

# Silence ~~the Shame~~

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**Teen Mental Health  
Forum 2017/2018  
Report Summary**

## **Silence the Shame *Jack and Jill Teen Mental Health Forum 2017 / 2018***

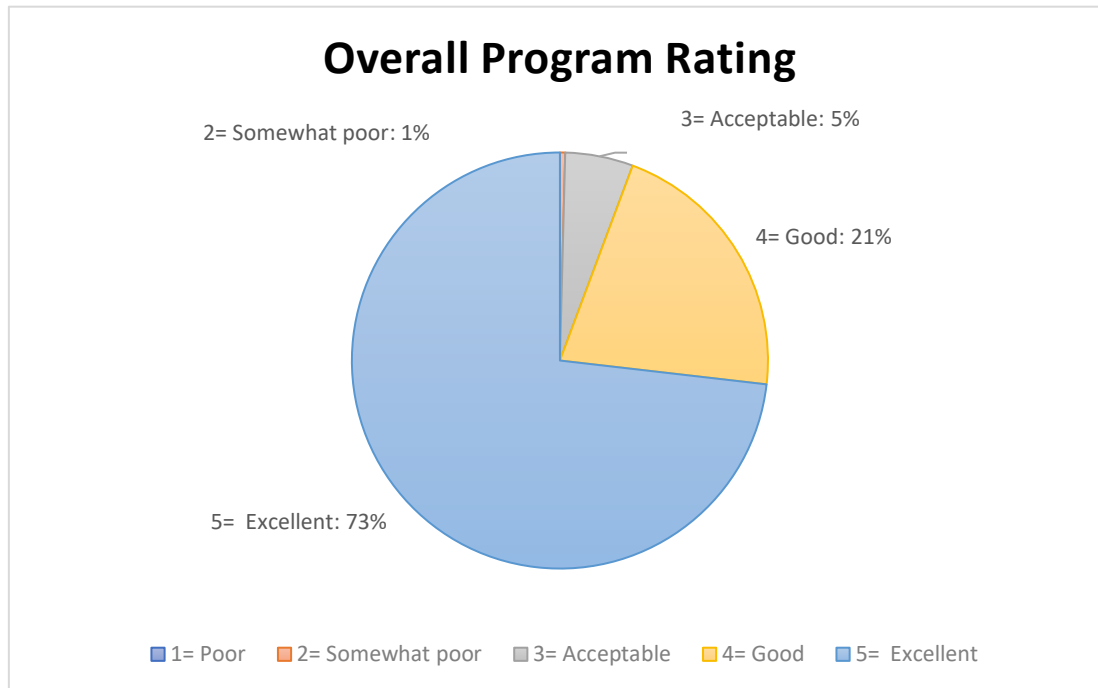
### **Report Summary**

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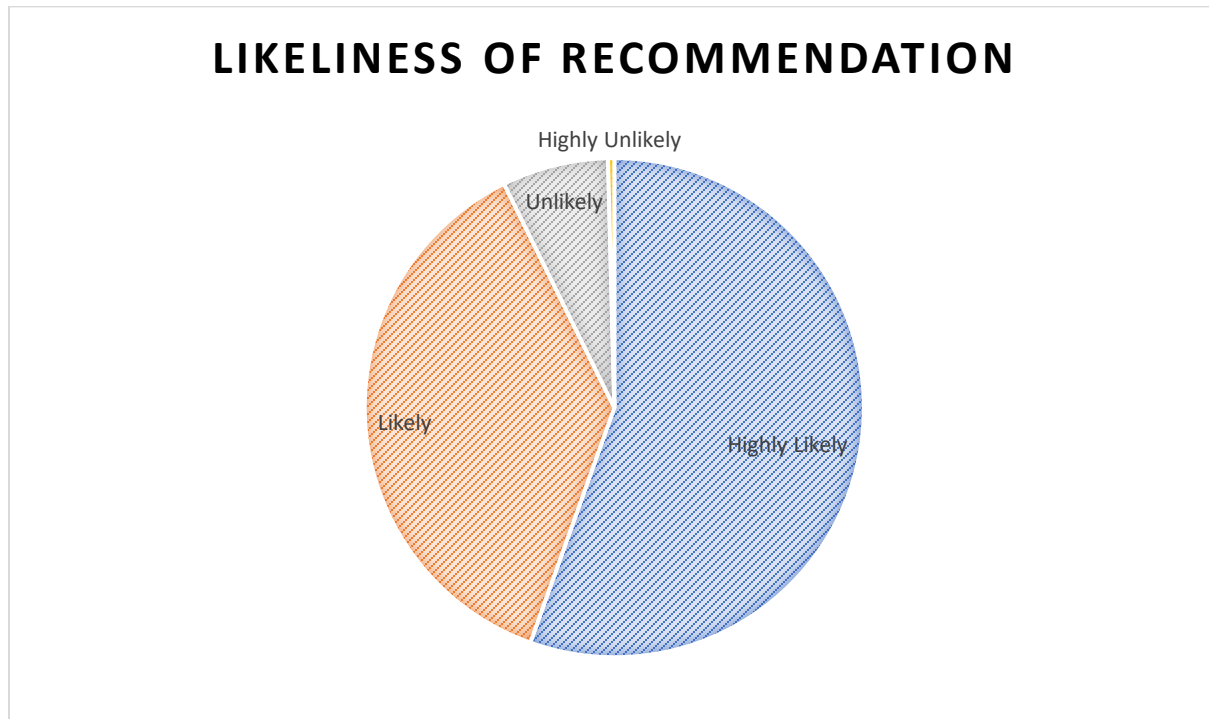
Between 2017 and 2018, Silence the Shame gave questionnaires to participants before and after their *Jack and Jill Teen Mental Health Forum* events. We would like to highlight key findings from analyses of 350 participants who completed these questionnaires. Overall, these events showed exceptionally high participant satisfaction, with 94.3% of participants giving these events “excellent” or “good” ratings (Figure 1), and approximately 93% of participants stating they would recommend the program to a friend (Figure 2).

A key purpose of these events was for participants to gain knowledge about resources they could utilize if they were dealing with mental health difficulties, signs and symptoms of mental health difficulties, and identify the impact that mental health symptoms can have on an individual’s well-being in U.S. society. Findings demonstrated that these events were effective at increasing mental health literacy (Figure 3), and participants significantly improved their knowledge in overall key concepts in the previously mentioned areas based on increases in the number of correct answers achieved comparing pre-event knowledge to post-event knowledge ( $t(328) = -5.28, p = .000$ ). These findings highlight the success of these Mental Health Forums within the Atlanta, GA community and provide support that these events are making an impact within the communities that *Silence the Shame* desires to serve.

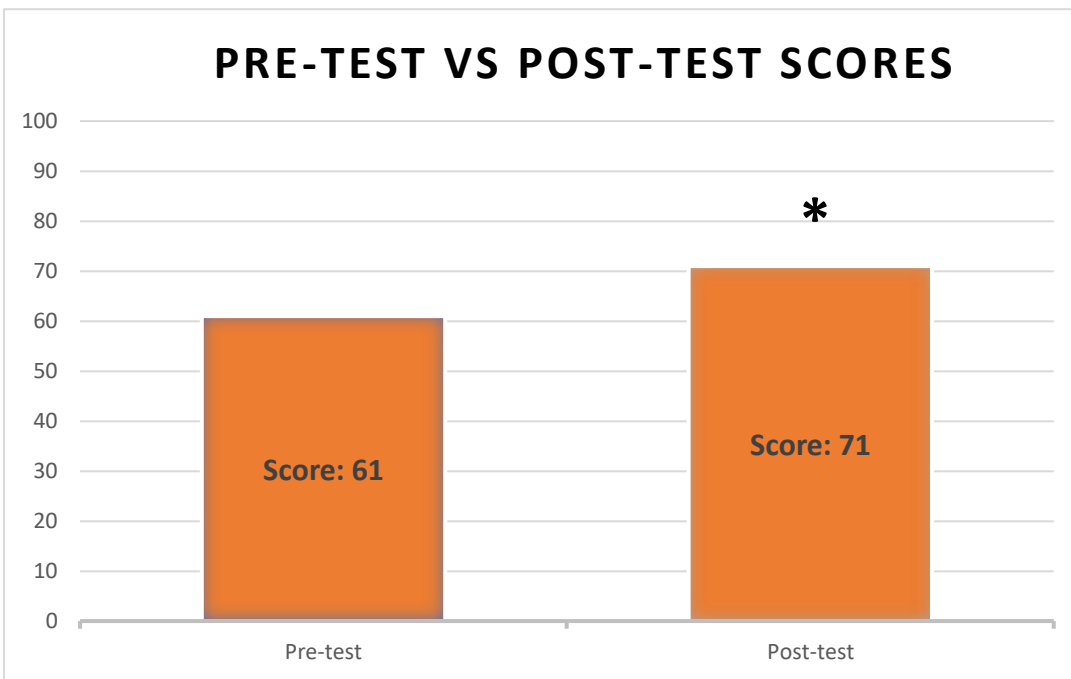
**Figure 1: Graph of Overall Participant Satisfaction with Event**



**Figure 2: Graph Depicting Participant Likelihood of Recommending Program to a Friend**



**Figure 3: Graph Depicting Pre-Test and Post-Test Scores of Participants who Completed Surveys for the Mental Health Forum Event**



**\* Denotes a significant increase in participant scores after attending event**