



# Silence the Shame YOUTH MENTAL WELLNESS COPE CLINIC

## 04.08.2023 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 United Way of Southwest Georgia and local providers, organizations and volunteers on **Saturday, April 8, 2023**, at **Albany State University** in Albany, GA, to engage youth and families in Georgia in an immersive experience to practice self-care and safely express thoughts and emotions. Program participants heard about managing daily stress and prioritizing wellness from a panel of three youth leaders and a behavioral health professional, **Dr. Bianca Waters, MD**. Parents participated in a Parent Cafe led by **Dr. Justin Ayankola, MD**, to learn how to build resilient teens. Student volunteers were supported by **Anthony C. Morman, J.D.**, Coordinator for Greek Life and Community Engagement at ASU. Through the COPE Clinic, Program participants:

**53** YOUTH SERVED

**17** SUPPORTED CAREGIVERS

**20** ENGAGED PARTNERS

- Learned to recognize signs and symptoms of crisis and suicide
- Accessed local behavioral health resources and providers
- 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!

## 04/08 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:

- Content Creation with [Grace Life Marketing](#) - Check out the teen interviews: [How do you protect your mental health? What do adults need to know about youth mental health? How do you practice Self-Care?](#)
- Yoga Station with Albany State Student- Hasana Pullens
- Self-Love Station, led by ASU Student Volunteers
- Art Wellness Station with Annie Vanoteghem of the [Albany Museum](#)

Additionally, we partnered with the following local organizations to offer resources to participants: [Peach State Health Care](#), [Albany Area Primary Health Care \(AAPHC\)](#), and [Free Your Feels](#).

## TEEN CHAT



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

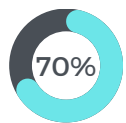
"When you think of mental health awareness, you can think of all the bad things that could happen but also the good things when it comes to protecting your mental health and being self-aware...if we're more aware of ourselves, then there's a better understanding that I need to take time for myself, do for myself, and work on myself." - [Dontrell Martin](#)

"Parents, and adults, in general, are older than us and have experienced a lot of things that we haven't, but may need more empathy about the things that we go through because they are quick to say "You are young, you don't know what you're talking about, or you're just getting that from social media", and while we may have just made the biggest mistake, these are the things we have to go through and learn from" - [Faith Chung, 16](#)

## EVENT OUTCOMES

Youth-created content for social media messaging and perspectives to share with adults. Program participants completed a survey to measure the knowledge or skills gained due to the COPE clinic. Participants were also encouraged to break the silence and seek help when facing mental health challenges.

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

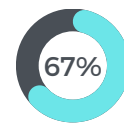


Strongly Agree

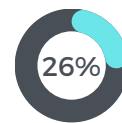


Agree

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

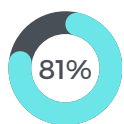


Strongly Agree

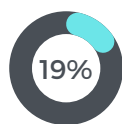


Agree

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

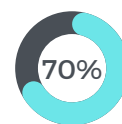


Strongly Agree



Agree

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



Strongly Agree



Agree