



March 2022 General Meeting
Young Adult Mental Health (19-26 years)





Welcome

Emily Anne Vall, PhD

Resilient Georgia Executive Director






Resilient
GEORGIA



What was your favorite or least favorite (or most unique?) job as a young adult and why?



University System of Georgia Mental Health Taskforce

Dr. Juanita Hicks, Vice Chancellor of Human Resources and Mental Health Taskforce
Project Sponsor, University System of Georgia

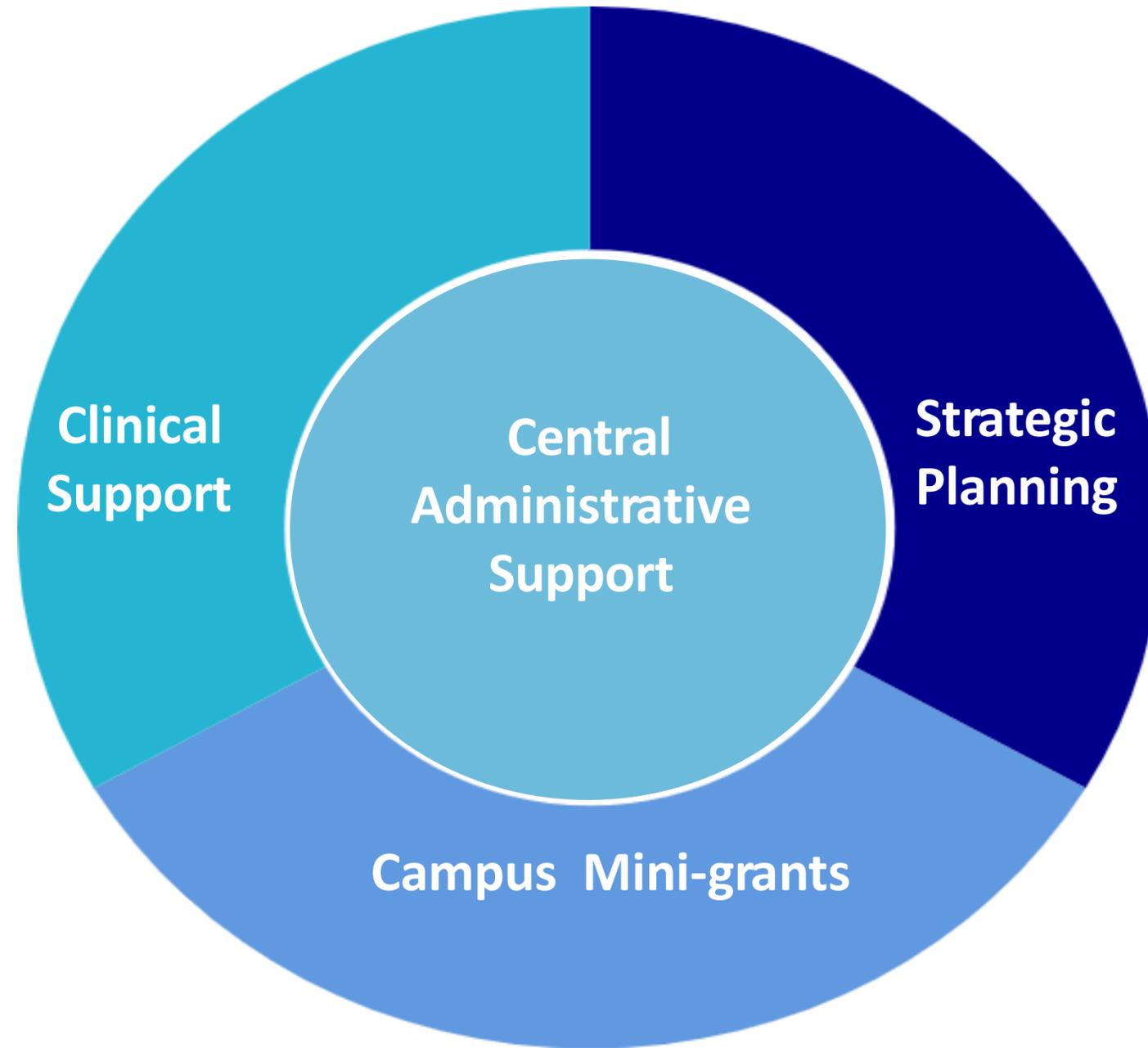
Dr. Chip Reese, Mental Health Taskforce Project Director, University System of
Georgia and Assoc. Vice President for Student Affairs, Columbus State University





UNIVERSITY SYSTEM OF GEORGIA

Mental Health Initiative



Focus Areas



UNIVERSITY SYSTEM OF GEORGIA

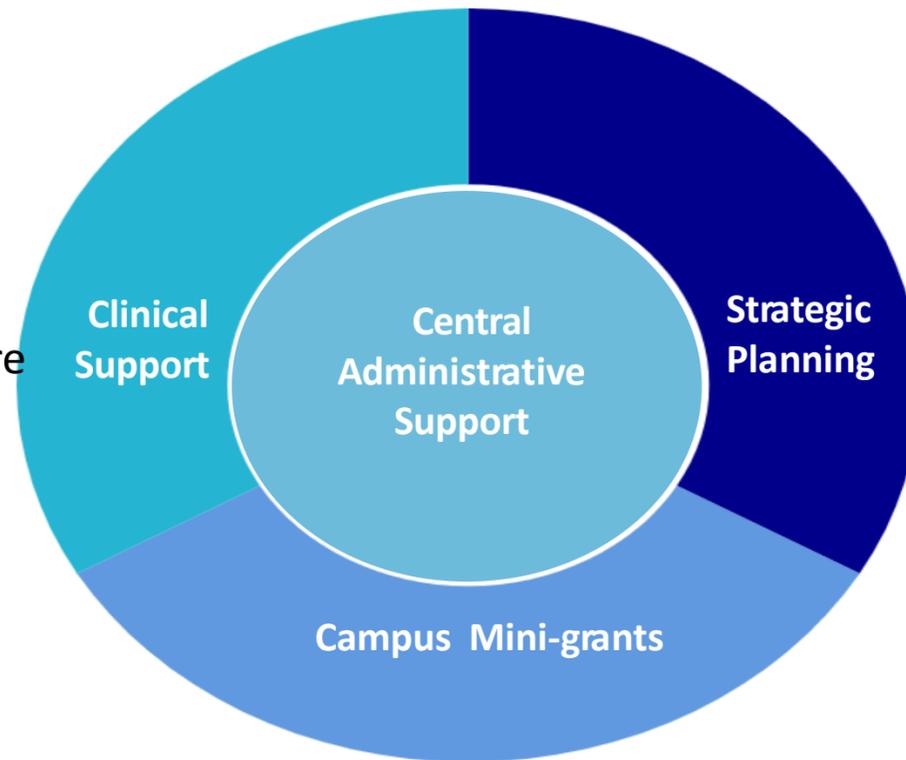
Mental Health Initiative



Improve student mental health and well-being through the expansion of campus resources

Objectives:

- Expand telephonic psychiatric care
- Increase clinical support capacity
- Establish well-being support program
- Set up 24/7 hotline
- Establish Job Aid agreement with each institution



CAMPUS

Develop short- and long-term strategies to support mental health and well-being unique to our individual campus and system needs.

Objectives:

- Efficient
- Effective
- Sustainable
- Integrated

Campus Mini-Grants

In recognition of the unique needs of each USG campus, mini-grants have been made available to campuses to address mental health needs that have arisen because of the COVID-19 pandemic.

Objectives:

- New Technology Resources
- Increased Campus Programming
- Student Resources & Materials



UNIVERSITY SYSTEM OF GEORGIA

Mental Health Initiative

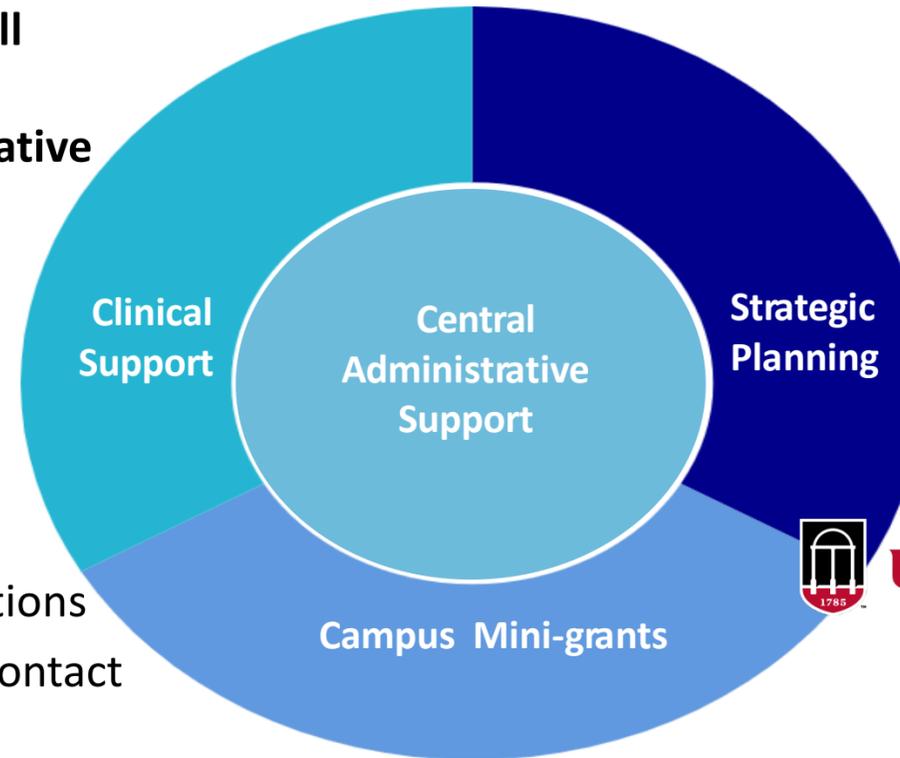


Central Administrative Support

Central program administration will serve to support campus implementations and ensure initiative goals are achieved.

Objectives:

- Oversight and support
- Support communication and technology needs
- Leverage synergy across institutions
- Support for Campus Points of Contact





Student Taskforce on ACEs and Resilience (STAR)

Charlie Lane, 2021-22 STAR Co-President, MD Candidate, Emory Univ. School of Medicine

Eudora Olsen, 2021-22 STAR Co-President, MD Candidate, Emory Univ. School of Medicine





March 24, 2022

Perspectives on Mental Health from Young-Professionals

A presentation by:
The Student Taskforce for
ACEs and Resilience

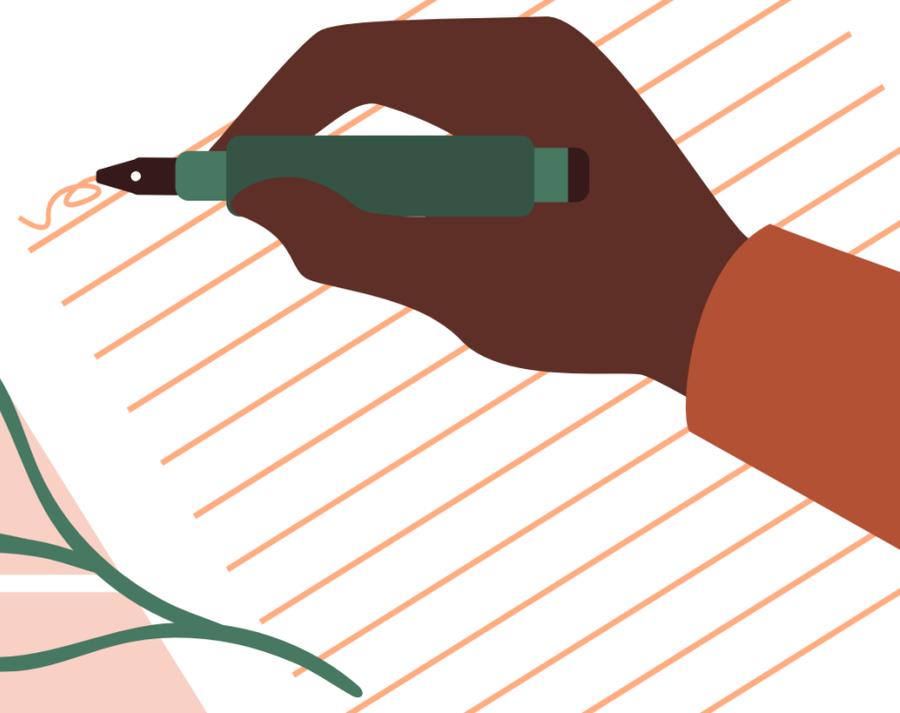
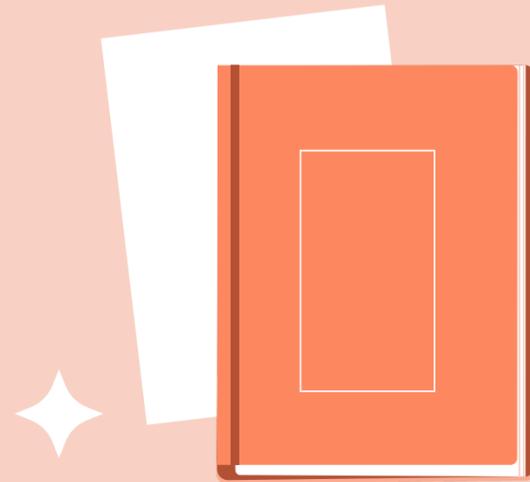
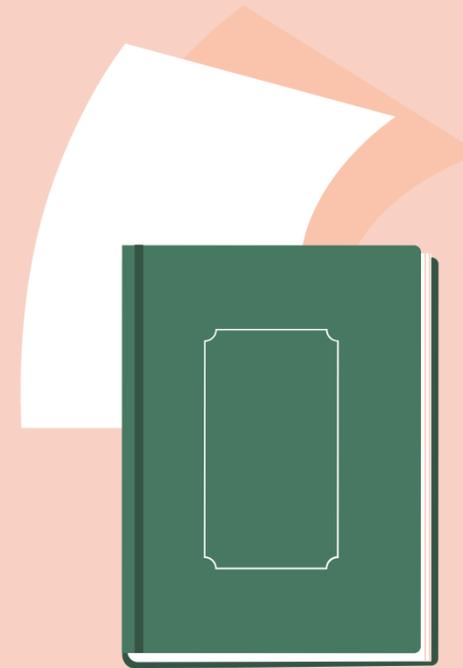


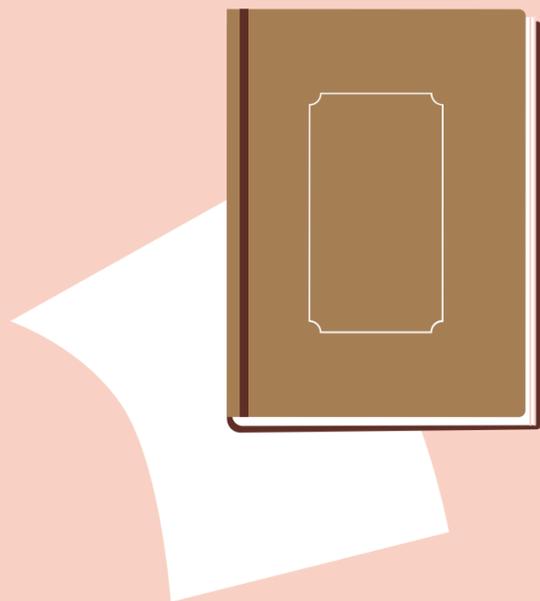
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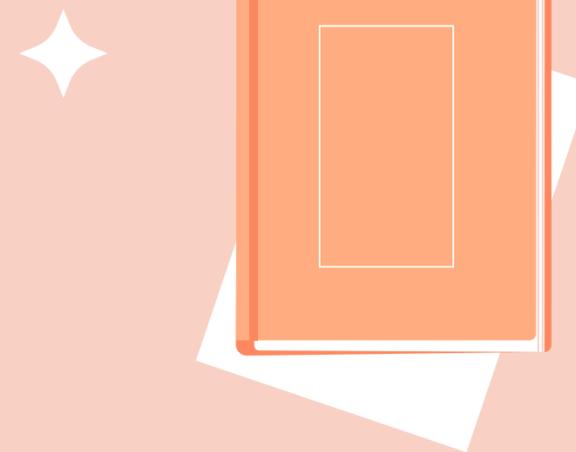
01
What is STAR



02
Young Professionals



03
Interventions



04
**Connect with
STAR**

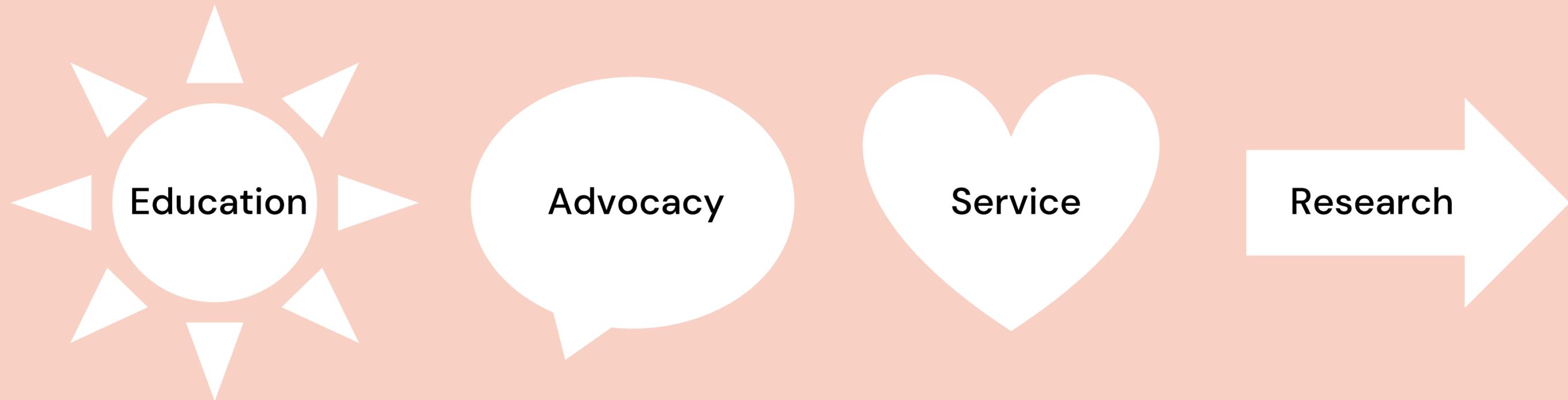




01 What is STAR?

The Student Taskforce on ACEs and Resilience (STAR) is an interdisciplinary group of young professionals from across Georgia that is dedicated to increasing awareness and providing resources for our community on trauma-informed care practices.

We have 4 main pillars:





02 Young Professionals

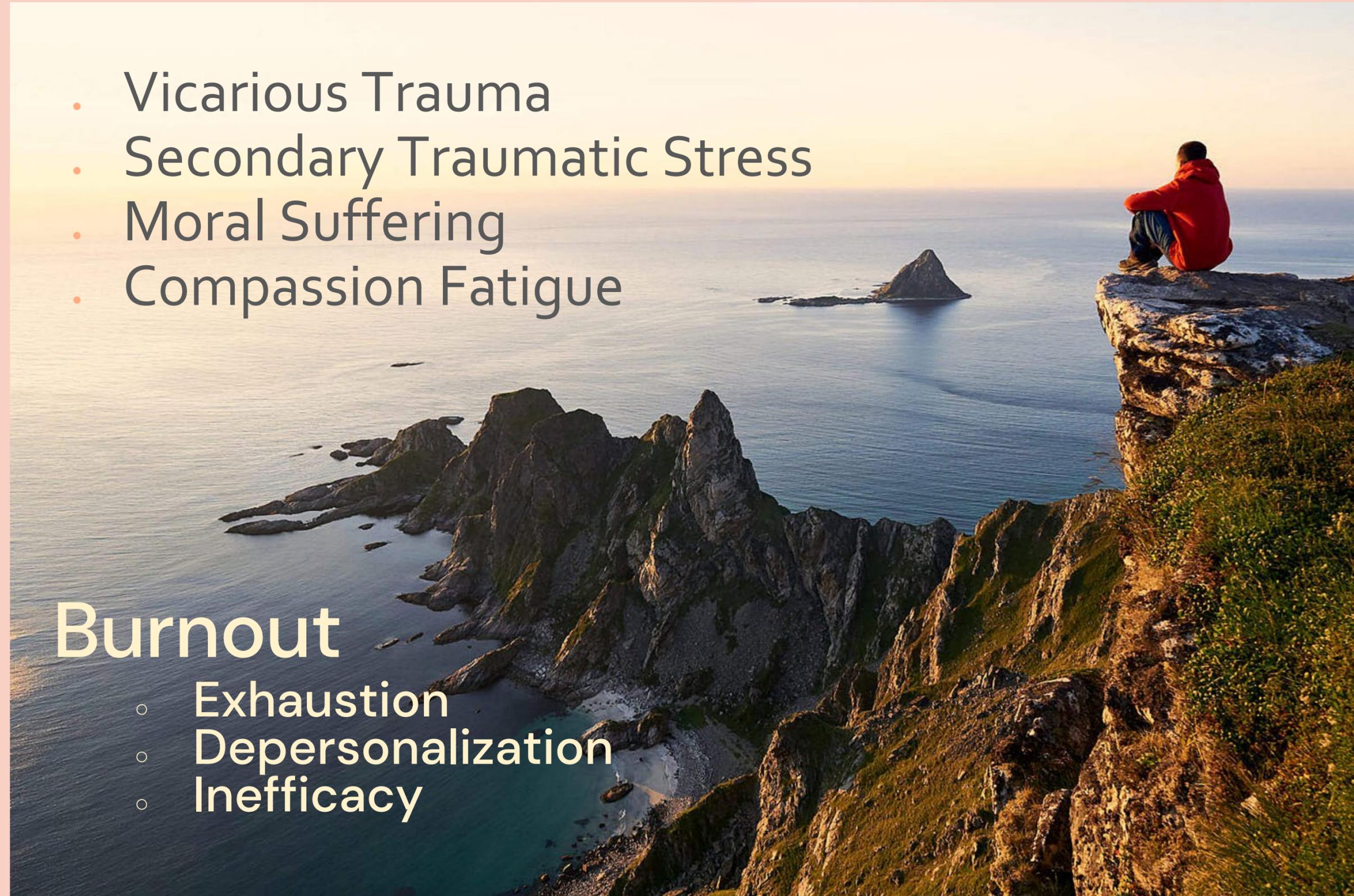


Perspective at the Edge

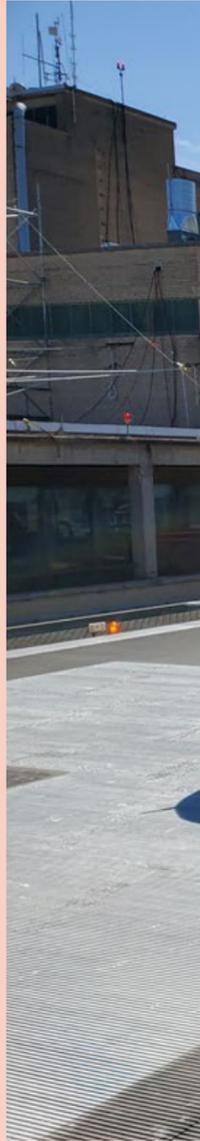
- Vicarious Trauma
- Secondary Traumatic Stress
- Moral Suffering
- Compassion Fatigue

Burnout

- Exhaustion
- Depersonalization
- Inefficacy

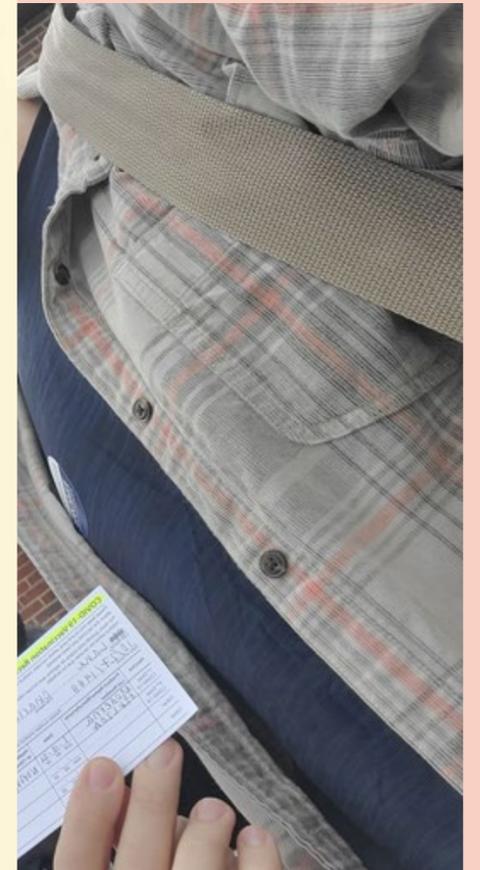


Men



IMPOSTER SYNDROME

FEELING THAT YOU'RE NOT WORTHY OF YOUR SUCCESS



sketchplanations



03

Interventions

Emory University

Spring 2022 Therapy Groups

Black Graduate and Professional Student Interpersonal Process Group
Tuesdays, 2:00-3:30 PM

Students of Color Interpersonal Process Group
Mondays, 10:00-11:00 AM

Graduate All Gender Interpersonal Process Group
Mondays, 5:00-6:30 PM

Grief and Loss Group
Thursdays, 3:00-4:00 PM

International Student Drop-In Support Group
Tuesdays, 4:00-5:00 PM

Coping with Difficult Thoughts and Feelings Workshop
Mondays, 3:00-4:30 PM

Session 1: 1/31, 2/7, 2/14, 2/21, 2/28

Session 2: 3/14, 3/21, 3/28, 4/11, 4/18

Group information can be found [here](#) or by e-mailing alhoyle@emory.edu

TimelyCare

During peak times in the semester, SOM students may immediately initiate therapy by utilizing TimelyCare, which offers 12 individual therapy sessions each academic year. To meet with a TimelyCare provider, set up an account by clicking [here](#).

Initial Consultations

Initial appointments at CAPS are available to enrolled SOM students by calling 404-727-7450 and asking to schedule an initial consultation with Dr. Amelia Hoyle Miller, or scheduling online by clicking [here](#) (Password: 112233). This brief phone consultation will help determine your current needs, eligibility for services, and next steps.

Newsletter Highlights

STRESS CLINIC

SOM STUDENTS CAN NOW JOIN STRESS CLINIC ANYTIME DURING THE SERIES:

- MODULE 1 - UNDERSTANDING MY STRESS
- MODULE 2 - STRESS IN MY BODY
- MODULE 3 - SELF COMPASSION
- MODULE 4 - TAKING IN THE GOOD

TO SIGN UP FOR THE STRESS CLINIC:

1. CLICK [HERE](#) AND SIGN IN TO THE HUB USING YOUR EMORY CREDENTIALS
2. SEARCH FOR "STRESS CLINIC"
3. RSVP TO THE DATE OF YOUR CHOICE, AND USE THE ZOOM INFO LISTED TO ATTEND

LET'S TALK

DR. AMELIA HOYLE MILLER IS EXCITED TO RETURN FOR LET'S TALK APPOINTMENTS BEGINNING 2/16/2022!

LET'S TALK IS AVAILABLE WEDNESDAYS FROM 11:30 AM TO 1:30 PM.

SIGN UP FOR LET'S TALK BY CLICKING [HERE](#).

Emory helpline
Open every night
8:30 pm to 1 am
Call us at **404.727.4357**

INDIVIDUAL STRESS MANAGEMENT SESSIONS

Build Skills in Relaxation and Self-Reflection
Clarify Personal Values
Enhance Emotional Well-Being

Emory Psychological Center
3-Session Telehealth Series
Call (404) 727 - 7451

Sessions are Free of Charge During Pandemic
Space is Limited

www.compassion.emory.edu



Compassion Can Be Expanded
and Developed





04 Connect with STAR

Trauma-Informed Care Conference

Student Taskforce on ACEs and Resilience (STAR) presents

TRAUMA-INFORMED CARE VIRTUAL CONFERENCE

SPONSORED BY RESILIENT GEORGIA

SATURDAY, OCT 3, 10AM - 1PM • SUNDAY, OCT 4, 2PM - 5PM

A free interdisciplinary training experience to address adverse childhood events and implement trauma-informed practices

Featuring subject-matter experts from GSU, Morehouse, CHOA, CDC, Emory, Voices for Georgia's Children, the Portland Children's Clinic, and more

Free of charge to all attendees! Providing practical skills in addressing Trauma and Resilience across systems of Healthcare, Criminal Justice, and Education



Scan this QR code to register for tickets!



Student Taskforce on ACEs and Resilience (STAR) presents

2021 TRAUMA-INFORMED CARE VIRTUAL CONFERENCE

BREAKING DOWN BARRIERS : CARING FOR DIVERSE COMMUNITIES

SPONSORED BY RESILIENT GEORGIA

SATURDAY OCTOBER 23: 10AM - 2:30PM EST
SUNDAY OCTOBER 24: 1PM-5PM EST

A free, two-day interdisciplinary training event addressing the impact of adverse childhood experiences (ACEs) and trauma on health.

Featuring speakers from Emory, Mercer, & Florida State University, Rising Hearts, Camp Sunshine, NAAPIMHA, and more!

Learn about trauma-related needs of underserved communities and how to apply this knowledge to provide equitable, trauma-informed care!



REGISTER HERE!

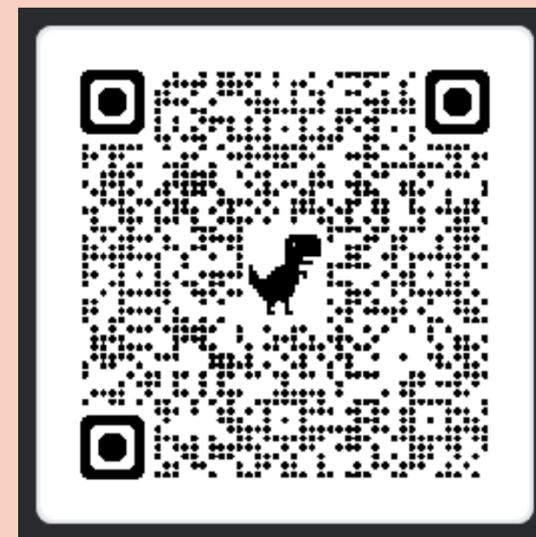


Live attendees have the opportunity to receive raffle prizes including Trauma-Informed Training scholarships and book prizes!



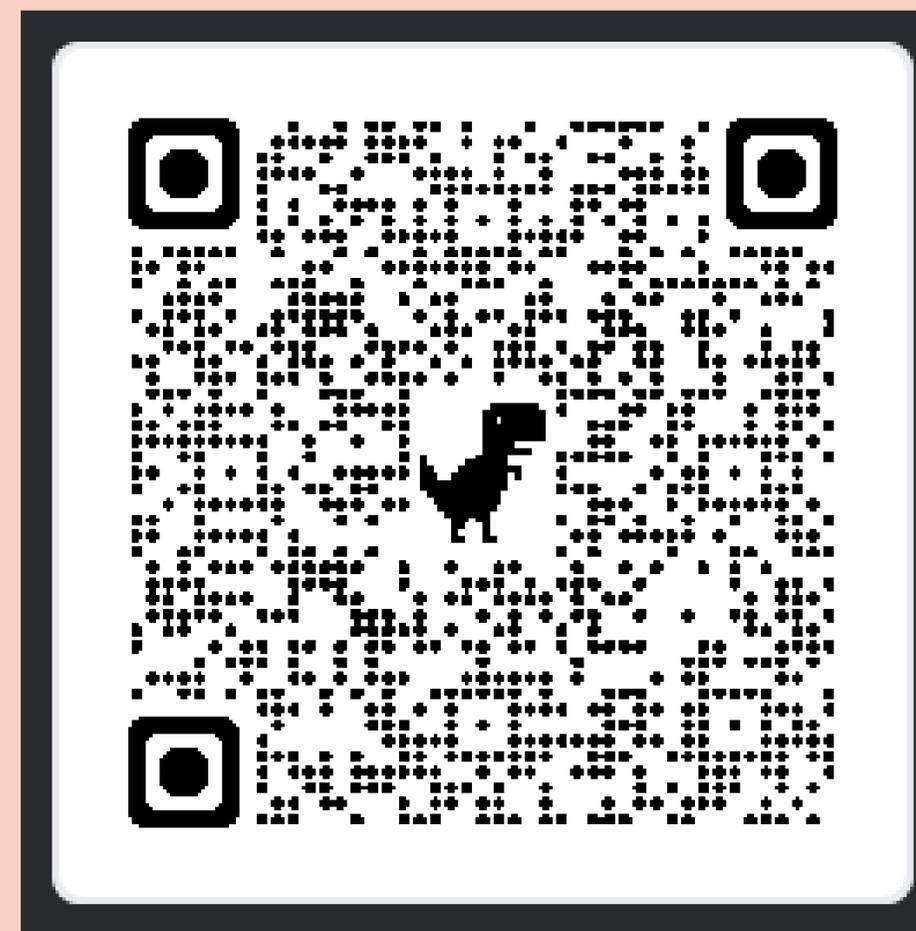
Trauma-Informed Care Conference

- Annual 2-day interdisciplinary training event held on Zoom that is free and open to all
- Sponsored by Resilient GA
- Features 25+ speakers and workshop leaders
- 150+ attendees from across the globe
- 2022 Conference: October 22 and 23
- Please reach out to eudora.olsen@emory.edu and charles.bertin.lane@emory.edu to inquire about speaking or leading a workshop!



Thank

you!





Youth Villages: LifeSet

Tanya L. Anderson, Executive Director - Georgia, Youth Villages

Jameta Wheeler, Assistant Director, Community-Based Programs, Youth Villages





Georgia



Youth Villages Overview

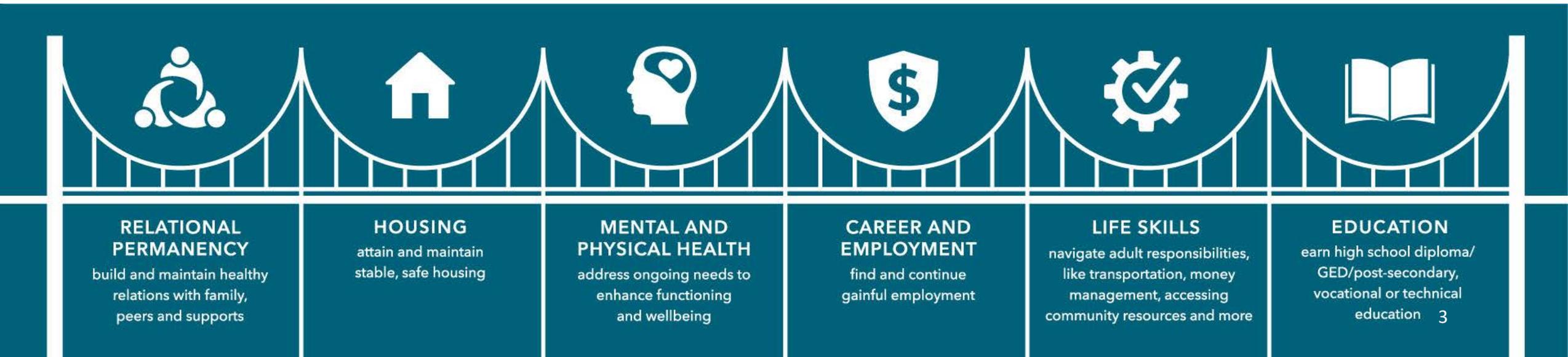
- Youth Villages started in 1986 in Memphis, TN
- Expanded to Georgia in 2008
- Provides services in 23 states and DC
- LifeSet is offered in Georgia in partnership with Amerigroup Families 360 and the DBHDD
 - LifeSet is provided in the Metro Atlanta area
 - Launched in Fall 2020
 - Young adults ages 17.5-22
 - One LifeSet team, serving up to 40 young people at any given time



LifeSet: The Bridge from Foster Care to Adulthood

Young people who have experienced the foster care, juvenile justice, and/or mental health systems have so much potential, but without support in their teens or early twenties, may struggle to successfully transition into adulthood – especially when working to overcome childhood adversity.

LifeSet allows young people to rise up from extremely challenging situations to identify and achieve their goals.



LifeSet Service Delivery

- Highly structured supervision and clinical consultation
- Staff are minimum BA-level with experience, with licensed clinician oversight
- Individualized clinical interventions; focus on hard and soft lifeskills
- Youth-driven goals
- Once per week face-to-face, 24/7 on-call availability
- Time-limited, average of 7-9 months



Rigorous Evidence - LifeSet

Randomized Control Trial – Conducted by MDRC

A large randomized control trial found the following impacts of LifeSet:



Questions and Discussion





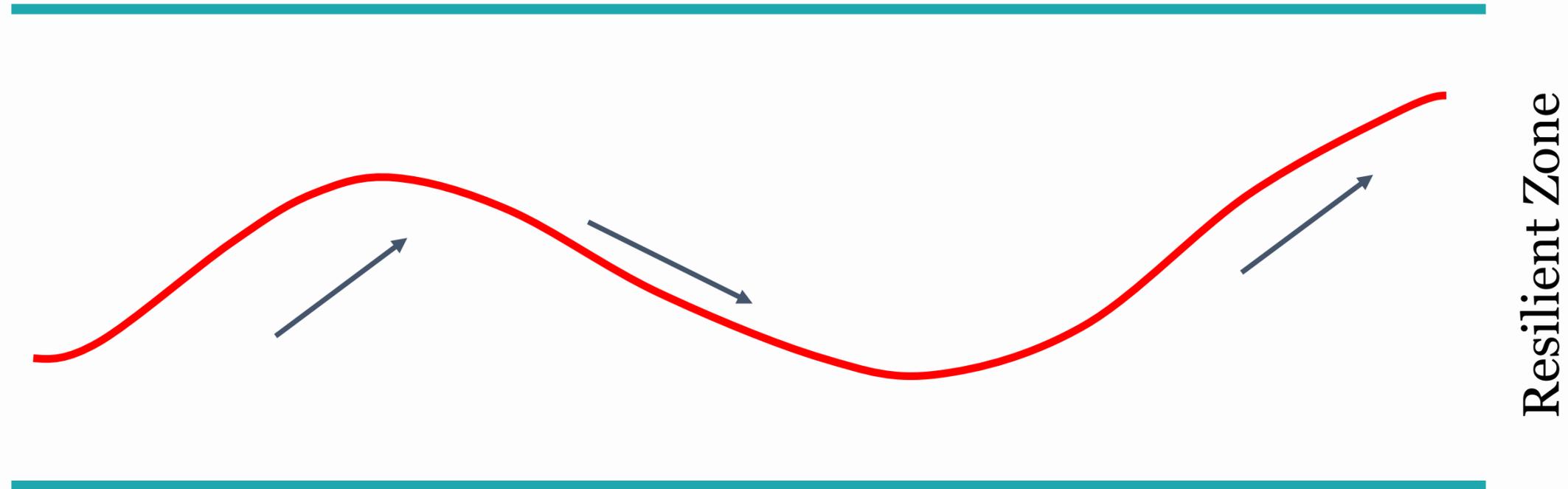
Covenant House: Community Resiliency Model (CRM)

Anthony Clarke, CRM Instructor, Covenant House

Bria Davis, CRM Instructor, Covenant House



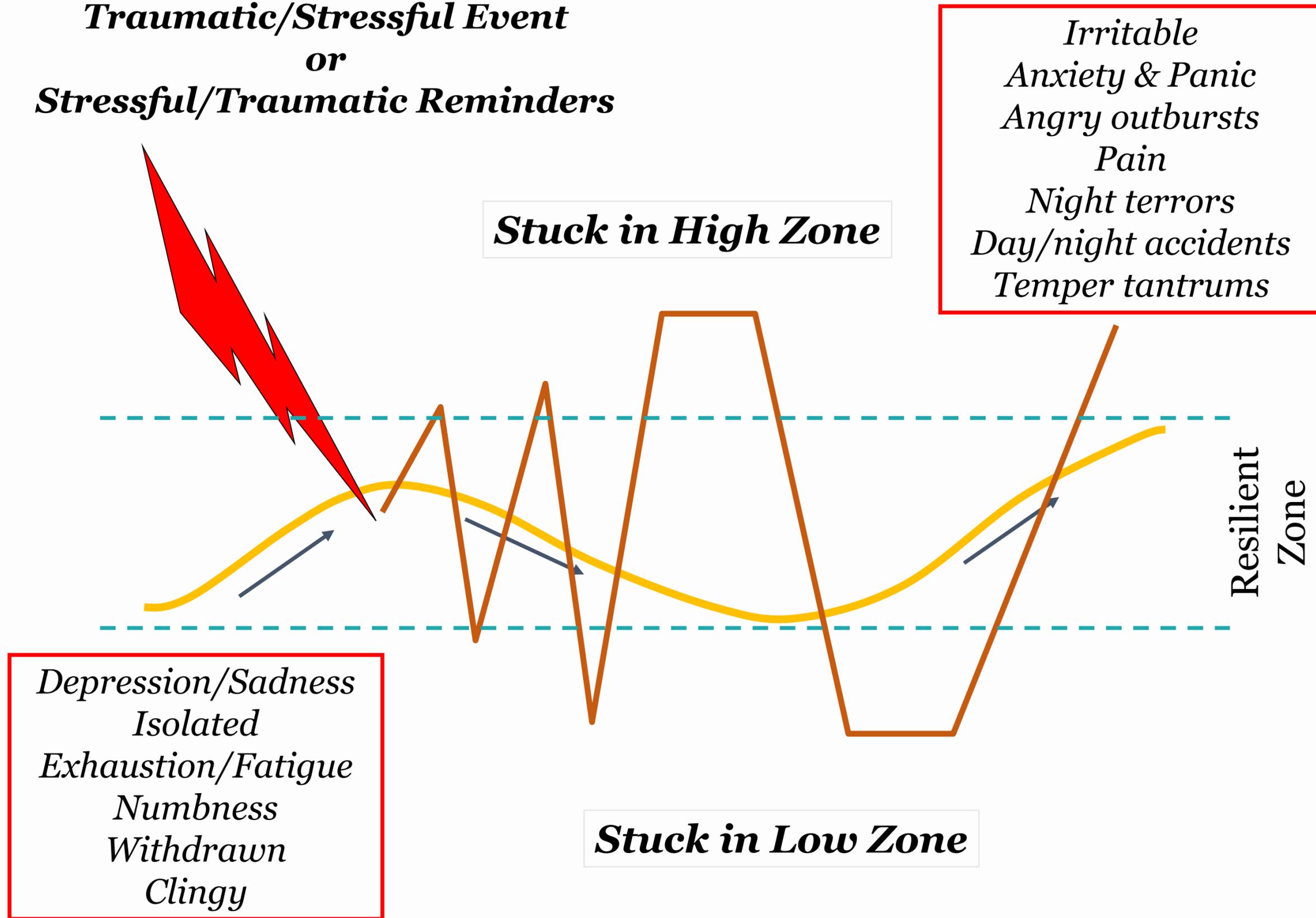
The Resilient Zone - “OK” Zone



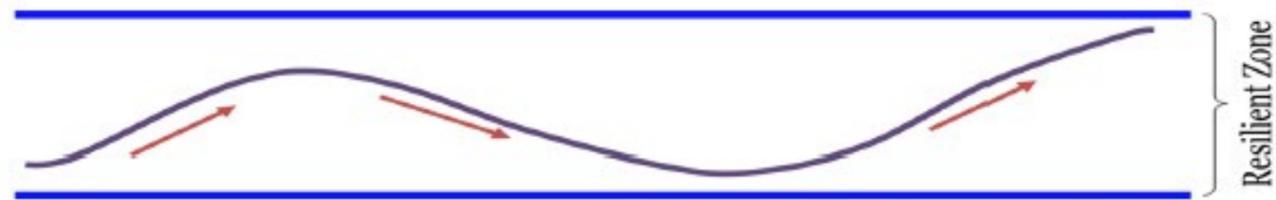
Resilient Zone

GOAL: TO WIDEN YOUR RESILIENT ZONE

***Traumatic/Stressful Event
or
Stressful/Traumatic Reminders***



Help Now!



Drink a glass of water



Count backwards from 20



Go for a walk



Listen to the sounds



Name six colors you see



Push against a wall



Notice your surroundings



Touch the furniture



Touch something in nature



Notice the temperature



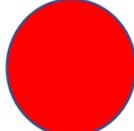
Quick sensory actions for a “Resiliency Pause” when we are emotionally out-of-balance
This puts us into a recovery state (parasympathetic dominance)

Examples:

If you notice you are upset or nervous,
Use a Help Now! technique

If you see someone who is upset or sad,
offer them help— **“I know something that might help you feel better.....would you like to try it?”**

RESOURCING

-  A Resource is any person, place, thing, memory or part of yourself that makes you feel calm, pleasant, peaceful, strong or resilient.
-  A Resource can be real or imagined
-  A Resource can be internal or external



Expanding Resources

SMELL



SIGHT



TOUCH



TASTE



SOUND



PLACES



PEOPLE



TRADITIONS





Oglethorpe University -

Strategies for Comprehensive Mental Health Services on Campus

Dr. Nicholas Ladany, University President, Professor of Psychology, Oglethorpe Univ.

Dr. Michelle K Lyn, Licensed Psychologist, Director, Counseling Cntr., Oglethorpe Univ.

Dr. Meredith Raimondo, Vice President for Student Affairs, Oglethorpe Univ.





Mental Health America of Georgia and National Alliance on Mental Illness (NAMI) Georgia

Miriam Goodfriend, Advocacy Coordinator, NAMI Georgia

Madison Scott, Director of Development, Mental Health America of Georgia





Silence the Shame

Jewell H Gooding, Executive Director, Silence the Shame



Silence ~~the Shame~~



✉ info@silencetheshame.com

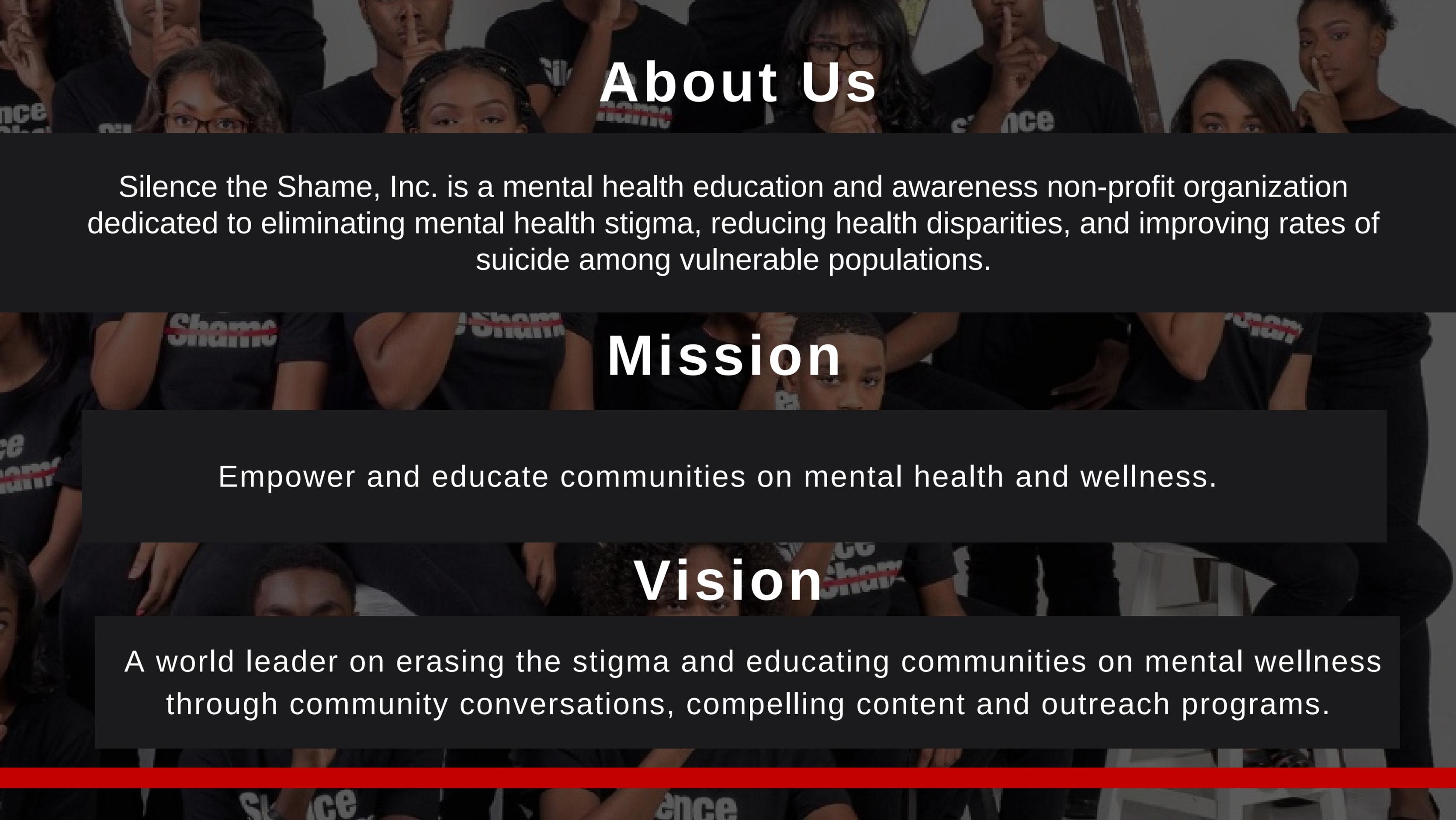
🌐 www.silencetheshame.com

▶ [Silence the Shame TV](https://www.youtube.com/Silence%20the%20Shame)

📘 [/silencethshame](https://www.facebook.com/silencethshame)

📷 [@silencetheshame](https://www.instagram.com/@silencetheshame)

🐦 [@silencethshame](https://www.twitter.com/@silencethshame)



About Us

Silence the Shame, Inc. is a mental health education and awareness non-profit organization dedicated to eliminating mental health stigma, reducing health disparities, and improving rates of suicide among vulnerable populations.

Mission

Empower and educate communities on mental health and wellness.

Vision

A world leader on erasing the stigma and educating communities on mental wellness through community conversations, compelling content and outreach programs.

Who We Serve

Black,
Indigenous,
People of
Color
(BIPOC)

Unhoused &
Low
resources
Population

Teens,
college
students &
Young Adults

LGBTQ+
Community

Faith Base
Community

General
Population

How we work



Community Outreach

- STS Sunday Dinners
- No Reservations Needed
- Mental Health Campaigns

Mental Wellness Programs

- Community Conversations
- Community Mental Wellness Training
- Workplace Wellness Training

Youth Wellness Programs

- Youth Wellness Clinics
- College Ambassador Program

Digital Content & Podcast

- Depression Docuseries
- STS Podcast
- Suicide Awareness Summit

Strategic Partnerships

- Sony Music Group
- Atlanta Hawks
- GA DBHDD
- MusiCares
- NAMI
- Janssen Pharmaceuticals

Community Conversations

Community engagement program hosting educational discussions centered around mental health, trauma, suicide, and social determinations of health. STS connects mental health professionals, equity experts, influencers, and individuals with lived experience to community members. Panelists and participants are empowered to silence the shame, eliminate the stigma, and promote acceptance in underserved communities.



Youth Mental Wellness COPE Clinic

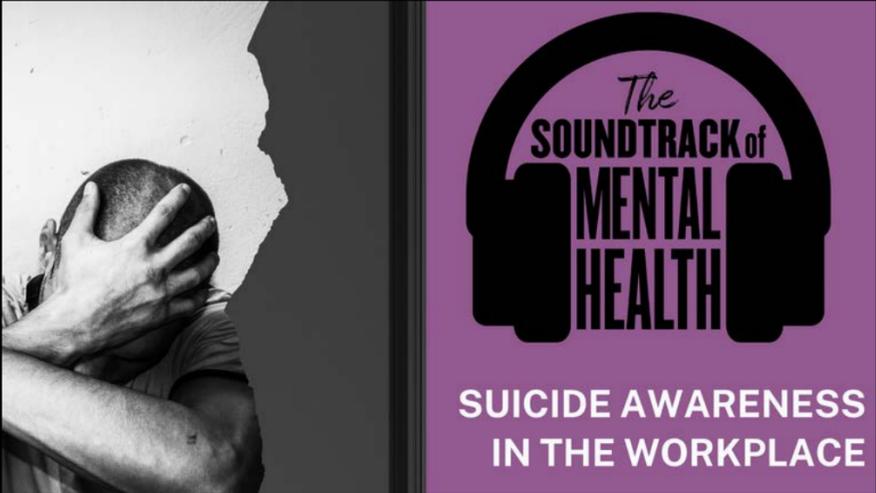
A youth resiliency support pilot program designed to improve youth development, leadership, and personal resiliency using sports and music. The clinic is an immersive experience of panel discussions, wellness workshops and activities for youth to understand mental health, recognize signs and symptoms of crisis, and practical coping skills for managing stress.

- Teen Mental Wellness Courtside Chat w/ Chloe Bailey & Trae Young
- 3-on-3 Fireside Chat moderated by Shanti Das
- Wellness Activities
- Lunch with a Shameless Truth Speaker
- Four 30-minute Wellness Workshops Breakout Sessions
 - Entrepreneurship & Wellness
 - Jeopardy Financial Resilience
 - Building Self and Social Awareness with Clinician
 - Wellness Feud- Mental health Skills Challenge
- Silent Disco Party
- COPE Skills Building Projects



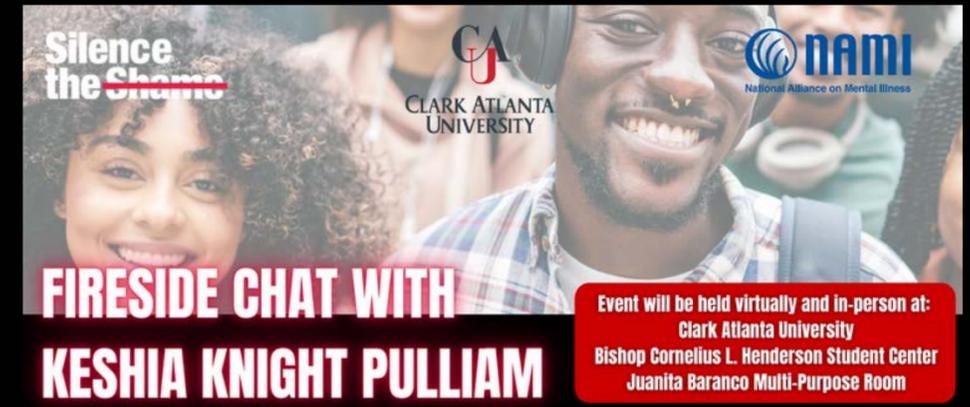
Community & Workplace Wellness Training

STS offers 30/60/90-minute training seminars for work industry-specific and community groups to understand mental health, recognize mental crisis signs and symptoms, and promote healthy living in the community or workplace. Each seminar has unique learning objectives, interventions, and treatment resources. In 2021, Sony Music Group social justice fund supported The Soundtrack of Mental Health



STS College Ambassador Program

Peer-to-peer support program to navigate adulthood, mental wellness, and promote social connectedness among historically black colleges and universities and predominately white institutions. The goals are to enhance mental health awareness, education, and partnerships to promote professional help.



Silence the Shame
CLARK ATLANTA UNIVERSITY
NAMI
National Alliance on Mental Illness

FIRESIDE CHAT WITH
KESHIA KNIGHT PULLIAM

Event will be held virtually and in-person at:
Clark Atlanta University
Bishop Cornelius L. Henderson Student Center
Juanita Baranco Multi-Purpose Room

Wednesday, October 20, 2021 6:00 - 8:00 PM

Silence the Shame, Inc. is pleased to partner with NAMI and Clark Atlanta University to offer a "Fireside Chat with Keshia Knight Pulliam for all students from the Atlanta University Center. This interactive program fosters a dialogue about managing anxiety, depression, and relationships in a pandemic. Moderated by Shanti Das, Founder of Silence the Shame, this fireside chat will feature Keisha Knight-Pulliam and Licensed Professional Counselor Dr. Laklieshia Izzard to discuss mental illnesses, unhealthy relationships, and poor coping strategies. In addition, participants will learn how to incorporate self-care and wellness into the HBCU experience and reduce traumatic stress for a successful school year.

Shanti Das, Moderator

Keshia Knight Pulliam

Dr. Laklieshia Izzard

REGISTER HERE



SCAN ME

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PILOT PROGRAM

COMMUNITY OUTREACH PROGRAMS



STS SUNDAY DINNERS

Silence the Shame Sunday Dinners reserve space for an intimate guided discussion to unpack experiences involving race, trauma, and mental illness in vulnerable populations and develop practical solutions to improve health outcomes.



STS PODCAST

Silence the Shame Podcast is a series of audio files focused on mental health and wellness topics. Co-hosted by Music Executive Veteran Shanti Das and Free the Vision. Each 30–60-minute episode invites a subject matter expert in trauma, grief, mental health, clinical interventions, community resources, etc.



SELF-CARE SATURDAY

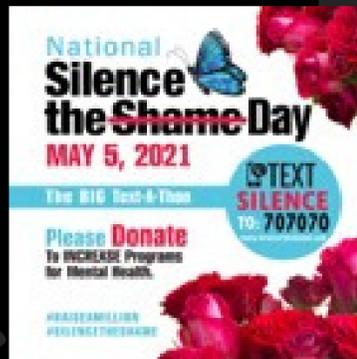
Virtual and face-to-face sessions engage people in wellness activities, i.e., yoga, meditation, cardio, and fitness, to reduce feelings of stress, manage mental illnesses, access support services, and promote social connectedness

COMMUNITY OUTREACH INITIATIVES



Black Children Mental Health Awareness Day May 1st

Awareness & education campaign for the growing risk factors that adversely impact the mental health of Black children and to support adequate funding for black researchers to improve health outcomes.



National Silence the Shame Day May 5th

Awareness & education campaign encourages people to increase behavioral health education and awareness and continue conversations about mental health, suicide prevention, and recovery.



My Life is a Gift: Suicide Awareness Summit

The one-day summit held during Suicide Prevention in September to connect with others interested in preventing suicide and explore experiences from a community, faith, and family perspective.



No Reservations Needed

A homeless outreach initiative to offer authentic holiday meals and wellness activities for unhoused individuals and families through community partnerships and volunteers.



www.silencetheshame.com



info@silencetheshame.com



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[@silencetheshame](https://twitter.com/silencetheshame)

Silence the Shame **PODCAST**

LISTEN ON



Thank you all for your continued partnership & support! We look forward to seeing you at our next General Meeting on Jun 23rd for our Regional Grantee Coalitions Showcase!



Resilient GEORGIA

