 2024 | KENNESAW STATE UNIVERSITY IN KENNESAW, GA



The "Disconnect to Connect" initiative involved 10 college students and 3 adults, focusing on mental health awareness and stigma reduction. Participants engaged in self-care activities and the panel discussion emphasized the importance of taking breaks for mental wellness and provided practical wellness tips. The event also had 3 volunteers assisting.

During this event, we offered:

- Self-care activities such as finger painting, letter to your younger self and learning a dance routine
- A panel discussion moderated by a STSU Ambassador, focusing on the importance of disconnecting from the demands of life to prioritize mental health, offering practical advice on balancing personal wellness with a hectic schedule.



FREE YOUR FEELS TEEN SUMMIT OUTREACH - COPE CLINIC

THURSDAY, JULY 11, 2024 | FREE YOUR FEELS SUMMIT AT CREEL PARK IN ATLANTA, GA



The "Free Your Feels Teen Summit" outreach initiative, in collaboration with **Future Seekers**, engaged 55 youth participants and 5 adults. STSU members empowered young people to openly share feelings, motivate adults and peers to check in on one another, listen without judgment, and connect everyone to resources for additional support. The age range for participants was 12 to 17, and we had four STSU Ambassadors generously volunteer for this event.

During this event, we provided:

- A teen chat featuring four panelists alongside a moderator.
- Engaging activities such as Field Games, Collage Making, Painting, Journaling, a Chill Zone, and Affirmation Mirrors.
- Resources from Voices of Georgia's Children and Silence the Shame

SELF-LOVE & SELF-CARE PODCAST SERIES

SATURDAY, JULY 22, 2024 | RICE CENTER IN ATLANTA, GA

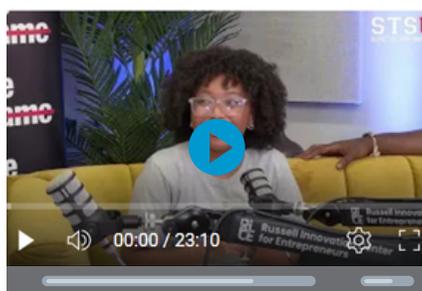
This three-part podcast series explored the dimensions of self-care and self-love through candid conversations with professionals, young adults, and community members. Each episode delves into different aspects of mental, emotional, and physical well-being, offering valuable insights, personal stories, and expert advice. The series aims to break down misconceptions, highlight the importance of prioritizing oneself, and provide listeners with practical tools to nurture their overall well-being.



[CLICK HERE TO WATCH](#)

Part 1:

- Theme: Mental Aspect of Self-care & Self-love
- Features discussions with Qurban Mahary, Gianna Burns-Ferguson, and Reinette Arnold.
- Key points:
 - Self-care is vital for mental health, especially during stressful times.
 - It enhances emotional wellness and performance in academics and work.
 - Balancing boundaries while supporting others is crucial.



[CLICK HERE TO WATCH](#)

Part 2:

- Theme: Physical Aspect of Self-Care & Self-care
- Includes Alicia Washington, Monteze Sutton, and Donte' Hollis.
- Key points:
 - Personal growth requires self-reflection and individuality.
 - Establishing boundaries is essential for physical and mental health.
 - Learning to say no is important for maintaining discipline.



[CLICK HERE TO WATCH](#)

Part 3:

- Theme: Social Aspect of Self-care & Self-love
- Features Abriana Northington-Winston, Toni Bonner, and Ava Makombe.
- Key points:
 - Navigating negative social interactions is key for mental health.
 - Healing isn't linear; setbacks are part of growth.
 - A healthy relationship with social media requires awareness and boundary-setting.

SILENCE THE SHAME PRESENTS
COLLEGE EMPOWERMENT SUMMIT

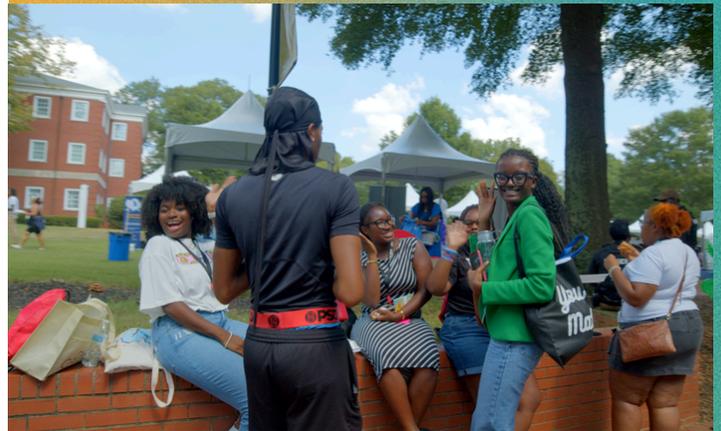
STSU

SILENCE THE SHAME UNIVERSITY
college fest

The STSU College Empowerment Fest delivered a profoundly impactful and transformative experience, placing student empowerment at its core. The event was built around three essential pillars: Career Readiness through Silence the Shame University (STSU), Mental Health Awareness through Free Your Feels (FYF), and Suicide Prevention with My Life is a Gift (MLG). The fest promoted actionable insights by cultivating a heightened awareness of mental wellness and professional growth.

A major event highlight was the powerful keynote address by Marquis Hill, Founder of LoveYaself, whose inspiring message set a tone of empowerment and self-discovery. Equally impactful was Reginae Carter's stirring community-centered message. Esteemed leaders such as Ryan Wilson and Archie Clay III further enriched the event, offering transformative perspectives on career development, personal growth, and strategies for achieving lasting success. The fest also featured four interactive workshops that provided attendees with practical tools, insightful knowledge, and a rejuvenated sense of direction.

The STSU Fest succeeded in making a lasting impact. It served as a catalyst for meaningful change, inspiring attendees to prioritize their mental health, embrace their aspirations, and take actionable steps toward a healthy future.



EVENT IMPACT

SATURDAY, SEPTEMBER 21, 2024 | STSU FEST COLLEGE
EMPOWERMENT SUMMIT AT MOREHOUSE COLLEGE

The "STSU Fest" outreach initiative, in partnership with Morehouse College and sponsored by **Kaiser Permanente** and **Delta Credit Union**, aims to equip undergraduate students with tools for managing academic and personal well-being. The event includes workshops, discussions, and wellness activities focused on suicide awareness and mental health prevention, as well as career pathways in behavioral health.



Attendees:

200

Volunteers:

44

Contractors:

34

Vendors:

26

Increased Mental
Health Literacy

88%

Willingness to
Seek Help

88%

Event Overall
Satisfaction Rate

96%



Georgia
Department of
Behavioral Health
& Developmental
Disabilities



MOREHOUSE
COLLEGE



CLARK ATLANTA
UNIVERSITY



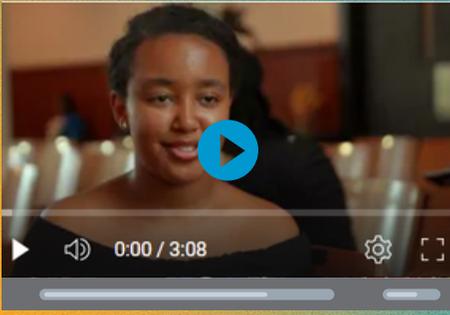
MOREHOUSE
SCHOOL OF MEDICINE

Spelman
College.

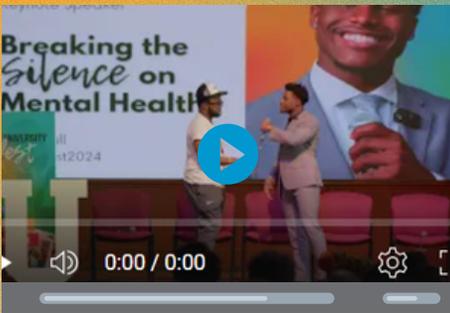
EVENT OVERVIEW

CLICK TO WATCH!

STSU Fest Event Recap



Opening Keynote with Marquis Hill



Pathways to Professional Success Panel Discussion



Fireside Chat with Reginae Carter



Three Wellness Zones providing resources and activities to highlight the following:

- Silence the Shame University (STSU) – Career and College Readiness
- Free Your Feels (FYF) – Mental Health Awareness/Wellness
- My Life is a Gift (MLG) – Suicide Awareness/Prevention

Welcome Address & Opening Keynote

“Breaking the Silence on Mental Health” - Marquis Hill, Founder of LoveYaself

Pathways to Professional Success Panel Discussion

- Ryan Wilson
- Archie Clay III
- Krishna Louis
- Isaiah Lee

Four Interactive Workshops

- Self-Care Social: Sound Bath - Led by Tie Simpson
- Fuel Your Body: Interactive Nutrition Workshop - Led by Whitney Miner
- Speed Dating: Mock Interviews - Led by Jewell Gooding
- Self-Care Social: Building Manifestation Boards - Led by Tia Robinson
- Community Wellness Seminar: Supporting Parents, Caregivers, and Administrators - Led by Reinette Arnold

Fireside Chat with Reginae Carter

STSU GRADUATION

The event celebrated the achievements of students completing the STSU CLIMB UP Leadership Training, recognizing their commitment to mental health advocacy and leadership development. Highlights included speeches, award presentations, and networking opportunities at Kennesaw State University, with 65 participants and four volunteers.

At this celebration, we had:

- **626 Events** assist with decorating the venue
- **Carlyle's** provide catering for the occasion
- **Dr. Judy Allen**, KSU Professor and **Layla Fitzgerald**, Director of Community Programs GA DBHDD deliver keynote speeches
- **Jewell Gooding**, STS Executive Director conclude the event with remarks
- We also had celebratory remarks from **Shanti Das**, STS Founder
- **Graduation Program** and **Year Book** for ambassadors and their families.



CLIMB UP LEADERSHIP TRAINING DOCUMENTARY

CLICK HERE 

Explore the first CLIMB UP cohort in this powerful documentary that showcases the transformative experiences of college students in our leadership program. Through heartfelt interviews, they share how the program enriched their personal growth, boosted their academics, and shaped their careers. Viewers will hear firsthand accounts of diverse, inspiring events – workshops, guest speakers, collaborative projects, and community service – that built critical skills and lasting friendships. This documentary reveals that CLIMB UP is more than a series of activities; it’s a launching pad for self-discovery and empowerment. Our students passionately invite their peers to join and unlock new opportunities for success. Don’t miss it!



OUTCOMES & EVALUATION

Throughout the program, we monitored the students' progress and overall experience. This information was collected from both our program evaluation at the conclusion and from evaluations conducted during various events. The CLIMB UP Leadership training received overwhelmingly positive feedback, with the majority of participants expressing high satisfaction and confidence in achieving program outcomes.

Overall, 85% of participants were "Very Satisfied" with their training experience, and 83% felt significantly more confident in identifying ways to manage stress, recognizing mental health crises, and accessing behavioral health support. Additionally, 80% of respondents "Strongly Agreed" that their interest in mental health advocacy, emotional intelligence, and exploring behavioral health careers had increased due to the program. These results highlight the program's effectiveness in enhancing participants' mental wellness, self-awareness, and interest in making meaningful contributions to the behavioral health field.



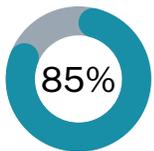
STUDENT FEEDBACK

How likely would you recommend this program to a friend or peer?

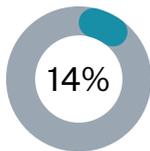
100%

Very Likely

How would you rate your overall experience with the CLIMB UP Leadership training?

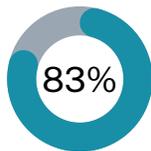


Very Satisfied

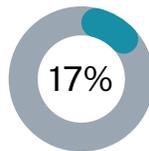


Satisfied

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

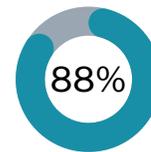


Very Satisfied

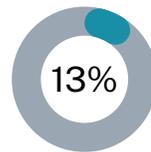


Satisfied

As a result of this program, I have learned ways to practice emotional intelligence, including self- and social awareness and self- and relationship management, to help me cultivate with mindfulness.

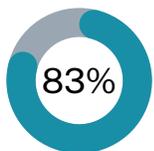


Very Satisfied

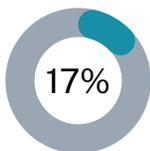


Satisfied

As a result of this program, I feel more confident that I can identify signs and symptoms of mental crisis and how to access behavioral health support.

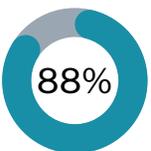


Strongly Agree



Agree

As a result of this program, my interest in understanding and advocating for mental health as increased.

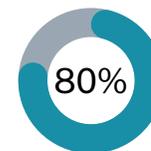


Strongly Agree

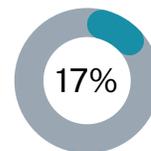


Agree

As a result of this program, I feel more confident in my ability to be a behavioral health advocate for myself, my peers, and my community.

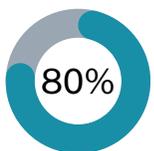


Strongly Agree



Agree

As a result of this program, my interest in exploring the behavioral health industry as a career has increased.



Strongly Agree



Agree



WHAT DID YOU ENJOY MOST ABOUT THIS PROGRAM?



“Working with other students was the best part. Our differences combined with our shared experiences in school created a sense of closeness.”

“I thoroughly enjoyed working on our projects and the final results. The journey improved my confidence and communication skills, reinforcing the idea that “it’s all about the journey.” I gained valuable skills from scriptwriting, event planning, crafting podcast questions, and engaging with guests, making the experience truly enjoyable.”

“I valued the training and certification opportunities for credibility as a mental health advocate, particularly in identifying warning signs and sharing mental health resources.”

“I enjoyed the behavioral health events the most such as the panel in March and Fireside Chat with Trevor Jackson the most. It was very enriching, and it had great resources.”

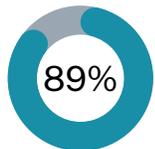
“I enjoyed the space to be myself and collaborate with so many fun like-minded people. I also loved every resource that STSU provided to us.”

“I loved the trainings about how to take care of ourselves. This program also helped me solidify what I want to do for a career.”

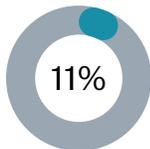
OUTREACH PROJECT EVALUATION

To assess the performance of each group on their outreach project, they developed an evaluation tool to gauge its success. Additionally, each outreach team convened to debrief, reflect on the project's outcomes, and discuss the evaluation results. These are the results of the outreach projects.

This event increased my knowledge of ways to support my mental health.

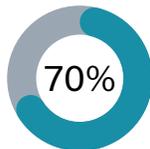


Very Satisfied



Satisfied

The event was well-organized and flowed smoothly.

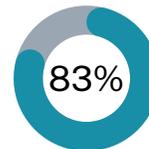


Very Satisfied

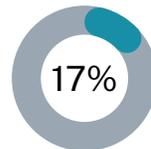


Satisfied

Overall, I found the event to be informative and beneficial.



Very Satisfied



Satisfied

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

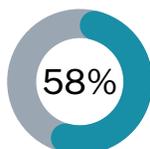


Strongly Agree

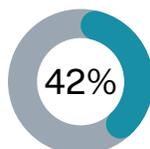


Agree

How well did the outreach role training prepare you for your specific role in your group's outreach project?

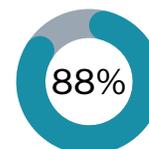


Strongly Agree

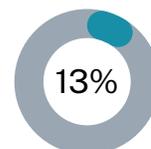


Agree

How likely are you to apply the skills and knowledge gained from this role to other projects or initiatives in the future?

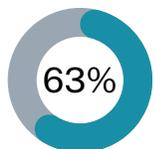


Strongly Agree

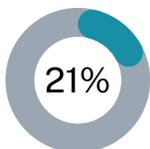


Agree

How would you rate your overall experience in performing your role during the outreach project?



Strongly Agree



Agree



WHAT DID YOU LEARN FROM YOUR EXPERIENCE IN YOUR ROLE AND PROJECT THAT YOU DIDN'T KNOW BEFORE?



"I learned how to extensively plan an event and how to coordinate with multiple people focusing on separate tasks to complete one main goal."

"Learning about mental health made me realize it was things I needed to work on with myself."

"I learned that mental health can be discussed in a fun, loving, and genuine way, countering my belief that it had to be dull. STSU changed my perspective!"

"I learned that leaning on my peers is important and that's it's important to be around individuals who have a strong foundation. Iron sharpens iron."

"I learned that outreach is deeper than making flyers and is even more successful when actual connections and personal invites are made."

"I learned how to lead a group of people and delegate certain tasks to them. I believe this will help me in my future career as a project construction manager."

BEHAVIORAL HEALTH RESOURCES

Students created mental health resources for their events, including a social media toolkit designed by one group that emphasizes topics such as Positive Affirmations, Setting Boundaries, Mental Health Disorders, Physical Activity, Self-Care Practices, and Mindfulness. The resources include vital materials like "Mental Health Tips," "Five Signs You Might Not Be Okay," and a Resource Card that guides users to the STS resource page as well as the KSU Counseling Center offerings.



Download Resources Here



TIPS FOR MENTAL WELLNESS ENTERING ADULTHOOD

- Find what works for you**
Oftentimes in life we look to our peers and societal trends to provide us guidance and answers. Through trial and error, you will find that what works for others may or may not work for you, and that's okay!

- Setting Boundaries**
Navigating the stresses that come with the early years of adulthood takes time and practice. There's no rule book, but setting boundaries for others and yourselves can help prevent stress!

- Practice Mindfulness**
Practicing mindfulness is a way to recenter oneself and is a powerful ritual when practiced consistently. Mindfulness looks like being still, journaling, meditation and even reading!

- Find a hobby**
Hobbies are fun, low-pressure activities, that can stimulate creativity and offer new experiences. Reflect: What fun hobbies did you enjoy as a kid?

- Change of Scenery**
Navigating adulthood doesn't have to be confined to a singular place. Consider exploring new areas of your environment, going on vacations or even staycations!


If you want to access more resources to improve your mental health, please visit our website:

www.silencetheshame.com

@SilencetheShame
@SilencetheShameTeens



A woman with dark hair, wearing a bright green long-sleeved shirt, is smiling and sitting at a table covered with a red tablecloth. The table is set up for an art activity, with various supplies including markers, pencils, and several red apples. There are also some papers and a smartphone on the table. The background shows a large window looking out onto a brick building and a parking lot with cars.

PROGRAM PARTNERSHIPS

Additionally, we partnered with the following local organizations to offer resources to participants:

- Agape Youth and Family Center
- American Foundation for Suicide Prevention - Georgia Chapter
- Atlanta Police Department
- Auburn Ave Research Library
- AUCC Student Health and Wellness Center
- Behavioral Health Link
- Buck Davis & Company
- Clark Atlanta College
- Delta Community Credit Union
- Eat Plants and Prosper
- Free Your Feels
- Fulton County DBHDD
- Future Seekers
- Georgia Health Policy Center
- Georgia Mental Health Alliance
- Georgia Tech Safety, Health and Environmental Services
- Grady's Trauma Recovery Center
- Innovative Therapy Works LLC.
- Kaiser Permanente
- Kennesaw State University
- Love Ya Self
- Mako Mindfulness
- Morehouse College
- My Life is a Gift
- NAMI Northside Atlanta
- Paint N Sit Inc.
- P.O.W (Protection Of Wellness)
- Partnership Against Domestic Violence
- Patchwerks
- Spellz Production, LLC
- Spelman College
- The Pause Practice
- The Russell Innovation Center for Entrepreneurship
- Trevor 360 Media Inc.
- Usher's New Look
- Voices for Georgia's Children
- VOX ATL



THANK YOU TO OUR SUPPORTERS!



D·B·H·D·D

Georgia
Department of
Behavioral Health
& Developmental
Disabilities

Silence the Shame

235 Peachtree St NE
Atlanta, GA 30303
info@silencetheshame.com

www.silencetheshame.com