



What: Resilient Georgia General Meeting focusing on Teen Mental Health

When: June 10, 2021, from 11:00 am - 12:30 pm

Who: 120 Resilient Georgia Partners and Stakeholders

Where: [Meeting Recording Link](#)

Big Ideas to Bolster Teen Mental Health Across Georgia and Other Resources Shared by Our Partners
(Meeting agenda and slides can be accessed at Resilient Georgia's [General Meeting webpage](#))

Adolescent Mental Health Overview

- Presented by [Gabriel Kuperminc, PhD](#), Professor of Psychology and Public Health, Georgia State University. Chair, Resilient Youth Next Generation Initiative. Associate Editor, Journal of Adolescent Research. Action Editor, Journal of Community Psychology. gkuperminc@gsu.edu
Current research includes:
 - [Resilient Youth \(ResY\) initiative](#) seeks to build interdisciplinary scholarship among GSU's Psychology, Public Health, and Sociology research programs, and uses the concept of resilience as a framework for addressing health disparities among urban youth in Atlanta, and other major urban centers in the US and across the globe.
 - [Social Ecology and Adolescent Development Lab](#)
 - [Project Arrive Group Mentoring for 9th Graders](#)
- Additional resources shared by Dr. Kuperminc:
 - A new CDC [Morbidity and Mortality Weekly Report, Emergency Department Visits for Suspected Suicide Attempts Among Persons Aged 12–25 Years Before and During the COVID-19 Pandemic—United States, January 2019–May 2021](#).
 - Key Finding - In May 2020, during the COVID-19 pandemic, ED visits for suspected suicide attempts began to increase among adolescents aged 12–17 years, especially girls. During February 21–March 20, 2021, suspected suicide attempt ED visits were 50.6% higher among girls aged 12–17 years than during the same period in 2019; among boys aged 12–17 years, suspected suicide attempt ED visits increased 3.7%.
 - [Atlanta Youth Count 2018](#) is a National Institute of Justice funded study examining the prevalence of sex and labor trafficking among youth 14-25 experiencing homelessness in the Metro-Atlanta area.
- Publications referenced during Dr. Kuperminc's presentation:
 - Chan, W. Y., Kuperminc, G. P., Seitz, S., Wilson, C., & Khatib, N. (2019). [School Based Group Mentoring and Academic Outcomes in Vulnerable High School Students](#). Youth & Society, 52, 1220-1237.
 - Evans, C., Moore, R., Seitz, S.R., Jatta, I., Kuperminc, G.P., and Henrich, C.C. (in press). Youth perspectives on virtual afterschool programming during the COVID 19 pandemic. Journal of Youth Development

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- Hafstad, G. S., & Augusti, M. (2021). [A lost generation? COVID 19 and adolescent mental health. The Lancet Psychiatry](#) , S2215036621001796.
- Jones, E. A. K., Mitra, A. K., & Bhuiyan, A. R. (2021). [Impact of COVID 19 on Mental Health in Adolescents: A Systematic Review. International Journal of Environmental Research and Public Health](#) , 18 (5), 2470.
- Kuperminc, G. P., Chan, W. Y., Hale, K. E., Joseph, H. L., & Delbasso, C. A. (2019). [The role of school-based group mentoring in promoting resilience among vulnerable high school students](#). American Journal of Community Psychology.
- Kuperminc, G. P., Seitz, S., Joseph, H., Khatib, N., Wilson, C., Collins, K., & Guessous, O. (2019). [Enhancing Program Quality in a National Sample of After school Settings: The Role of Youth Staff Interactions and Staff/Organizational Functioning](#). American Journal of Community Psychology, 63 (3 4), 391 404.
- Luthar, S. S., & Mendes, S. H. (2020). [Trauma informed schools: Supporting educators as they support the children](#). International Journal of School & Educational Psychology, 8 (2), 147 157.
- Luthar, S. S., Cicchetti, D., & Becker, B. (2000). [The construct of resilience: A critical evaluation and guidelines for future work](#). Child Development, 71 (3), 543 562.
- Luthar, S. S., Ebbert, A. M., & Kumar, N. L. (2020). [Risk and resilience during COVID 19: A new study in the Zigler paradigm of developmental science](#). Development and Psychopathology, 1 16.
- Wright, M. O., & Masten, A. S. (2005). [Resilience Processes in Development](#). In S. Goldstein & R. B. Brooks (Eds.), Handbook of Resilience in Children (pp. 17 37). Springer US.
- [CDC Youth Risk Behavior Survey Data Summary & Trends Report: 2009- 2019](#). (2020). 108.
- Zimmerman, M. A., Stoddard, S. A., Eisman, A. B., Caldwell, C. H., Aiyer, S. M., & Miller, A. (2013). [Adolescent resilience: Promotive factors that inform prevention. Child Development Perspectives](#) , 7 (4), 215 220.

Community Resiliency Model for Teens, Christopher Wolf Crusade and Usher’s New Look

- The [Community Resiliency Model](#) (CRM) is an innovative and preventative low-cost, low-intensity training, which involves a simple set of mental wellness skills that can be readily learned and practiced. CRM skills can restore the natural balance of the nervous system by focusing on sensations of well-being.
- The [Christopher Wolf Crusade](#) is a non-profit providing preventative solutions, education, and advocacy for the American opioid epidemic. Their mission is to provide opioid educational resources and mental wellness skills training directly to patients in hospital and outpatient settings. This information is delivered through our Life Care Specialists and the Be Well program. They champion education about the opioid epidemic and offer innovative alternative solutions to manage pain and prevent substance misuse disorder.7

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- [Usher's New Look](#) is a non-profit organization that transforms the lives of under-resourced youth through comprehensive programming which develops passion-driven, global leaders from middle school through college. They are determined to enable young people to discover their spark, graduate from high school, achieve higher education and training, build careers, and be of service to their communities. Their work helps youth future-proof their lives from negative statistics to become leaders who change their world.
- The Christopher Wolf Crusade, in partnership with Usher's New Look, is providing CRM training to teens, tying in racial justice and substance abuse prevention mental wellness content as well. To learn more, please visit the [CWC Community Resiliency Model webpage](#) and explore additional solutions and resources on the [Christopher Wolf Crusade website](#), [LinkedIn](#), [Twitter](#), [Instagram](#) and [Facebook](#).
- The Georgia Nurses Association is facilitating Community Resiliency Model trainings and workshops currently which are open to the general public. They can accommodate an unlimited number of attendees in the 1-hour introduction classes. To learn more about the model, please visit [CRM Georgia](#) and to sign up for the introductory training please visit [The Georgia Nurses Association website](#).
- Contact Info:
 - Cammie Wolf Rice, Founder & CEO Christopher Wolf Crusade, Vice Chair of Development for Usher's New Look, cammie@cwcc.org
 - Dr. Linda Grabbe, Assistant Clinical Professor, School of Nursing, Emory University, Family Nurse Practitioner & Psychiatric/Mental Health Nurse Practitioner and Certified Community Resiliency Model Trainer, lgrabbe@emory.edu

'Free Your Feels' Mental Health Awareness Campaign, Georgia's Department of Behavioral Health and Developmental Disabilities and Voices for Georgia's Children

- ['Free Your Feels'](#) is a mental health awareness campaign encouraging Georgia's young people to explore their real feelings and share them fearlessly.
 - Launched by [Georgia's Department of Behavioral Health and Developmental Disabilities](#) and [Voices for Georgia's Children](#) along with incredible partners, the Free Your Feels campaign helps Georgia's children, teens, and young adults stay mentally healthy by expressing their true feelings with peers, parents, teachers, and most importantly, themselves.
 - With free educational resources, instant access to mental health professionals, and support for kids and families, they are helping Georgia's youth voice their real feels and get the help they need, when they need it.
- Check out the Free Your Feels [June](#) and [July](#) Resource Toolkits here - Interested in raising awareness about youth mental health? These toolkits will help you get started. With social media posts, infographics, and helpful tips, you will be equipped to start the conversation.
- For additional information and resources please visit the [Free Your Feels website](#)

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- The Georgia Department of Behavioral Health and Developmental Disabilities provides a wide variety of teen mental health services, including [behavioral health prevention services](#), and [mental health services children, young adults and families](#) such as the [Georgia Apex Program](#), Mobile Crisis Response Services, Mental Health Resiliency Support Clubhouses, Youth Peer Drop In Centers and more. To learn more about these services, please visit the [Georgia Department of Behavioral Health and Developmental Disabilities](#) website.
- Read the latest recommendations for improving the lives of children, including teen/adolescent mental health, in Voices for Georgia's Children's [2021 Whole Child Primer](#). For additional resources, please visit the [Voices for Georgia's Children](#) website.
- Contact Info:
 - Erica Fener Sitkoff, Ph.D., Executive Director, Voices for Georgia's Children, 404.521.0311, efenersitkoff@georgiavoices.org
 - Layla I. Fitzgerald, M.S., Program Manager, Office of Children, Young Adults and Families, Georgia Department of Behavioral Health and Developmental Disabilities, 404.807.1525, layla.fitzgerald@dbhdd.ga.gov

The Intersection of Teen Pregnancy Prevention & Mental Health, Georgia Campaign for Adolescent Power & Potential (GCAPP)

- The Georgia Campaign for Adolescent Power & Potential, known as GCAPP, is a statewide adolescent health organization that works with hundreds of schools and other youth-serving organizations so that young people have the information, knowledge, and motivation they need to make healthy lifestyle choices that maximize their potential.
 - GCAPP serves nearly 60,000 young people each year through our five focus areas—Youth Empowerment, Comprehensive Sex Ed, Teen Pregnancy Prevention, Parent Engagement, and Physical Activity & Nutrition.
 - Since the founding of GCAPP, teen birth rates have dropped by 71%. This significant improvement is the result of many youth-focused organizations and partnerships, however, GCAPP is the sole organization that has kept teen pregnancy prevention on the front burner for more than 25 years and continues to do so.
- GCAPP's [Parent Toolkit](#) provides practical information to help parents navigate topics and situations that all families face, including ones that are hard to talk about. It includes a series of topics and tools to help parents start conversations with their kids at every stage of development, around human sexuality, peer pressure, healthy relationships, digital drama, protests, race & social injustice, bullying, teen dating violence and more! [Learn more and download the toolkit here](#).
- For additional information and resources please visit the [Georgia Campaign for Adolescent Power & Potential](#) website
- Contact Info:
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 - Michael Armstrong, Chief Operations Officer, 404.475.6046, michael@gcapp.org

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- Keri McDonald Hill, Senior Director of School Based Initiatives, keri@gcapp.org
- Dion Walker-Smith, Director of Community Based Initiatives, Dion@gcapp.org

Girls Empowering Movement (GEM), Health MPowers

- [GEM, Girls Empowering Movement](#) is a statewide initiative for Georgia's middle school girls to improve coping skills, physical activity, and fitness levels in a supportive social-emotional climate that empowers the girls to become leaders and champions of health in their schools and communities.
 - This three-year initiative is engaging 120 out of school time sites across the state, including schools, Boys and Girls Clubs and Girls Scout troops. Unique to this project is the state-wide leadership team made up of 14 middle school girls from various backgrounds and locations. These girls are driving every aspect of the program development and have been at work for over a year.
 - The state-wide program launched in June 2021 with a virtual summit, and site implementation begins in the fall of 2021.
 - To learn more, [watch this video](#) and visit the [GEM website](#) for additional information and resources.
- [HealthMPowers](#) is a nonprofit organization that promotes healthy habits to build a better future for all children. By bringing nutrition education and physical activity into everyday life and learning – in schools, childcare centers and out of school time sites – we create a culture that supports healthy life choices for children, families and communities.
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 - Christi Kay, Project Director for GEM, christi.kay@healthmpowers.org

Interfaith Youth Alliance Academy for Social Justice, Interfaith Children' Movement

- Founded in 2001, The Interfaith Children's Movement (ICM) is grassroots, interfaith advocacy movement that is dedicated to improving the well-being of all children across Georgia. Their primary methods include education, advocacy, networking, mobilization & information resourcing.
- [Interfaith Children's Movement Youth Alliance Academy for Social Justice](#) – A platform for youth to learn, engage and become empowered as leaders and change agents now. If you are or know of a youth ages 12 to 18 and have an interest in serving the beloved community, gaining foundational knowledge on social and justice issues, and learning how to advocate and mobilize, [apply now and learn more here](#).
- For additional information and resources please visit the [Interfaith Children's Movement website](#)
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Not So Broken (Documentary)

- Not Broken is a candid yet hopeful original one hour documentary from AZ Public Media about seven young people who have mental illnesses. Some are youth of color, some identify as LGBTQ, some have survived sexual abuse, poverty, bullying— and all are fighting to live their dreams despite their mental health challenges.
- Learn more here - <https://tv.azpm.org/notbroken/>
- [Full documentary available on AZ Public Media's YouTube channel \(free\)](#)

Paper Tigers (Documentary)

- In this documentary by KPJR Films, follow six students over the course of a school year as a new trauma-sensitive program is implemented. Set within and around the campus of Lincoln Alternative High School in the rural community of Walla Walla, Washington, *Paper Tigers* asks the following questions: What does it mean to be a trauma-informed school? And how do you educate teens whose childhood experiences have left them with a brain and body ill-suited to learn? Against the harsh reality of truancy, poor grades, emotional pain, and physical violence, answers begin to emerge.
- Learn more and watch the trailer here - <https://kplrfilms.co/paper-tigers>
- [Full documentary available for purchase on Amazon Prime Video](#)

Resilient Teens Augusta

- The mission of [Resilient Teens](#), one of Resilient Georgia's regional grantee coalitions, is to prepare Augusta and the surrounding communities to address Adverse Childhood Experiences (ACEs), resilience, and trauma informed care in teens 13-19 in the 14-county area of the Central Savannah River Area (CSRA) of Georgia.
 - Through the teaching and building of resiliency skills among teens in the CSRA, educating the community on the impacts of trauma, and strengthening support for programs and services Resilient Teens aims to improve the resiliency of individuals and families.
 - Resilient Teens offer an interactive after-school virtual learning experience for teens between the ages of 13 and 18. Teens have a chance to interact with medical students from Augusta University who lead fun activities to help them develop the skills to bounce back and move forward.
 - The on-line program links Augusta University medical students with teens from 10 counties in east central Georgia to provide important information about mental health, ways to cope during stressful events, and create an opportunity to build a mentor relationship with future physicians.
- For additional information and resources, please visit the [Resilient Teens](#) website.
- Contact Info:
 - Dr. Kimberly Vess Loomer, Dean for Students and Multicultural Affairs, and Associate Professor, Psychiatry & Health Behavior, Medical College of Georgia, Augusta University, 706.721.6110, kloomer@augusta.edu

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TEENISH Savannah, Gateway Community Service Board

- Savannah's Gateway Behavioral Health Community Services Board, one of Resilient Georgia's 'Coastal Georgia' regional grantee coalition partners, launched "TEENISH" – a mental health and wellness podcast in 2020. The podcast, developed by and for youth in Savannah and neighboring communities, sheds light on systematic and personal issues around mental health.
- Local press coverage recognizing TEENISH podcast's important role in providing mental health and wellness support to teens in Savannah and Chatham County- [Savannah youth and children with mental health, abuse issues underserved during pandemic](#), Savannah Morning News, Jun 2021
- To learn more, please check out TEENISH on Instagram [@teenish912nk](#)
- Contact Info:
 - Maureen McFadden, Director of Child and Adolescent Programs, Director of Outreach, Gateway Community Service Board, 912.506.3180, maureen.mcfadden@gatewaybhs.org
 - Jess Matthewson, MSCJ, CPRP, Mindful Self-Compassion Trainer, Youth to Adult Program Manager (YTA), SOC Program Manager, Gateway Community Service Board, (912) 346-1904, Jessica.matthewson@gatewaybhs.org

Teen Mental Health Collective, VOX ATL

- VOX ATL's mission is to lead a youth-voice movement where teens from diverse backgrounds create a stronger, more equitable community through leadership and uncensored self-expression.
- Check out [VOX ATL's Mental Health coverage](#) - Mental health content created by teens, for teens.
- [VOX ATL Teen Mental Health Collective](#) is a team of Atlanta-area youth ages 14-19 taking the lead as peer-to-peer communicators and content creators about mental health. The group aims to share the voices of youth to reduce stigma and increase healthy communication, and access to care as needed. [Learn more and register here.](#)
- The VOX ATL 2021 Summer Teen Survey is live! Results will be available in the fall. Please share widely – this survey is open to all youth across Georgia: <https://voxatl.org/vox-teen-survey/>
- For additional information and resources please visit the [VOX ATL website](#), and follow VOX ATL on Instagram: [@voxroxatl](#), YouTube: [voxatl](#) and Soundcloud: [voxatl](#)
- Contact Info:
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 - Allison Hood, Associate Director of Sustainability, allison@voxatl.org

The Confess Project

- [The Confess Project](#) is America's First Mental Health Barbershop Movement. It is committed to building a culture of mental health for young men of color, boys and their families. The Confess Project trains barbers to be mental health advocates, providing training in active listening, positive communication, validation and stigma reduction.
 - The Confess Project is currently in 19 cities nationwide.
 - The Confess Project expanded to Atlanta in January 2020 and hopes to train 200 barbers in Atlanta by the end of 2021.

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- On Sunday, July 25th, 1-4 pm, The Confess Project-Atlanta will be hosting its first annual Back to School event, "The Confess Project Goes Back to School." The event's goal is to provide children and youth, ages 6-17 years old, with the tools and resources they need to start the school year strong. They will be providing free school supplies, free haircuts by Privado Grooming, hair accessories, and mental health resources for parents and students. To donate to this event, [please click here](#).
- For additional information and resources, please visit [The Confess Project](#) website.
- Contact Info:
 - Founder and CEO – Lorenzo Lewis, lorenzolewis61@gmail.com
 - Atlanta Program Manager – Kentrell Porch, kentrellp@theconfessproject.com
 - Atlanta Community Organizer – Janelle Gore, janelle@theconfessproject.com

The SPOT (Supporting People Overcoming Trouble), CHRIS 180

- CHRIS 180's Drop-In Center, [The SPOT](#), is a trauma-informed safe space in Atlanta where emerging adults (age 16-24) can plan and prepare for their future. As a weapon, drug, alcohol, violence, hate and shame free environment, it serves as a sanctuary for those experiencing homelessness and other vulnerabilities. Participants receive help with basic needs, a behavioral health assessment, life skills, resume and job-skill building, therapy and assistance securing housing. To learn more please view their [website](#), [program one pager](#) and [brochure](#).
 - The SPOT is a 'Mental Health Resiliency Support Clubhouse' funded by the Department of Behavioral Health and Developmental Disabilities. For a full list of DBHDD Mental Health Resiliency Clubhouses across Georgia, [please click here](#).
- In addition to The SPOT, CHRIS 180 helps children, young adults, and families through a variety of behavioral health programs, including mental health counseling at the CHRIS Counseling Center, group homes for abused and neglected children in foster care, adoption services, permanent supportive housing program for single and parenting youth (ages 17-24) who are homeless or have aged out of the foster care system, in-home programs, re-entry programs that work to strengthen families and more. CHRIS 180's holistic approach enables children, youth and families to change the direction of their lives and become self-sufficient, contributing adults despite challenging circumstances. To learn more about Chris 180's counseling, community support, adoption and foster care, and safe housing programs, please visit [the Chris180 website](#).
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Trauma Informed, Mindfulness-Based Yoga (TIMBY) Intervention with Justice Involved Youth, Georgia Department of Juvenile Justice and Georgia State University

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- TIMBY Objective: Develop, implement, and evaluate a trauma-informed, mindfulness-based yoga intervention designed to enhance self-regulation among youth in the [Georgia Department of Juvenile Justice \(DJJ\) System](#).
- [Centering Youth](#) has been leading the Yoga and Mindfulness classes at Georgia DJJ's Regional Youth Detention Centers (RYDC) and Youth Development Campuses (YDC). To learn more about this class and other Centering Youth current class offerings, [please click here](#).
- The yoga and mindfulness classes being taught at the Dekalb RYDC, Atlanta YDC, and Clayton RYDC are a part of an NIH grant supported study led by Dr. Ashli Owen-Smith at Georgia State University. To learn more about this NIH funded study, [please click here](#).
- Questions Asked During the General Meeting in the Chat:
 - Question - Any plans to follow participants long term?
 - Answer - By law the Department of Juvenile Justice only has contacts with youth who are either 1) have a probation order in counties where DJJ provides probation services (about half the youth in the State, mostly rural and suburban), 2) have a detention order from a Judge, or 3) have been committed to the Dept. of Juvenile Justice by a court. After their commitment, detention, or probation order ends; DJJ is prohibited by law from contacting youth. That makes long term follow-up impossible. Sometimes a commitment order lasts for up to five years. The current trend is to have our involvement with youth only last as long as youth needs services.
 - Question - I'm curious if their participation in a class together helps foster positive relationships among the youth taking the classes?
 - Answer – This question will be sent out to the yoga instructors – it is an interesting question and may result in some interesting stories. One story we can share is about a youth who would practice yoga poses in his cell at night and asked if he could help teach the classes (which the instructors encourage). The instructor who shared this story said that their best classes at this center were the ones this youth co-lead. He was obviously looked up to as a leader. One sad part of this story is that he went on to the Department of Corrections for a long sentence. We tried to arrange for him to become a certified yoga instructor but couldn't pull it off.
- To learn more about additional mental health programming available to youth at Georgia DJJ facilities, [please click here](#).
- Contact Info -
 - Doug Jackson, PhD, Regional Behavioral Health Services Administrator, Georgia Department of Juvenile Justice, (404) 805-6616, dougjackson@djj.state.ga.us
 - Ashli-Owen Smith, PhD, SM, Assistant Professor of Health Policy and Behavioral Sciences, School of Public Health, Georgia State University, 404-413-1139, aowensmith@gsu.edu

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Teen Years Favorite Songs Compilation

(Shared by participants in chat during meeting group activity)

Thank you so much to all our meeting attendees for enthusiastically participating in our group activity to recall and share a favorite song that you loved listening to as a teenager! We had so much fun thinking back to the one song that sticks out from our teen years, that we listened to on repeat and went nuts when it came on the radio. With over 4 hours of music, here is the full [Resilient Georgia Favorite Teen Songs Spotify playlist](#) compiled from all of your responses - great for your summer road trips!

	Song Name	Artist
1	Dancing Queen	ABBA
2	The Sign	Ace of Base
3	I Want It That Way	Backstreet Boys
4	Single Ladies	Beyonce
5	Rebel Yell	Billy Idol
6	Piano Man	Billy Joel
7	Three Little Birds	Bob Marley
8	Living On A Prayer	Bon Jovi
9	Born To Run	Bruce Springsteen
10	Soul For Real	Candy Rain
11	Strong Enough	Cher
12	Girls Just Wanna Have Fun	Cyndi Lauper
13	One More Time	Daft Punk
14	Come on Eileen	Dexy's Midnight Runners
15	That's The Way Of The World	Earth, Wind + Fire
16	Faith	George Michael
17	Ripple	Grateful Dead
18	Video	India Arie
19	Closer To Fire	Indigo Girls
20	Galileo	Indigo Girls
21	I'll Be There	Jackson 5
22	You've Got A Friend in Me	James Taylor
23	With a Little Help From My Friends	Joe Cocker
24	Don't Stop Believin	Journey
25	Get Down Tonight	KC and The Sunshine Band
26	Use Somebody	Kings of Leon
27	Stairway to Heaven	Led Zepplin

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28	What's Going On	Marvin Gaye
29	You Remind Me	Mary J. Blige
30	Rock With You	Michael Jackson
31	Torn	Natalie Imbruglia
32	Pocketful Of Sunshine	Natasha Bedingfield
33	Love Is A Battlefield	Pat Benatar
34	In The Air Tonight	Phil Collins
35	Purple Rain	Prince
36	Raspberry Beret	Prince
37	Dance For Me	Queen Latifah
38	I Just Want To Celebrate	Rare Earth
39	Jessie's Girl	Rick Springfield
40	On My Way	Rusted Root
41	Bridge Over Troubled Water	Simon & Garfunkel
42	We Are Family	Sister Sledge
43	Joker	Steve Miller Band
44	My Wish	Stevie Wonder
45	Take Me I'm Yours	Squeeze
46	Paperback Writer	The Beatles
47	Video Killed the Radio Star	The Buggles
48	Killing Me Softly	The Fugees, Lauryn Hill
49	We Got The Beat	The Go Go's
50	Every Breath You Take	The Police
51	Joy To The World	Three Dog Night
52	No Scrubs	TLC
53	Waterfalls	TLC
54	It's The End Of The World As We Know It	U2
55	Pride (In The Name Of Love)	U2
56	Where The Streets Have No Name	U2
57	Brown Eyed Girl	Van Morrison

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