



COALITION SHOWCASE: BUILDING
RESILIENT FUTURES- YOUTH
MENTAL HEALTH IN ACTION

GENERAL MEETING

NOVEMBER 2025

FOLLOW UP DOCUMENT

Be sure to click on
the coalition logos
and presenter
headshots to take
you directly to each
organization's
website!



This document shares key takeaways, resources, interactive question responses, and questions for the speakers shared in the chat during the meeting, with their responses. Please visit our [General Meeting](#) page on our website to view the [agenda](#) and [slides](#).

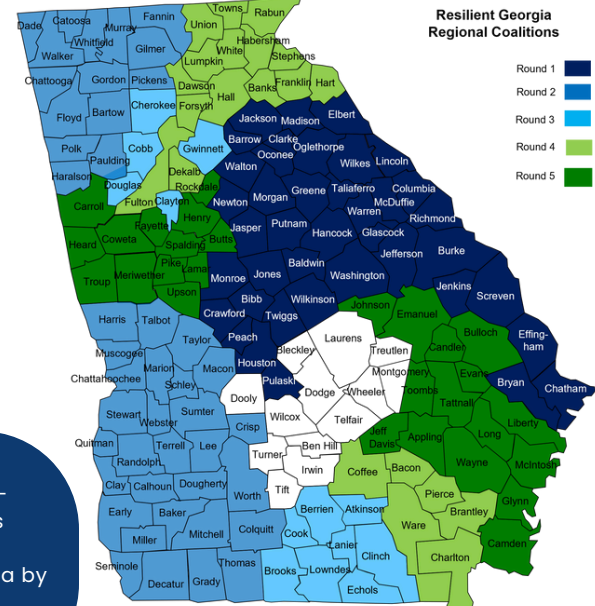
In case you missed our meeting, check out the recording here.

Regional Coalition Team



Thank you all for joining us on November 13! We are excited to **showcase six wonderful partners** to celebrate their efforts to support youth mental health across Georgia.

-Audrey, Alex, & Nikki



Check out RG's new Regional Coalition website!

Youth Mental Health in Georgia

- 47% of youth ages 3 to 17 had difficulty getting the mental health treatment or counseling they needed in Georgia, [Voices for Georgia's Children, 2025](#)
- 159,000 Georgia adolescents experience a major depressive episode each year, [NAMI, 2025](#)
- 63% of children with identified mental health needs receive no treatment, [Emory University, 2025](#)
- Suicide is the 2nd leading cause of death for Georgians ages 10-24, with a 35% increase over 5 years, [DBHDD, 2024](#)

Check out our Learning Cards to learn more about trauma and resilience!

Click here for our newest sector-specific Trauma-Informed Guides!

adventurous disconnected vibrant justice minded the future
curious anxious fun innovative
influencers unsure creative leaders lazy stubborn
irresponsible confident smart stressed resilient energetic
intuitive misunderstood

"What is one word you would use to describe teens?"

Building Resilient Futures: Youth Leading the Way



Coordinator
Madison County Family Connection

Sherry Deakin



Vice President, Strategy & Operations
Athens Area Community Foundation

Stephanie Mann



AACF Fall fellow

Anna Kate Robinson

Key Takeaways

Resilient Northeast Georgia Coalition spoke to various partnerships & initiatives the coalition spearheads, including QPR on college campuses and Hope Givers Live.

On a scale from 1-5...

How equipped do you feel your community is to currently support youth mental health?

2.3

Not Well Equipped

Well Equipped

Stephanie asked, "How equipped do you feel your community is to currently support youth mental health?"

- Sherry explained that **Hope Givers Live** was introduced in Madison County! To address youth-related challenges, Hope Givers Live hosted a block party: **Teen Rock Block**. 180 students attended this teen resource fair which promoted positive activities for teens to engage with over the summer.
- Anna Kate highlighted the **Youth Leadership Program** as the program engages 6 fellows to develop youth leadership skills, exposes youth to local resources, and engage with communities.

Q: What is Hope Givers Live?

A: *Hope Givers Live!* is a program that brings the Emmy®-winning mental wellness content into schools and communities through live events — combining inspiring stories, self-care strategies, music, and interactive elements to build connection and resilience in both students and staff. The program is also aligned with Georgia Dept of Education standards.

Q&A

Email: info@athensareacf.org



Christina Lennon

Chief Strategy & Innovation Officer
Wellroot Family Services

Creating an Environment Where Adolescents Thrive



Jill Alexander

Reaching Teens Manager
Wellroot Family Services



Christina and Jill spoke to how **Resilient North Georgia** is working to foster and build a resilient community through various innovative trainings for youth-serving professionals.

Key Takeaways:

Resilient North Georgia has trained 1,906 people in 2025, including 1500+ in Reaching Teens



Reaching Teens

- Offers a program called **Reaching Teens** designed for youth-serving professionals, educators, and communities to learn strength-based language, trauma-sensitive practices, and resilience-building when working with youth.
- **Reaching Teens** also gives professional self-care to attendees to allow them to co-regulate when working with teens.
- Now, **RNG** is creating a replicable model of the Reaching Teens training.
 - RNG hosted a statewide summit; with another coming **February 26-27, 2026**
 - RNG is growing virtual programming nationwide

Q&A

Q: How can I sign up for a Reaching Teens workshop?

A: Anyone can register for a session on the Reaching Teens webpage:
wellroot.org/community-training/reaching-teens/

Email: clennon@wellroot.org | jalexander@wellroot.org





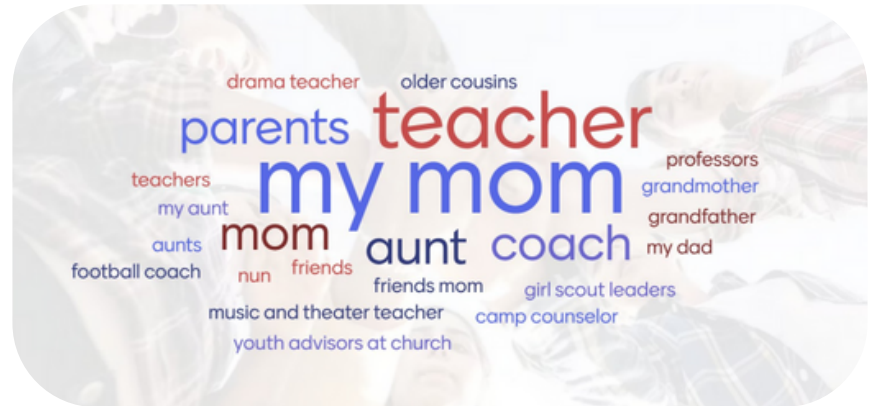
Rebecca Best

Executive Director
Resilient Communities of East Georgia

Resilient Teens: Empowering Teens to Rise Above Challenges



Rebecca asked the group, "When you were a young person, who were the trusted adults in your life?"



Key Takeaways

Rebecca Best, executive director of **Resilient Communities of East Georgia**, spoke to how the coalition is building protective factors for teens with a resilient approach.

Students get to:

Positive school and community environments that foster belonging

Develop Social-emotional skills

Opportunities for leadership and meaningful participation

Access to resources that promote mental, emotional, and physical health

RCEG is using Resilient Teens to build strong, supportive relationships with near peer adults and peers. The program is currently in 14 counties, 12 of which are rural, reaching 700+ teens over the past 5 years. Resilient Teens is now expanding to the Resilient Coastal Georgia coalition in the Savannah region!

Q&A

Q: How do youth sign up for Resilient Teens?

A: Youth can sign up for Resilient Teens by submitting the interest form at rceg.org/teens/.

Q: What's the secret to school and community engagement?

A: A great way to boost school and community engagement is to build strong, trust-centered relationships, offer simple, consistent communication; and use welcoming, low-barrier activities that invite people to show up, participate, and feel valued.

Email: rebecca@rceg.org



Molly Lieberman

Executive Director
Loop It Up Savannah

School-Based Mindfulness Zones with Loop it Up Savannah



RESILIENT
COASTAL GEORGIA



Molly asked “What is something you do to find your calm?”

Key Takeaways

- Molly discussed how the organization is partnering with [Resilient Coastal Georgia](#) to promote resiliency in schools.
- [Loop it up Savannah](#) is a youth arts and education non-profit aiming to provide programs which foster creativity, joy, and learning for children.
- Works with the [Mediation Center of the Coastal Empire](#) to offer Trauma Sensitive Yoga for youth.

Key Impact Data from 2025 of the Mindfulness Program across grades 2-7

90% demonstrated social emotional skills	87% demonstrated positive peer interactions	66.2% demonstrated leadership skills	Over 90% of students are open to using mindfulness outside of school	79.4% overall positive student impact	Teachers reported that 80-100% of their students are showing growth in emotional regulation
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Q&A

Q: How can our school district start a mindfulness zone?

A: Use Resilient Georgia’s [Resiliency Zones Guide](#), co-created with Loop It Up, which walks step-by-step through planning, design, implementation, and best practices for creating calming, trauma-informed spaces.

Email: molly@loopitupsavannah.com

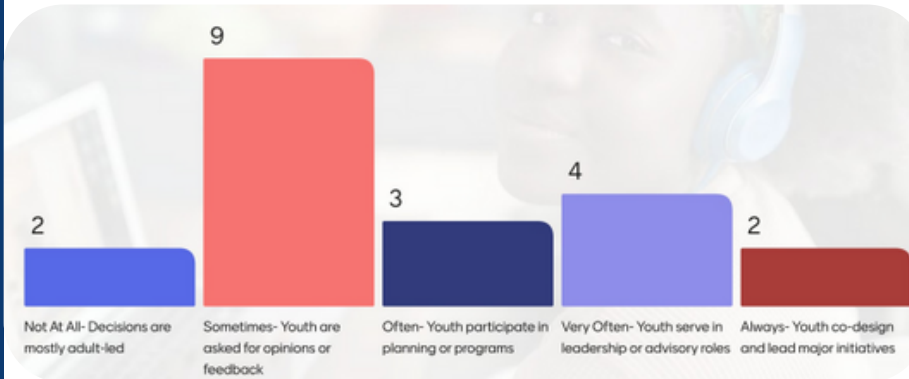


Jade Ragin

Special Projects Coordinator
Resilient Southwest Georgia



The Power of Youth Leadership



Jade asked “Currently, how is youth voice being uplifted in your organization and/or community?”

Key Takeaways

- Jade with [Resilient Southwest Georgia](#) spoke about the work [Youth United](#) is doing to empower young people to lead change, promote mental health, and build resilience in their communities.
- The program is led by teens, for teens and promotes safe, trauma-informed spaces through campaigns, school partnerships, evidence-based trainings, and community events, like the Hoodie Ball.

Impact of Youth United

- 26,900+ community members reached
- 100% of direct participants improved their understanding of teen mental health
- 100% of youth reported using mental health strategies in daily life
- 94% of youth said they would recommend Youth United resources to others
- 92% of youth felt equipped to prevent violence in their schools
- 95% of youth committed to sharing what they learned with peers

Next Steps

- Expand diversity & inclusion
- Regional expansion
- Strengthen school partnerships
- Build youth data leadership
- Sustainability & collaboration

Q&A

Q: What is a Hoodie Ball?

A: A Hoodie Ball, like a Sneaker Ball, is a casual-formal youth event where participants wear their favorite hoodies to create a fun, inclusive, affordable, and low-pressure alternative to a traditional youth dance or celebration.

Email: jade.ragin@unitedwayswga.org





Youth Leadership in Action: Regional Voices and Statewide

Amira Abdulhafid

Impact

Phylicia Hancle



Program Director, Suicide Prevention
GUIDE, Inc.

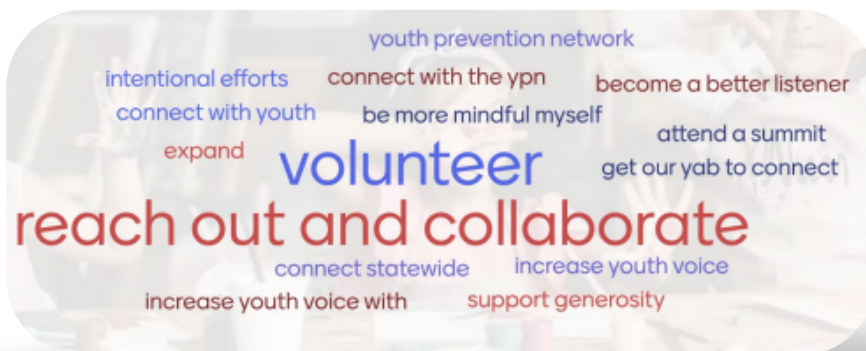


GUIDE, Inc.
Guidance United in Drug Education, Inc.
working together for safe and healthy communities



Youth Program Director
CWC Alliance

- Amira with **GUIDE, Inc.** spoke about the work the organization is doing to improve community conditions via prevention, youth development, and training & capacity building.
- Phylicia discussed how **CWC Alliance** partnered with **GUIDE, Inc.** to host a program at Georgia Teen Institute. The program teaches a strategic prevention framework for teens to take back to their communities to apply substance abuse prevention and wellness.
- Phylicia also spoke on the **youth prevention network** – a statewide initiative that teaches and empowers teens to become youth opioid prevention advocates and mentors.



Phylicia asked "What is one action you feel inspired to take to increase youth resiliency after today?"

Email: amira@guideinc.org phylicia@cwngo.org

Save the Date!

Join us for our next General Meeting

April 30, 2026

11:00am-12:30pm

Please fill out our
Evaluation Survey



Resilient
GEORGIA