



Silence
the ~~Shame~~

FREE YOUR FEELS IMPACT REPORT

The Georgia Department of Behavioral Health & Developmental Disabilities (DBHDD) is sponsoring an initiative to promote mental well-being among young people and connect families to behavioral health resources. The "Free Your Feels" campaign, managed by Voices for Georgia's Children and supported by Silence the Shame and VOX ATL, encourages youth to express their emotions without fear. Visit www.freeyourfeelsga.org for more information.

The "Free Your Feels Teen Summit," hosted by Silence the Shame, is part of the campaign and provides a safe and educational space for teenagers to prioritize their mental health. The summit aims to equip teens with the knowledge, skills, and resources they need to successfully navigate the challenges they may face during this crucial stage of life. Ultimately, the goal is to create a generation of resilient, empathetic, and empowered individuals. Additionally, mental wellness seminars are offered to teens to foster youth leadership in mental health awareness.

ENHANCING YOUTH VOICE IN MENTAL HEALTH AWARENESS

26%

ENHANCING MENTAL HEALTH LITERACY AND RESILIENCE.

89%

BOOSTING WILLINGNESS TO SEEK ASSISTANCE

82%

EMPOWERING YOUTH AND PROMOTING MENTAL HEALTH AWARENESS

Through the Free Your Feels Teen Summit, STS successfully engaged 155 teens from Dalton, Augusta, and Savannah, Georgia. Through the Youth Advisory & Ambassador Council, STS empowered 42 teens and young adults to produce content and contribute to programming. Additionally, STS hosted a series of seminars, including four mental health advocacy sessions, a suicide prevention seminar, one financial literacy seminar, an entrepreneurship seminar, a networking and self-care seminar, and a mental health seminar, to support an additional 68 teens.

COMMUNITY INVOLVEMENT

STS educated students, caregivers, and local organizations on accessing behavioral health resources during teen summits. STS identified over 75 local community healthcare service providers, behavioral health professionals, and community partners to connect locally with participants.

EDUCATE FAMILIES & ADULT ALLIES

STS organized four Parent Cafes led by a behavioral health professional in Dalton, Augusta, Atlanta, Fayetteville, and Savannah, Georgia, to support resilient teens for 85 caregivers, parents, and community members.



COMMUNITIES EMPOWERED

STS partnered with local organizations and behavioral health professionals in various counties, including Augusta in Richmond, Savannah in Chatham, and Dalton in Whitfield, to organize teen summits, 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. Through the "Free Your Feels" campaign, STS provided the Clayton County School System with behavioral health resources and community support. The CEO of STS also spoke with students and staff members to promote mental well-being. In addition, STS assisted Polk County Family Connections through consultation.

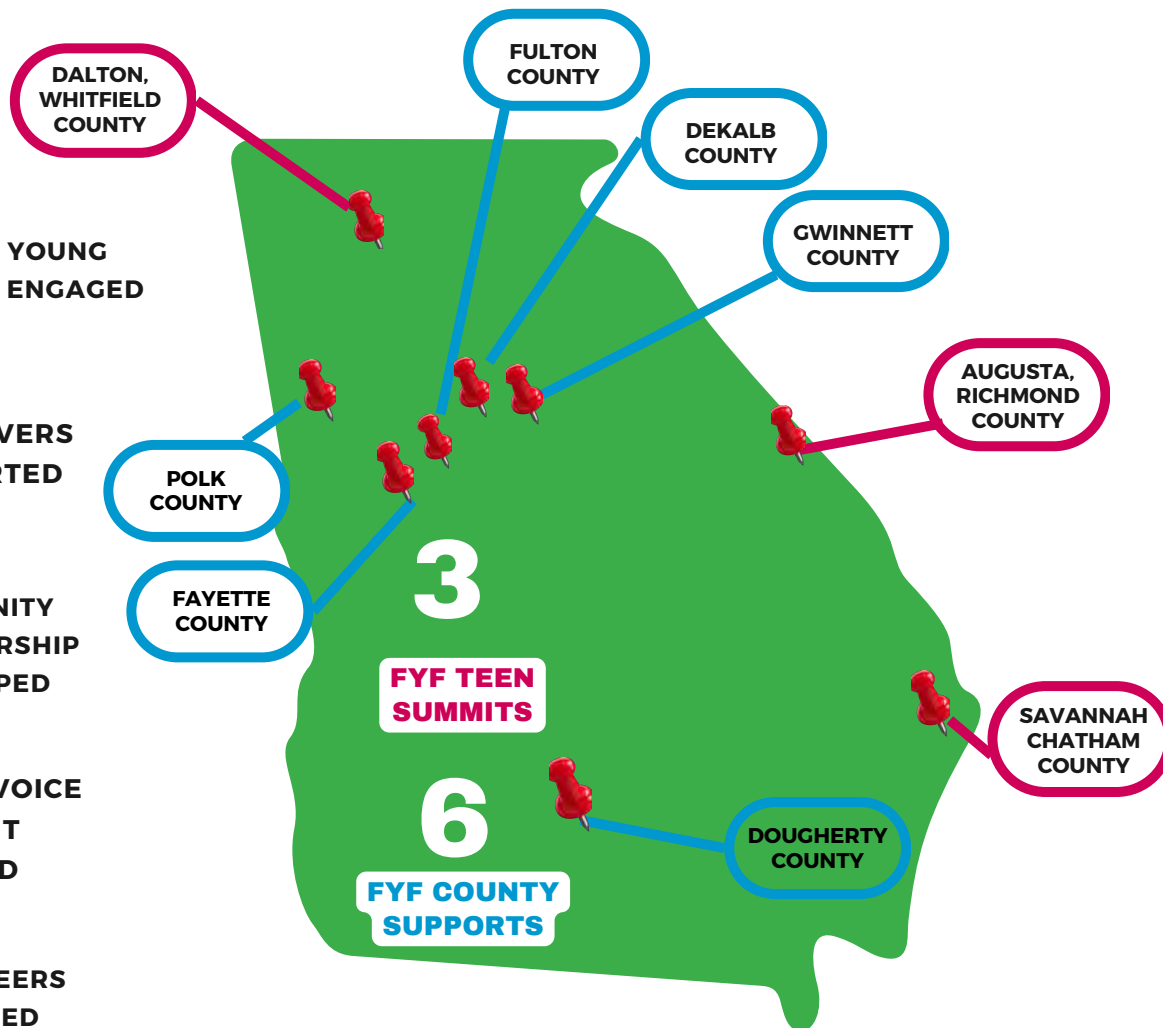
238 UNIQUE YOUNG PEOPLE ENGAGED

85 CAREGIVERS SUPPORTED

42 COMMUNITY PARTNERSHIP DEVELOPED

20 YOUTH VOICE CONTENT CREATED

32 VOLUNTEERS RECRUITED





FYF TECHNICAL SUPPORTS

Silence the Shame offers a wide range of services to assist various communities in implementing and evaluating mental health awareness initiatives. These services include training, resource development, consultation and support, evaluation assistance, and stakeholder collaboration and networking facilitation.

Silence the Shame partnered with Usher's New Look to host a podcast featuring teens' perspectives on the Policing in Communities of Color event. In collaboration with the Jack & Jill of America Fayette Chapter, STS established expression stations to support the well-being of teens and their families.

FRIDAY, FEBRUARY 24, 2023 | STS X USHER'S NEW LOOK PODCAST



STS sat down with four teens from [Usher's New Look](#) following their Disruptivate event entitled - Policing in Communities of Color. We discussed their takeaways from the event, how police brutality has impacted them, what they do to protect their mental health, and how adults can better support young people.

Guest Host of this episode: [Maegan-Charjoi Pringle](#)
Guest Speakers: [Mycah Ward](#), [Christian Elahee](#), [Savannah Elahee](#), [Israel Tucker](#)

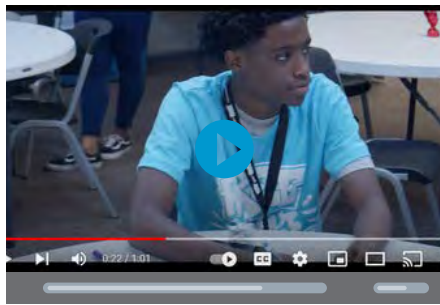




TEEN SUMMITS

Silence the Shame organized three Free Your Feels (FYF) Teen Summits in Dalton, Augusta, and Savannah, partnering with Boys and Girls of Greater Augusta and the City of Savannah to provide a safe space for young individuals and caregivers to share their voices and access behavioral health resources. Through the summits, partners (1) Increase youth voice in the community and promote suicide prevention resources (2) Gain leadership buy-in to promote resilience support to students and families (3) Enhance mental health awareness and education for students to support peers in the community (4) promote help-seeking behavior and reduce negative public attitudes associated with mental illness.

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

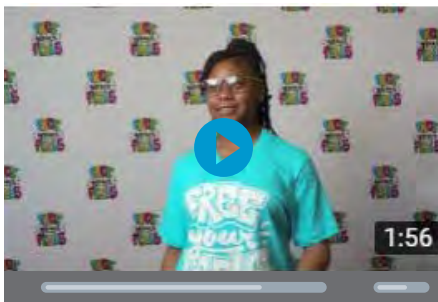


This Free Your Feels Teen Summit engaged 15 youth, five caregivers, and eight community partners. FYF is a youth mental health awareness campaign for Georgia Youth to share their feelings fearlessly.

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](#).
- Chill Zone for teens to decompress and relax.

SATURDAY, OCTOBER 28, 2023 | THE SALVATION ARMY KROC CENTER IN AUGUSTA GA

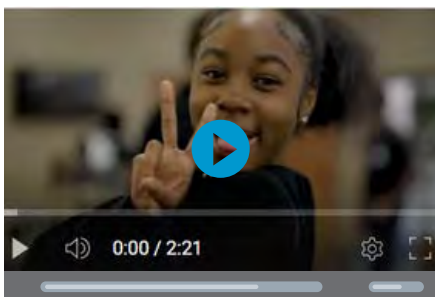


This Free Your Feels Teen Summit engaged 38 youth, 15 caregivers, and six community partners. A huge partnership was the Boys & Girls Club of Greater Augusta for supporting in finding youth leaders and volunteers.

We also provided four Expression Stations:

- Podcasting and Content Creation with [VOX ATL](#)
- Yoga with [Michelle Adair](#).
- Mindfulness Station for youth to learn self-care activities.

SATURDAY, DECEMBER 2, 2023 | GEORGIA COASTAL CENTER IN SAVANNAH, GA



The Free Your Feels Teen Summit engaged 102 youth, 45 caregivers, and 12 community partners. A huge shout out to the City of Savannah for finding youth leaders, volunteers, and vendors for a successful event.

We also provided five Expression Stations:

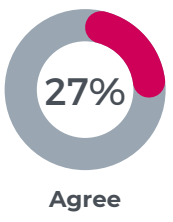
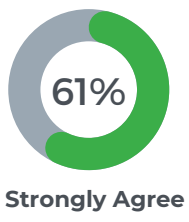
- Podcasting with [VOX ATL](#) & Content Creation with [Oak Film](#)
- Yoga with Mahogany Bowers
- Sound Bath with [Crissy Joy](#)
- Mindfulness Station for youth to learn self-care activities.



FYF TEEN SUMMIT OUTCOMES

Program participants completed an online survey to measure knowledge or skills gained due to the event. However, data was collected from Augusta and Savannah Free Your Feels Teen Summit. Participants were also encouraged to free their feelings and advocate for their wellness.

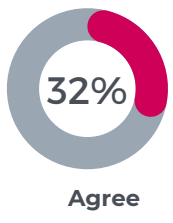
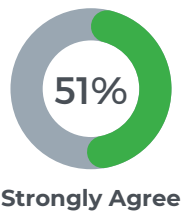
As a result of this summit, I feel more confident that I can identify ways to cope and maintain my mental wellness through periods of stress.



"I think this a safe place. When you say things here, you feel comfortable because you are not alone in this space." - **Ariel Mack, 15**

"I always wanted to do something like this. I am so happy I was given the opportunity. Growing up, I felt alone, I want to encourage people who feel like this to step out of their comfortable zone and try something new."- **Delaney Grace, 15**

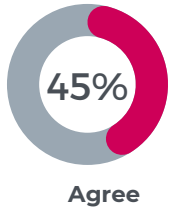
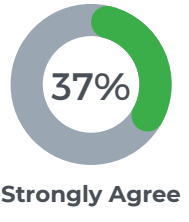
As a result of the summit, I have learned ways to share my voice around my wellness, written and verbally.



"To me, mental health means being aware of your thoughts and being aware of how you feel. Not only that but how you view the world and your surroundings. You have to make sure you are comfortable and calm." - **Mackenzie Watson, 16**

"Sometimes getting out of your normal routine can help you with your mental health. Doing things you don't normally do, like going on a picnic, or the library for some quiet time. Doing these things, can help you express yourself in different ways and do some self-reflection. - **Zynia Recendiz, 16**

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





COMMUNITY HOSPITALITY

MACK GASTON COMMUNITY CENTER, DALTON, GA



The Mack Gaston Community Center in Dalton, Georgia, provides recreational activities, educational opportunities, and social services for people of all ages. It also hosts community events and gatherings to promote engagement and unity. A special thanks to Mr. Tom Pinson and Audrey Simmons, who helped connect to partners. You can find more information about the Mack Gaston Center on their official website: <https://www.daltonga.gov/parksrec/page/mack-gaston-community-center>

THE SALVATION ARMY KROC CENTER, AUGUSTA GA



The Salvation Army Kroc Center of Augusta, Georgia, is a community center that offers a variety of programs and services for people of all ages. It includes a fitness center, swimming pool, sports facilities, and educational programs. The center also hosts events and activities for the local community. You can find more information about the Salvation Army Kroc Center of Augusta, Georgia, on their official website: <https://krocaugusta.org/>

COASTAL GEORGIA CENTER - SAVANNAH STATE UNIVERSITY, SAVANNAH, GA



The Coastal Georgia Center is a Georgia Southern University campus located in Savannah, Georgia. It offers a variety of academic programs, professional development courses, and conference services. The center also serves as a hub for community engagement and outreach initiatives. A special thanks to Savannah City Government and Mayor Van R. Johnson II for bringing a community of youth leaders and aspiring leaders.



COMMUNITY & PROGRAM PARTNERSHIPS

- African American Health Information & Resource Center
- Atlanta Public Schools
- Benchmark
- Boys & Girls Club of America
- Chatham County Dep. of Public Health
- Chatham County Safety Net Planning Council Inc.
- City of Atlanta
- Clayton County School System
- Dep. of Veteran Affairs
- Elephant Room
- Emory University
- Family Connections
- Fayette County Area Chapter of Jack & Jill of America, Inc.
- First City Pride Center
- Fulton County Behavioral Health & Developmental Disabilities
- Georgia Department of Behavioral Health
- Georgians for a Healthy Future Highland Rivers
- Ivy Collaborative Healthcare
- Jean Childs Young Middle School
- Kate's Club
- Latin Association
- Lighthouse Care Center of Augusta
- Live Better Now
- Live Oak Public Libraries
- Mack Gaston Community Center
- Mental Health America of GA
- Migrant Equity Southeast
- Mothers Against Drunk Driving
- My Healing Collective (Michelle Adair)
- Oak Film Media
- Partnership Against Domestic Violence
- Promise Place
- Salvation Army - Kroc Center
- Savannah City Government
- Shiloh High School
- Serenity Behavioral Health Services
- Spellz Production, LLC.
- The Deep Center
- The Front Porch
- The LGBTQ Institute
- United Way of North Georgia
- Ushers New Look
- Viewpoint Health
- Voices for Georgia's Children
- VOX ATL



BEHAVIORAL HEALTH & SUICIDE RESOURCES

Finding A Trusted Adult

- Respectful** - A trusted adult respects you and your feelings. They treat you like you're an adult.
- Non-Judgmental** - A trusted adult doesn't judge you for anything you do or say. They accept you for who you are.
- Accessible** - A trusted adult is someone you can depend on. They are available when you need them.
- Trustworthy** - A trusted adult is someone you can depend on. They are available when you need them.
- Helpful** - A trusted adult is someone you can depend on. They are available when you need them.
- Thoughtful** - A trusted adult is someone you can depend on. They are available when you need them.

FINDING A TRUSTED ADULT

How to Become a Trusted Adult

WHAT IS A TRUSTED ADULT?

ELEMENTS OF TRUSTED ADULTS

CREATE A SAFE SPACE FOR YOUTH

HOW TO BECOME A TRUSTED ADULT

Silence the Shame

BE A TRUSTED ADULT TO PROTECT YOUTH MENTAL HEALTH

¿CÓMO SE CONVIERTEN EN UN ADULTO DE CONFIANZA PARA PROTEGER LA SALUD MENTAL DE LOS JÓVENES?

¿QUÉ ES UN ADULTO DE CONFIANZA?

ELEMENTOS DE ADULTOS DE CONFIANZA

CREAR UN ESPACIO SEGURO PARA LOS JÓVENES

HOW TO BECOME A TRUSTED ADULT

Silence the Shame

SELF-CARE PLAN

1. Set aside time for self-care activities every day, such as reading, watching TV, 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.
4. Create a relaxing environment in your home where you can practice self-care activities.

SELF-CARE & VISION BOARD

MENTAL HEALTH & SUCCESS

1. Practice self-care regularly, such as exercising, eating, 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. Don't be afraid to ask for help when you need it.

SELF-CARE & VISION BOARD

YOUTH & MENTAL HEALTH

A Mental Health Guide for Parents

STRESS AND LIFESTYLE MANAGEMENT

A Mental Health Guide

DEPRESSION

A Mental Health Guide

GRIEF AND LOSS

A Mental Health Guide

ANXIETY

A Mental Health Guide

SELF-CARE TIPS FOR STUDENTS

SUICIDE & SUICIDE ATTEMPTS

A Mental Health Guide

MANAGING THE IMPACT OF TRAUMA

A Mental Health Guide

BUILDING HEALTHY RELATIONSHIPS

A Mental Health Guide

SUBSTANCE USE & CO-OCCURRING MENTAL DISORDERS

A Mental Health Guide

STUDENT COPING



YOUTH-LED CONTENT

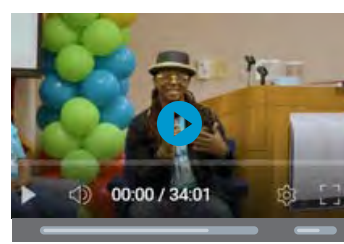
Youth created, produced, and edited podcasts and social media content, allowing them to develop skills, communicate their experiences, and gain confidence in a supportive environment. Through sharing their perspectives and connecting with peers, they positively impacted their community, showcasing the power of youth voice and the importance of opportunities for young people to share their stories and ideas.



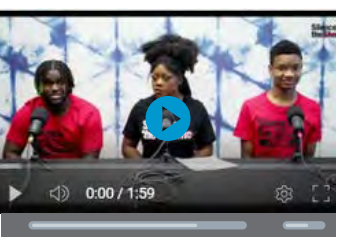
**FYF TEEN CHAT
DALTON**



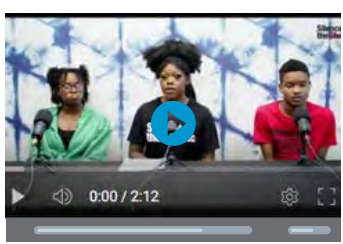
**FYF TEEN CHAT
AUGUSTA**



**FYF TEEN CHAT
SAVANNAH**



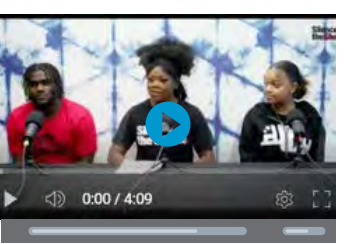
**YAC
SELF-LOVE
EPISODE 1**



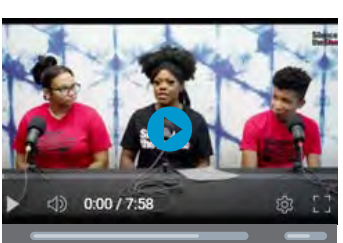
**YAC
SELF-LOVE
EPISODE 2**



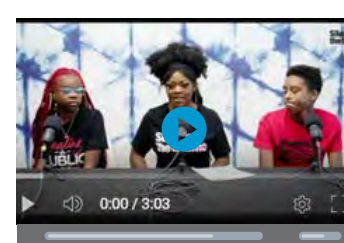
**YAC
SELF-LOVE
EPISODE 3**



**YAC
SELF-LOVE
EPISODE 4**



**YAC
SELF-LOVE
EPISODE 5**



**YAC
SELF-LOVE
EPISODE 6**

HEAD, HEART, HAND RELECTION

Teen leaders and VOX ATL supported a reflection exercise for the day. This exercise was captured in Augusta, Georgia, in partnership with the Boys & Girls Club of Greater Augusta.

Head: Something you learned

Feelings Matter How to deal with bullies You should express your feelings

How to express myself better Its ok to think about myself How to be ok with my depression

Stay humble and have confidence at the same time How to deal with suicidal thoughts

How to tell my mom when I feel like she is not listening

To talk to people To Listen Actively

Skills to help me with my mental Self-Care

Hand: Something you are taking with you

Resources Yoga and deep breathing To be open minded

I understand how to truly express my feelings Sensory Kit

To share what I learned today Knowing we have a support system Hotline numbers

Affirmation Mirror New Friendships Food

pour life into my kid

Go to another adult if your parent isn't listening

Heart: something you felt

I will make life better

I feel I can speak without judgement

Important I wasn't alone with my feelings Understood Accepted

Loved Helpful

Mental health is being taken more seriously I can talk to my parents more

I felt happy emotions I felt all of my emotions Seen and Heard

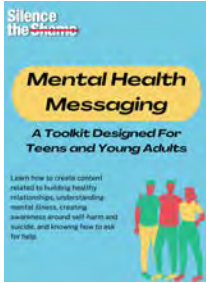
Breakout activities were awesome



YOUTH ADVISORY COUNCIL

At STS, we encourage and support young individuals aged 13-26 to raise awareness about mental health issues, eliminate stigmas, and build a healthier future. Our Youth & Young Adult Advisory Board and Ambassador Program are two key initiatives that allow members to make a significant impact in their community. Through these programs, members can promote their voices, educate and empower others about mental health, and help reduce its negative connotations. Over the past year, we held ten meetings and eight training opportunities to help members achieve their goals. Ultimately, our aim is to cultivate youth advocacy and leadership while promoting positive youth development.

ADVISORY MEETINGS & TRAINING



YAC & CAB ORIENTATION



LEADERSHIP, CONTENT CREATION AND LIVE PODCAST



SUICIDE PREVENTION SEMINAR



MY LIFE IS WORTH LIVING



TEEN PARITY PARTY 07/26/2023 ISSUE ONE



TEEN PARITY PARTY 10/09/2023 ISSUE TWO



TEEN PARITY PARTY 12/09/2023 FINAL ISSUE

SUSTAINABILITY



Silence the Shame partners with community organizations to create legacy documents that help other communities host their Free Your Feels Teen Summit. The documents guide securing funding, recruiting volunteers and speakers, and promoting the summit.



FREE YOUR FEELS BLUEPRINT

FREE YOUR FEELS TEEN SUMMIT ACTIVATION KIT



SOCIAL MEDIA INSIGHTS



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



Views

1,860



Followers

799



Impressions

157,464





Thank you to our sponsor!



D·B·H·D·D

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Developmental Disabilities

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