

**Silence  
the ~~Shame~~**

# YOUTH MENTAL WELLNESS COPE CLINIC

CITY OF ATLANTA YEAR OF THE YOUTH 2023 IMPACT REPORT

Silence the Shame Youth Mental Wellness Community Outreach & Practice Effort (COPE) Clinic is a youth 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. Through the support of the **City of Atlanta Mayor's Youth Development Grant Program**, STS engaged Atlanta's youth to (1) Increase mental health literacy and stigma reduction efforts to promote resiliency support to youth and their families, (2) Improve attitudes about mental health and seeking help and (3) Amplify youth voice to promote mental health awareness resources and supports.

## ENHANCING AWARENESS ABOUT MENTAL HEALTH

The Youth Mental Wellness COPE clinic collaborated with over 57 government, non-profit, and recreational partners to increase mental health literacy, reduce stigma, and promote resiliency support for youth and their families. The COPE clinic engaged 160 students and chaperones in activities centered around mental wellness, including mindfulness exercises and advocacy training.

## STRATEGIES FOR MINIMIZING STIGMA

STS organized a Youth Mental Wellness COPE Clinic and four COPE Activities aimed at promoting mental health awareness and suicide prevention for teens and LGBTQIA+ youth. The outreach campaign included bus and train posters and podcast episodes; all focused on eliminating the stigma surrounding mental health.

## EMPOWERING THE VOICES OF YOUNG PEOPLE

STS engaged 22 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 COPE Activities.

**160**

**YOUTH  
REACHED**

**40**

**SUPPORTED  
CAREGIVERS**

**57**

**COMMUNITY  
PARTNERSHIP  
DEVELOPED**

**88%**

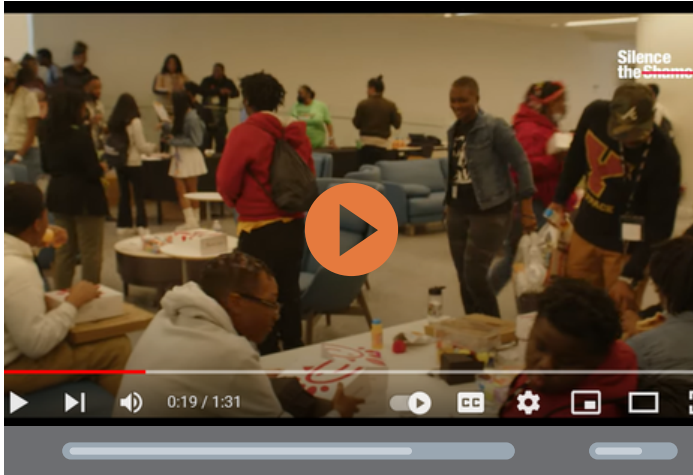
**MENTAL HEALTH  
LITERACY  
GAINED**

**87%**

**WILLINGNESS  
TO ASK FOR  
HELP**

# MAY 2, 2023 YOUTH MENTAL WELLNESS COPE CLINIC

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](#) to engage students from Atlanta Public Schools and Fulton Co. Schools in an immersive experience to practice self-care and safely express thoughts and emotions. During a live podcast episode taping, program participants heard about the importance of building and practicing self-love.



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

## STS BONUS PODCAST - CERTIFIED SELF-LOVE

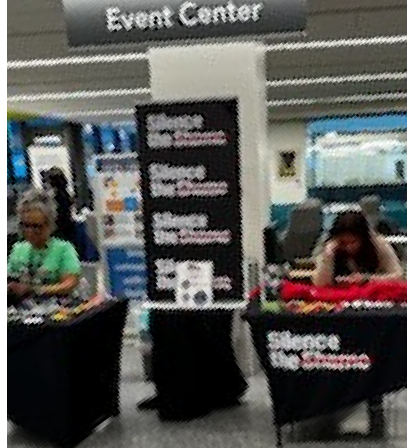
Check out this live podcast discussing defining your self-love languages and how it is essential to start loving yourself early to promote lifelong wellness. Here are some highlights:



"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](#)

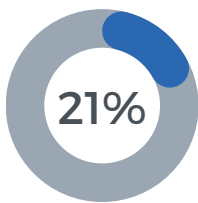


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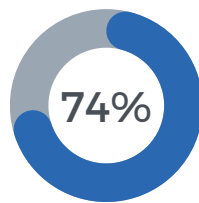
## PROGRAM OUTCOMES

The COPE clinic evaluated participants' acquired knowledge or skills via a survey. They felt more confident in identifying mental health issues, accessing support, advocating for their wellness, and coping with stress. The clinic also encouraged them to break the silence around mental health issues and seek help when needed.

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.

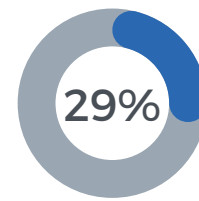


**Strongly Agree**

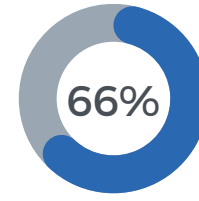


**Agree**

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.

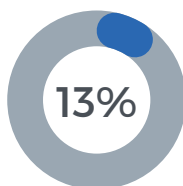


**Strongly Agree**

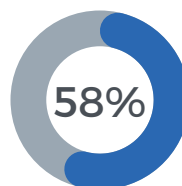


**Agree**

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

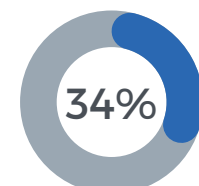


**Strongly Agree**

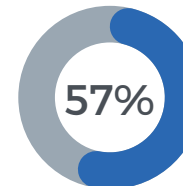


**Agree**

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



**Very Likely**



**Likely**

# BEHAVIORAL HEALTH & SUICIDE RESOURCES

Tips for becoming a trusted adult, finding one, and coping strategies for students are available, along with self-care and vision board creation. Certified Self-Love, Teen Parity Party, and mental health awareness toolkit are also included.

**Finding A Trusted Adult**

**Respectful** A trusted adult respects you and your feelings. They don't judge you or tell you how to feel. They listen to you and support you.

**Non-Judgmental** A trusted adult doesn't tell you how you should feel or think. They accept you for who you are and support you.

**Accountability** A trusted adult takes responsibility for their actions and supports you. They don't blame you for their mistakes.

**Trustworthy** A trusted adult keeps your secrets and doesn't tell anyone else. They are honest and reliable.

**Helpful** A trusted adult offers you support and advice when you need it. They are there for you when you're struggling.

**Thoughtful** A trusted adult thinks about your feelings and needs. They care about you and want to help you.

**Encontrar un adulto de confianza**

**Respetuoso** Un adulto de confianza respeta tus sentimientos y tus sentimientos. No te juzga ni te dice cómo debes sentirte o pensar. Te escucha y te apoya.

**No juzgante** Un adulto de confianza no te dice cómo debes sentirte o pensar. Te acepta tal como eres y te apoya.

**Responsable** Un adulto de confianza se responsabiliza de sus acciones y te apoya. No te culpa por sus errores.

**Confiable** Un adulto de confianza guarda tus secretos y no los cuenta a nadie más. Es honesto y confiable.

**Útil** Un adulto de confianza te ofrece apoyo y consejos cuando los necesitas. Está allí para ti cuando estás luchando.

**Reflexivo** Un adulto de confianza piensa en tus sentimientos y necesidades. Te preocupa y quiere ayudarte.

## FINDING A TRUSTED ADULT

**BE A TRUSTED ADULT TO PROTECT YOUTH MENTAL HEALTH**

**WHAT IS A TRUSTED ADULT?** A trusted adult is someone you can talk to about your feelings, thoughts, and experiences. They listen to you and support you. They don't judge you or tell you how to feel. They are honest and reliable.

**ELEMENTS OF TRUSTED ADULTS**

- Respectful
- Non-judgmental
- Accountable
- Trustworthy
- Helpful
- Thoughtful

**CREATE A SAFE SPACE FOR YOUTH**

- Listen and understand. Don't interrupt. Let them talk.
- Be non-judgmental. Don't tell them how to feel or think.
- Keep things confidential. Don't tell anyone else.
- Be respectful. Don't talk back or argue.
- Be helpful. Offer support and advice when needed.
- Be thoughtful. Think about their feelings and needs.

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

**¿QUÉ ES UN ADULTO DE CONFIANZA?** Un adulto de confianza es alguien con quien puedes hablar de tus sentimientos, pensamientos y experiencias. Te escuchan y te apoyan. No te juzgan ni te dicen cómo debes sentirte o pensar. Son honestos y confiables.

**ELEMENTOS DE ADULTOS DE CONFIANZA**

- Respetuoso
- No juzgante
- Responsable
- Confiable
- Útil
- Pensativo

**CREAR UN ESPACIO SEGURO PARA LOS JÓVENES**

- Escucha y comprende. No interrumpas. Déjalos hablar.
- Sea no juzgante. No les digas cómo deben sentirse o pensar.
- Mantenga las cosas confidenciales. No las cuente a nadie más.
- Sea respetuoso. No les hables de vuelta ni les argumentes.
- Sea útil. Ofrece apoyo y consejos cuando sea necesario.
- Sea reflexivo. Piensa en sus sentimientos y necesidades.

## HOW TO BECOME A TRUSTED ADULT

**Silence the Shame 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 will 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. Ask for support and help from friends, family, or professionals.
6. Practice self-compassion and avoid comparing yourself to others.
7. Be realistic about your goals and celebrate small wins.
8. Practice gratitude and focus on the positive aspects of your life.
9. Seek professional help if you're struggling to implement your self-care plan.

**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 exercising, meditating, and getting enough sleep.
2. Take 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 strategies for stress, such as journaling or talking to a therapist.
6. Set realistic goals and prioritize your tasks to avoid feeling overwhelmed.
7. Practice self-compassion and avoid comparing yourself to others.
8. Be realistic about your goals and celebrate small wins.
9. Practice gratitude and focus on the positive aspects of your life.
10. Seek professional help if you're struggling to implement your self-care plan.

## SELF-CARE & VISION BOARD

**Silence the Shame SELF-CARE TIPS FOR STUDENTS**

Self-care is taking time for yourself to recharge and reduce stress. Here are some tips for students to practice self-care:

- 1. Get enough sleep. Aim for 7-9 hours of sleep each night.
- 2. Eat healthy meals. Focus on fruits, vegetables, and whole grains.
- 3. Exercise regularly. Find a physical activity you enjoy.
- 4. Practice stress management techniques like deep breathing, meditation, or journaling.
- 5. Take breaks. Don't study or work for long periods without resting.
- 6. Seek support. Talk to friends, family, or a counselor when you're feeling overwhelmed.
- 7. Prioritize your mental health. Don't be afraid to ask for help.
- 8. Set boundaries. Learn to say no when you're too busy.
- 9. Practice gratitude. Focus on the things you're thankful for.
- 10. Take time for yourself. Do something you love to do.

## STUDENT COPING

**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 TRACK LIST**

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.

## CERTIFIED SELF-LOVE

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

Silence the Shame kicked off our Youth Mental Wellness Marketing Campaign on August 2nd! The campaign aims to emphasize that mental health should not be seen as a luxury but rather a priority. Its objectives are to recognize the significance of mental well-being at every stage of life, foster a sense of overall wellness, and advocate the negative perception surrounding mental illness.

Scan to Learn More

Youth Mental Wellness Campaign Posting Kit

## MH AWARENESS TOOLKIT



# COMMUNITY & PROGRAM PARTNERSHIPS

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

- Atlanta Public Schools
- Atlanta Parks & Recreation
- Boys & Girls Club of America
- Braves Foundation
- Carmax
- Children's Healthcare of Atlanta (CHOA)
- Communities in Schools
- Delta Community Credit Union
- Drew Charter School
- Eastlake Foundation
- Emory University
- Georgia Department of Behavioral Health
- Georgia Department of Public Health
- Georgia Parent Support Network
- Georgians for a Healthy Future
- Fulton County Sheriff's Office
- The Fulton County Department of Behavioral Health & Developmental Disabilities
- Free Your Feels
- Mental Health America of Georgia
- National Center for Civil and Human Rights
- Patchwerks
- Peach State Health Care
- Resilient Georgia
- Spellz Production, LLC.
- Tia Robinson, The Practice Pause
- United Way
- Usher's New Look
- Voices for Georgia's Children
- VOX ATL

**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](http://WWW.SILENCETHESHAME.COM)

   @SILENCETHESHAME

# YOUTH MENTAL HEALTH CAMPAIGN

**Introducing the Youth Mental Wellness Marketing Campaign by Silence the Shame!**

Silence the Shame kicked off this initiative to shift the perception of mental health from a luxury to a necessity. The campaign's primary objective is to acknowledge the importance of mental well-being at every stage of life, cultivate a holistic sense of wellness, and combat the stigma associated with 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



SCAN THE QR CODE TO ACCESS THE CAMPAIGN RESOURCE WEBPAGE ON THE WEBSITE.





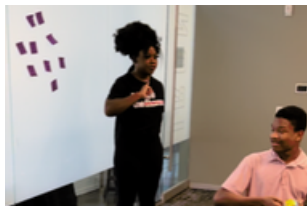
# YOUTH ADVISORY COUNCIL

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.

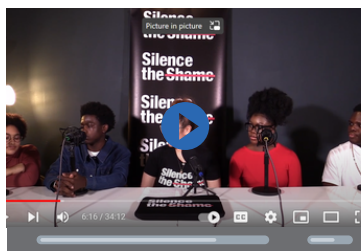
## ADVISORY MEETINGS & TRAINING



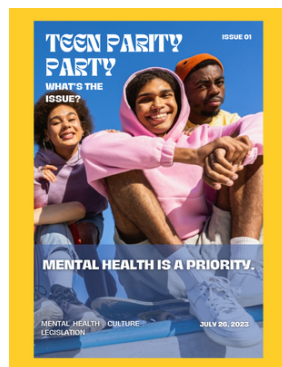
### YAC & CAB ORIENTATION



### LEADERSHIP, CONTENT CREATION AND LIVE PODCAST



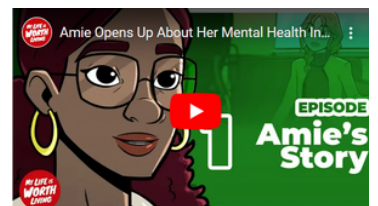
### PODCAST - IMPACT OF VIOLENCE ON YOUTH MENTAL HEALTH



### BEHAVIORAL HEALTH PARITY WORKSHOP



### SUICIDE PREVENTION SEMINAR



### 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 SUPPORTERS!



Urban League of  
Greater Atlanta



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