

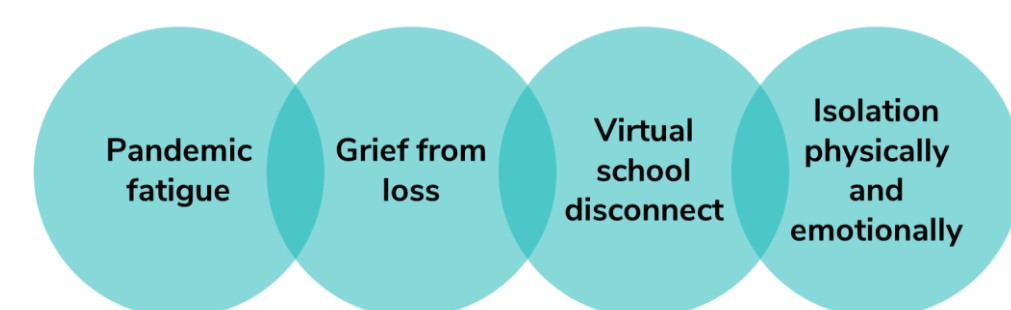


THINKING ABOUT Mental Health



Thinking About Mental Health is an initiative for youths and young adults which started at Explora during the COVID-19 pandemic. The program aimed to address specific questions teens and young adults had for mental health professionals, through both a video series and informational website. Explora continues to expand the importance of mental health among all young adults throughout the organization's culture and directly into its new teen center X Studio.

Challenges



What do we do about these challenges?

- The goal is to spread awareness and common language to reduce stigma of mental health conditions and wellness. Focusing on the science of what happens in a person's mind and body when dealing with strong emotions.

Collaboration with mental health professionals

- Through personal and professional connections, we were able to gather a team of mental health professional in a variety of fields.
- We collaborated on the phrasing of the interview questions and made space for other specific field topics they wanted to discuss
- The goal here was to get insight on the same questions from different perspectives.



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The Journey

Listening session with teens: asking the hard questions

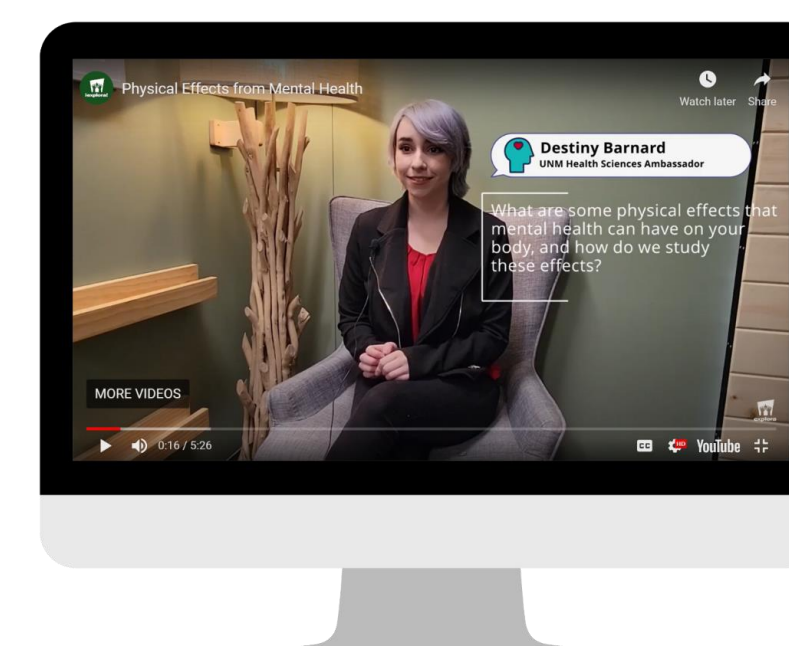
- What is challenging about living during the pandemic?
- How is your life being affected?
- If you could ask a mental health professional a question, what would you ask?

Narrowing down the topics

- Evaluated the anonymous responses from teens to identify key topics
- Consulted with mental health professionals to further refine

Video series: 8 videos answering key questions

- Videos edited in a documentary style for greatest impact
- Collaboration with UNM Health Sciences Ambassador Program



The videos are hosted on Explora's YouTube page. They are also embedded in the interactive website "Thinking About Mental Health."

Scan the QR code below!

Where We Stand

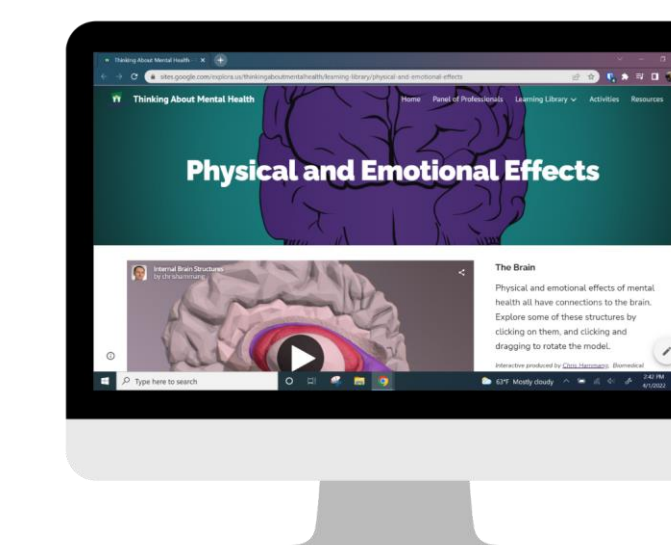


Two new grants (PNM and IMLS)

- Activity cards sent to APS schools and social media - created with the Explora teens
- Youth development specialist position to support interns
- Staff SEL development for incorporation into teen programming
- Weekly programming in XStudio around SEL

Community Engagement

- Youth Suicide Prevention Collaborative partnership
- Youth Development Summit Hosts
- Teen Night with Wellness focus, in partnership with CABQ
- Mental Health Experience website
 - Created as a free resource, designed to appeal to teens, to host the video series as well as supplemental information



Sponsored by:



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