



Silence
the ~~Shame~~

FREE YOUR FEELS

IMPACT REPORT

Silence the Shame and the **Georgia Health Initiative** partnered to launch the Youth Empowerment Project, aimed at improving mental health outcomes for Black and Latinx youth in Georgia. The project includes mental health education, suicide prevention, youth voice promotion, and resource linkages. STS activated four Youth Mental Wellness COPE Clinics and a Free Your Feels Teen Summit, which were successful in promoting mental health awareness and supporting young people's mental health.

MENTAL HEALTH LITERACY GAINED

87%

WILLINGNESS TO ASK FOR HELP

75%

YOUTH CONTENT CIRCULATED

100K

ELEVATING YOUTH VOICES

STS engaged 62 teens to create written and digital content about mental health awareness and suicide prevention through the Youth Advisory Council, Youth Mental Wellness COPE clinics, and the FYF Teen Summit. We hosted eight Youth Advisory Meetings.

INCREASING MENTAL HEALTH LITERACY

STS launched a Youth Mental Health Awareness Campaign to promote behavioral health resources for young people and their families. In addition, STS hosted four teen seminars covering mental health parity, financial health, and suicide prevention. Finally, STS hosted community seminars and collaborated with over 80 organizations, professionals, schools, and afterschool programs to expand the reach of behavioral health resources.

REDUCING STIGMA

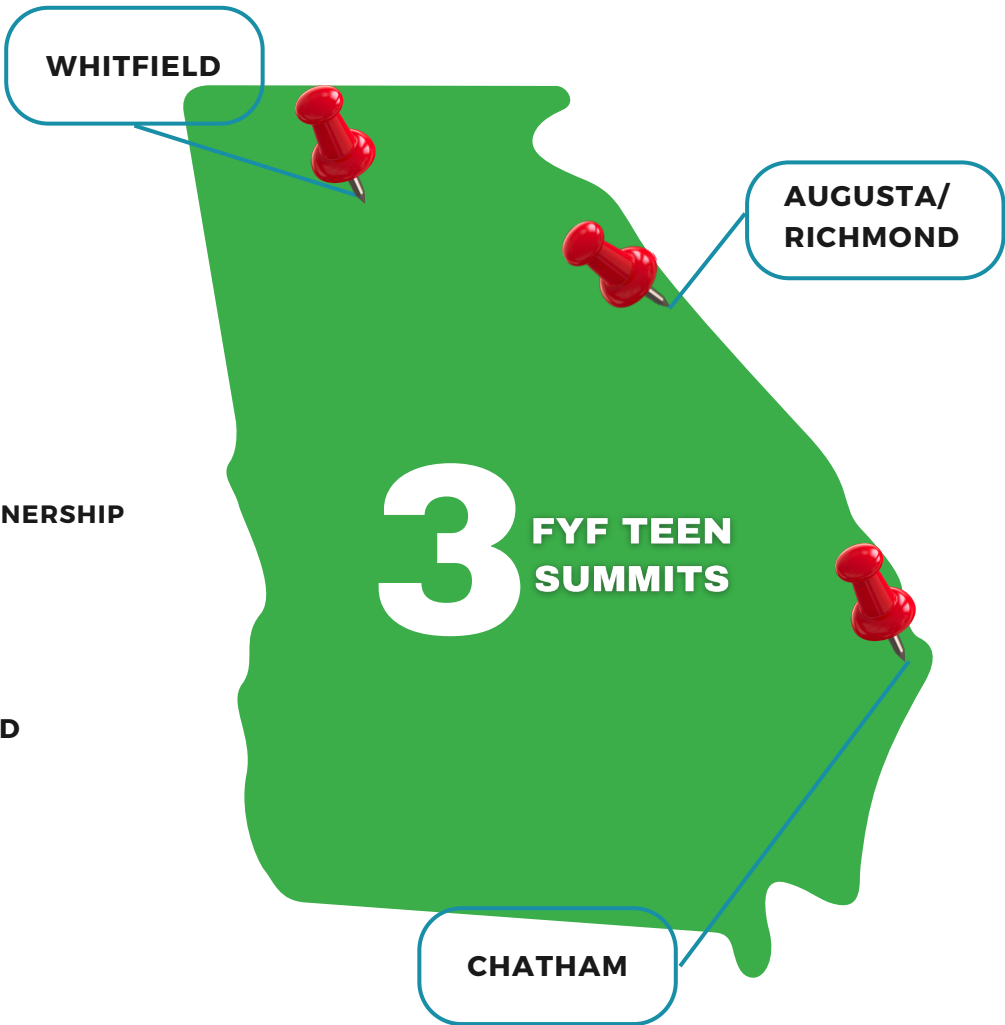
STS hosted four Youth Mental Wellness COPE Clinics, Free Your Feels Teens Summit, two Parent Cafés, and 15 community seminars. There will be three podcast episodes released focused on eliminating the mental health stigma.



EMPOWERING YOUTH VOICE

STS partnered with local organizations and behavioral health professionals in various counties, such as Baker, Calhoun, Lee, Clayton, Dekalb, Gwinnett, and Whitfield, to organize these events, demonstrating a shift in attitudes towards mental health issues and those affected by them. STS also provided participants with the necessary tools to communicate with their communities, dispel common misconceptions, and promote healthy conversations surrounding mental health.

- 235** YOUNG PEOPLE ENGAGED
- 110** SUPPORTED CAREGIVERS
- 83** COMMUNITY PARTNERSHIP DEVELOPED
- 65** YOUTH VOICE CONTENT CREATED
- 46** VOLUNTEERS RECRUITED

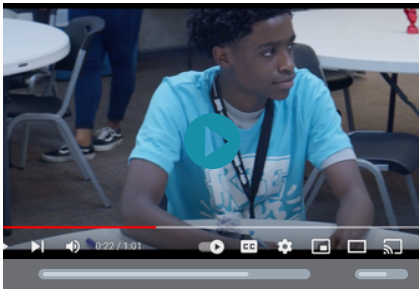


PROGRAM RECAPS



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.

SATURDAY, SEPTEMBER 23, 2023 | MACK GASTON COMMUNITY CENTER IN DALTON GA



The Free Your Feels Teen Summit engaged 14 youth, five caregivers eight community partners. FYF is a youth mental health awareness campaign for Georgia Youth to share their feelings fearlessly.

We also provided four Expression Stations:

- Podcasting and Content Creation with [VOX ATL](#) - A teen-produced podcast episode will launch on November 2023 on the [VOX ATL YouTube](#) channel.
- Zumba Fitness with the [Mack Gaston Community Center](#)

SATURDAY, APRIL 08, 2023 | ALBANY STATE UNIVERSITY IN ALBANY, GA



The COPE clinic engaged 53 youth, 17 caregivers, 20 community partners, and ten volunteers to learn about youth mental health and suicide awareness. Additionally, caregivers discussed raising resilient teens and healthy development for their youth in the Parent Café. The clinic also included creating sensory kits, positive affirmations, and engaging with youth leaders during the Teen Chat.

We also provided four Expression Stations:

- Content Creation with [Grace Life Marketing](#) - Check out the teen interviews,
- 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](#)

PROGRAM RECAPS



SATURDAY, JUNE 15, 2023 | BOYS & GIRLS CLUB IN LAWRENCEVILLE, GA

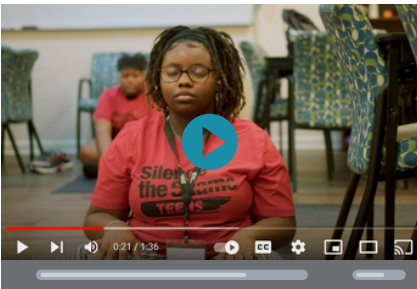


The COPE clinic engaged 35 youth, three community partners, and three volunteers to learn about self-awareness and self-love to manage mental wellness. The clinic also included creating sensory kits, positive affirmations, and engaging with youth leaders during a live podcast episode.

We also provided four Expression Stations:

- Podcasting and Content Creation with [Spellz Production, LLC](#). Release date **November 2023 on Soundcloud** and other platforms.
- Yoga with [Yoga Unbound, Daniel Edwards](#)
- Wellness Vision Board with Tia Robinson, [The Practice Pause](#)

SATURDAY, SEPTEMBER 16, 2023 | RIVEREDGE BEHAVIORAL HEALTH IN MACON, GA



The COPE clinic engaged 25 youth, eight caregivers, ten community partners, and 15 volunteers to learn about youth mental health and suicide awareness. Additionally, caregivers discussed raising resilient teens and healthy development for their youth in the Parent Café. The clinic also included creating sensory kits, positive affirmations, and engaging with youth leaders during the Teen Chat.

We also provided four Expression Stations:

- Content Creation and Teen Chat filed by [Oak Film Media](#)
- Yoga Station with [Balanced Wellness](#), with [Linda Hall, Ph.D](#)
- Storytelling for Wellness, with [Macon Storytellers](#)
- Self-Love Greeting Cards, [Minds Eye](#), with [Rhonda Sunshine Miller](#)



COMMUNITY & PROGRAM PARTNERSHIPS

- Albany Area Primary Health Care (AAPHC)
- Albany State Student- Hasana Pullens
- Annie Vanoteghem of the Albany Museum
- Atlanta Parks & Recreation
- Balanced Wellness, with Linda Hall, Ph.D
- Big Brother's Big Sisters
- Boys & Girls Club of America
- Braves Foundation
- Carmax
- Children's Healthcare of Atlanta (CHOA)
- Clark Atlanta University
- Clayton County Schools
- Communities in Schools
- Delta Community Credit Union
- Drew Charter School
- Eastlake Foundation
- Emory University
- Future Business Leaders of America
- Georgia Department of Behavioral Health
- Georgia Department of Public Health
- Georgia Parent Support Network
- Georgians for a Healthy Future
- Grace Life Marketing
- Jack & Jill of America
- JALS
- Latin Association
- Mack Gaston Community Center
- Macon Storytellers
- Marsha Shackelford
- Mental Health America of Georgia
- Minds Eye, with Rhonda Sunshine Miller
- Oak Film Media
- Patchwerks
- Peach State Health Care
- Resilient Georgia
- River Edge Behavioral Health
- Seedlife Foundation
- South Candler Neighborhood Advocates
- Spellz Production, LLC.
- The Faith Center
- Tia Robinson, The Practice Pause
- United Way
- United Way of Gwinnett County
- United Way of Southwest Georgia
- Usher's New Look
- Voices for Georgia's Children
- VOX ATL
- Yoga Unbound, Daniel Edwards



BEHAVIORAL HEALTH & SUICIDE RESOURCES

Finding A Trusted Adult

- Having a person you trust to talk to can help you feel safe and strong. You can spend the time you need to find a trusted adult. Here are some tips to help you find a trusted adult.
- Respectful** - A trusted person helps you feel safe and respected. They respect your boundaries.
 - Non-Judgmental** - A trusted person will not judge you or your feelings. They will listen to you and support you.
 - Accountability** - A trusted person will not tell anyone else about your secrets or feelings.
 - Trustworthy** - A trusted person is someone you can depend on to keep your secrets and support you.
 - Helpful** - A trusted person will help you find solutions to your problems.
 - Thoughtful** - A trusted person is someone who cares about you and your feelings.



Encontrar un adulto de confianza

- Encontrar a un adulto de confianza puede ayudarte a sentirte seguro y fuerte. Puedes hablar con un adulto de confianza sobre tus sentimientos, tus ideas y tus sentimientos. Aquí hay algunas cosas que debes recordar al buscar un adulto de confianza:
- Respetivo** - Una persona que te respeta y te respeta tus límites.
 - Sin prejuicios** - Una persona que no juzga ni se burla de ti por tus sentimientos.
 - Responsabilidad** - Una persona que puede guardar tus secretos y ayudarte a encontrar soluciones.
 - Confiable** - Una persona que puedes confiar para que te ayude a encontrar soluciones.
 - Útil** - Una persona que puede ayudarte a encontrar soluciones.
 - Reflexivo** - Una persona que puede ayudarte a encontrar soluciones.



BE A TRUSTED ADULT TO PROTECT YOUTH MENTAL HEALTH

WHAT IS A TRUSTED ADULT?
A trusted adult can be anyone you trust to talk to about what is happening in your life. A trusted adult can be a parent, teacher, coach, mentor, or friend.

ELEMENTS OF TRUSTED ADULTS

- Make you feel safe and supported
- Respect your boundaries
- Be non-judgmental
- Be helpful
- Be responsible
- Be trustworthy

CREATE A SAFE SPACE FOR YOUTH

- Learn about their interest.
- Have a listening ear.
- Ask Open-Ended Questions.
- Keep Talking.
- Be Respectful.
- Recognize Behavior Change.

SEA UN ADULTO DE CONFIANZA PARA PROTEGER LA SALUD MENTAL DE LOS JÓVENES

¿QUÉ ES UN ADULTO DE CONFIANZA?
Un adulto de confianza puede ser cualquier persona a quien puedas hablar sobre lo que estás experimentando en tu vida.

ELEMENTOS DE ADULTOS DE CONFIANZA

- Te hace sentir seguro y respaldado
- Respetan tus límites y tus sentimientos
- Se muestran comprensivos y no juzgan
- Se muestran útiles
- Se muestran responsables
- Se muestran confiables

CREAR UN ESPACIO SEGURO PARA LOS JÓVENES

- Conoce sus intereses.
- Escucha sus intereses.
- Realiza preguntas abiertas.
- Comparte tus experiencias.
- Respetar los cambios de comportamiento.

SELF-CARE TIPS FOR STUDENTS

SELF-CARE TIPS FOR STUDENTS

- Get enough sleep.
- Eat healthy.
- Exercise.
- Take breaks.
- Ask for help.
- Practice self-compassion.
- Set boundaries.
- Stay hydrated.
- Take deep breaths.
- Practice gratitude.

MENTAL HEALTH IS NOT A LUXURY: IT'S A PRIORITY

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Silence the Shame kicked off our Youth Mental Wellness Marketing Campaign in August 2021. The campaign aims to emphasize that mental health should not be seen as a luxury but rather a priority.

Youth Mental Wellness Campaign Postcard Kit

Scan to Learn More

FINDING A TRUSTED ADULT

HOW TO BECOME A TRUSTED ADULT

STUDENT COPING

MH AWARENESS TOOLKIT

SELF-CARE PLAN

SELF-CARE PLAN

Designing a self-care plan can help you prioritize your physical, emotional, and mental health. Here are some steps to get started:

1. Set aside time for self-care activities each day, such as reading, meditating, or exercising.
2. Identify your needs and create a list of activities that help you meet them.
3. Make a plan to incorporate self-care into your daily routine and stick to it.
4. Create a relaxing environment in your home where you can practice self-care activities.
5. Be kind to yourself and allow for flexibility in your self-care routine, adjusting to your changing needs and circumstances.

MENTAL HEALTH & SUCCESS

MENTAL HEALTH & SUCCESS

As you transition into adulthood, it's important to prioritize your mental health. Here are some tips to help you maintain good mental health:

1. Practice self-care regularly, such as meditation, exercise, and getting enough sleep.
2. Make time for hobbies and interests that bring you joy and relaxation.
3. Stay connected with friends and family for emotional support.
4. Seek professional help if you are struggling with mental health issues.
5. Practice healthy coping mechanisms for stress, such as deep breathing or journaling.
6. Set realistic goals and prioritize your tasks to avoid feeling overwhelmed.
7. Practice self-compassion and avoid negative self-talk.
8. Remember to be kind to yourself and allow for flexibility in your plans.
9. Seek professional help if you are struggling with mental health issues.
10. Practice gratitude and focus on the positive aspects of your life.
11. Avoid binge drinking and excessive alcohol consumption, as they can negatively impact your mental health.

Certified Self-Love

Certified Self-Love

Self-love refers to the practice of valuing, respecting, and caring for yourself. It involves accepting and appreciating your strengths and weaknesses, setting healthy boundaries, and prioritizing your physical, emotional, and mental well-being.

Check out some tips in the Self-Love Track list to help you practice better self-love!

SELF-LOVE TRACKLIST

1. Practice positive self-talk and affirmations
2. Focus on your strengths and celebrate your accomplishments
3. Take care of your physical health by exercising regularly and eating well
4. Make time for activities that bring you joy and relaxation
5. Set boundaries and prioritize your own needs
6. Surround yourself with supportive and positive people
7. Practice forgiveness and let go of negative self-judgments
8. Engage in hobbies or interests that make you feel fulfilled
9. Take time to reflect and check in with your emotions regularly
10. Seek help from a trusted adult or professional if needed.

Mental Health Messaging

Mental Health Messaging

A Toolkit Designed For Teens and Young Adults

Learn how to create content related to building healthy relationships, understanding mental illness, creating awareness around self-harm and suicide, and knowing how to ask for help.

TEEN PARTY PARTY

TEEN PARTY PARTY

WHAT'S THE ISSUE?

MENTAL HEALTH IS A PRIORITY.

MENTAL HEALTHY CULTURE EDUCATION

JULY 2022

SELF-CARE & VISION BOARD

CERTIFIED SELF-LOVE

MH MESSAGING

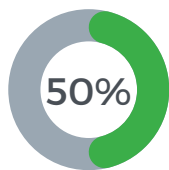
TEEN PARTY PARTY



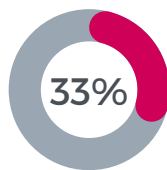
PROGRAM OUTCOMES

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 the COPE clinic, I feel more confident that I can recognize risk factors for experiencing a crisis.

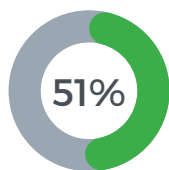


Strongly Agree



Agree

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

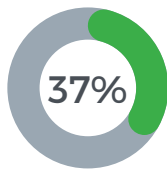


Strongly Agree

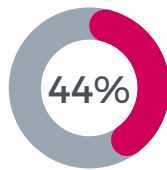


Agree

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



Strongly Agree



Agree

"Your love language is the opposite of the way you self-sabotage. So for me, my love language is quality time and I isolate" - **Savannah Elahee, 16**

"Some parents understand but not all parents do. Different kids, they want their parents to understand the struggles they go through so whenever they have a problem they can help them with it and collaborate and solve it." - **David Gooding, 14**

"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**

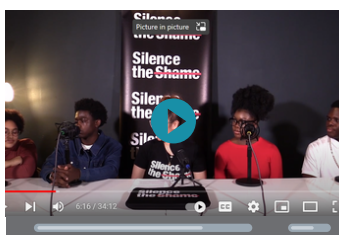
"When you think of mental health awareness, you can think of all the bad things that could happen but also the good things when it comes to protecting your mental health and being self-aware...if we're more aware of ourselves, then there's a better understanding that I need to take time for myself, do for myself, and work on myself." - **Dontrell Martin, 16**

"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, 18**

YOUTH-LED CONTENT



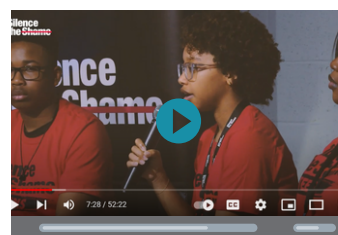
Youth created, produced, and edited content for a podcast and social media messaging. They shared their voices through teen chats, podcast episodes, and social media.



**PODCAST -
IMPACT OF
VIOLENCE ON YOUTH
MENTAL HEALTH**



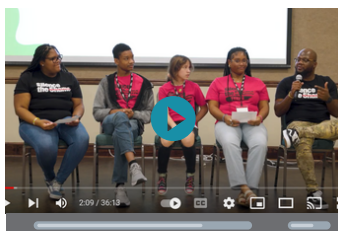
**LIVE PODCAST -
CERTIFIED SELF-
LOVE**



**MENTAL
WELLNESS
TEEN CHAT**



**MENTAL
WELLNESS
TEEN CHAT**



**MENTAL
WELLNESS
TEEN CHAT**



**FREE YOUR
FEELS
TEEN CHAT**



**HOW DO YOU
PRACTICE SELF-
CARE**



**SUPPORTING
YOUTH MENTAL
HEALTH**



**PROTECTING
YOUR MENTAL
HEALTH**

Silence the Shame

MENTAL HEALTH IS NOT A LUXURY; IT'S A PRIORITY



TAKE TIME, SAVE A LIFE, AND SILENCE THE SHAME. VISIT US AT WWW.SILENCETHESHAME.COM

@SILENCETHESHAME

YOUTH MENTAL HEALTH CAMPAIGN

Silence the Shame kicked off the Youth Mental Wellness Marketing Campaign on August 21, 2023! The campaign aims to emphasize that mental health should not be seen as a luxury but rather a priority. Its objective is to recognize the significance of mental wellbeing at every stage of life, foster a sense of overall wellness, and eliminate the negative perception surrounding mental illness.

1.07M BILLBOARD IMPRESSIONS

112.73K SOCIAL MEDIA REACH

141 MARTA QR CODE CLICKS



CAMPAIGN ASSETS

4 BILLBOARD ADS: ATLANTA, DEKALB, AND GWINNETT COUNTIES.

21 MARTA BUS INTERIOR CARDS

39 MARTA TRAIN POSTERS



ACCESS OUR CAMPAIGN RESOURCE WEBPAGE ON THE STS WEBSITE BY SCANNING THE QR CODE.

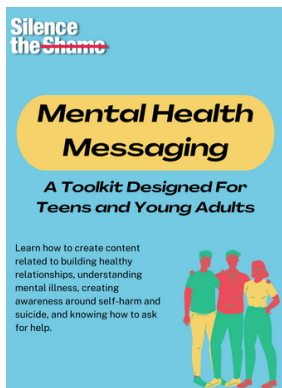




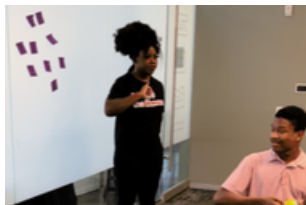
YOUTH ADVISORY COUNCIL

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 Board and Ambassador Program are two initiatives that aim to achieve these goals. By joining either program, members can promote their voice in the community, educate and empower peers on mental health awareness, and reduce the stigma surrounding mental health. Ultimately, we aim to foster youth advocacy and leadership while promoting positive youth development.

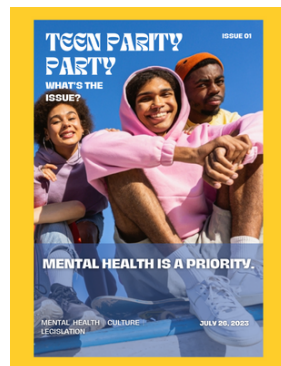
ADVISORY MEETINGS & TRAINING



YAC & CAB ORIENTATION



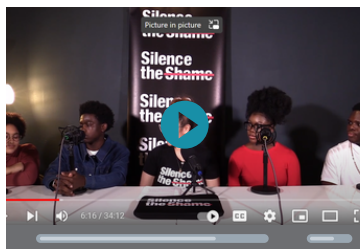
LEADERSHIP, CONTENT CREATION AND LIVE PODCAST



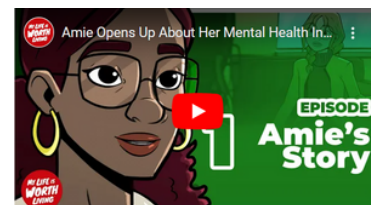
BEHAVIORAL HEALTH PARITY WORKSHOP



SUICIDE PREVENTION SEMINAR



PODCAST - IMPACT OF VIOLENCE ON YOUTH MENTAL HEALTH



MY LIFE IS WORTH LIVING

SOCIAL MEDIA INSIGHTS



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



SELF-LOVE PODCAST SERIES COMING SOON!



Views

4529



Reach

4058



Likes

230





Thank you to our sponsor!



D·B·H·D·D

Georgia Department
of Behavioral Health &
Developmental Disabilities

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