

# IMPACT REPORT

## Mental Health & Wellness Programs



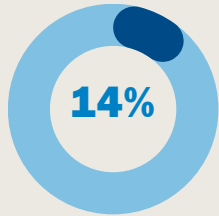
### Kids in crisis.

Tennessee ranks 41st in youth mental health.



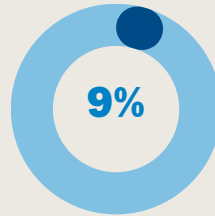
**Considered taking their own life**

One in five teens have seriously considered taking their own life



**Made a plan to end their life**

One in seven made a plan of how they would end their life



**Attempted suicide**

One in eleven teens attempted to end their life



Supporting the mental health of kids and teens is more important than ever.

### What OUR kids are saying...

**51%** say when something important goes wrong in their life, they **just can't stop worrying about it**

**Only 25%** believe that they can **share their thoughts clearly with others**

**Only 50%** say that when something important goes wrong in their life, they talk about it with someone to **understand what happened**



**BOYS & GIRLS CLUBS OF SOUTH CENTRAL TENNESSEE**



**Our goal is to promote mental and emotional wellbeing for all of the youth we serve.**

To accomplish that goal...



Programs that empower youth with the skills to manage their emotions and build resiliency



Staff trained in Mental Health First Aid, empowering them to recognize signs of mental illness and refer someone to professional help



Partnerships with local mental health professionals to refer youth who need extra support



## What's next, and how can you help?

Our staff have begun accomplishing the great things listed above, but we know our kids need even more support and we are working hard to expand these programs. **With your support, we will focus on the following three areas:**

1. Entire staff & Board trained so they know what to do when a Club member or caregiver is in crisis
2. Youth will receive enhanced services teaching them to build resiliency, identify and regulate their emotions, and set goals and persist in achieving them
3. Hire a full-time professional trained for one-on-one and group counseling sessions and with the ability to leverage partnerships to connect them to the community resources they need to thrive



### TESTIMONIALS FROM CLUB FAMILIES

"My daughter Addy got the help she needed. I will forever be grateful for the fact that the staff had the training they had and supported her. They never once turned around and said 'we can't do this' or 'this is too much'. Everyone there listened to my daughter just as much as I did."

**-Allison, mom of 7 year old Addy**

"Emma lost her grandfather to illness and then lost her grandmother to homicide. Mental health resources are hard to get and to get quickly. It has been instrumental having the consistency of Boys & Girls Club and the people there having our back. I hope that community resources will continue to be poured into the Club because it's such a benefit. There are kids that wouldn't get the one on one attention or resources that they need without Boys & Girls Club."

**-Amanda, mom of 9 year old Emma**

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