



Engage & Empower: Youth-Driven Mental Health Outreach in the Online Era

Meredith Nechitilo, MPH

CME and CE Information

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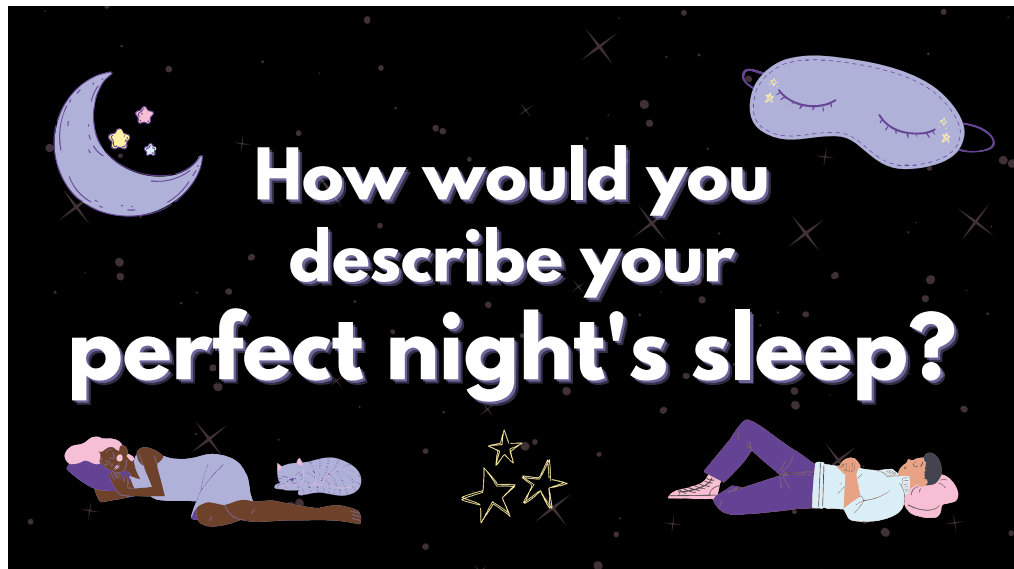
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NEW YORK PRESBYTERIAN'S SCHOOL-BASED HEALTH CENTERS (SBHCS)

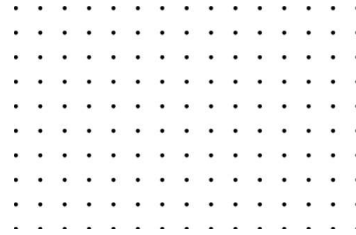
7
SBHCS

23
SCHOOLS

~8000
STUDENTS
K-12

NewYork-Presbyterian

Adolescent wellness programming



Health promotion & engagement campaigns



Classes, workshops, & small groups



Support for parents & school staff



Bridging to community resources



Peer education (NYPeers)



**LET'S GO BACK TO
THE BAD DAYS.**

(Sorry.)

**What did the Peers tell
us about teen mental
health during the
pandemic?**

**#1: Mental health concerns are often
minimized and invalidated by
parents, peers, and even oneself.**

Sometimes friends don't do it intentionally, because I know I've done this in the past. I'd be with my friends and something would happen and I'd make some type of joke about depression or anxiety. I wouldn't do it to be like, "Oh, you're depressed, ew." I would just joke around, and there was probably someone there who was depressed who would hear this and be like, "I feel uncomfortable, you just put me down." **I feel like some of us do it without realizing it or we do it unintentionally.**

– AD

I hate when people belittle me and my feelings.
I'm not wrong for feeling how I feel.

– MG

Whenever I would open up, my mom would invalidate my feelings, so I was like, "Okay, let me not go to her anymore." Then I started seeing that it started to affect me, not just mentally, but also **the way that I interacted with people.** I was very closed off, I didn't want to open up to them, because I was afraid that if I told them something, they would either use it against me or invalidate the feelings that I had and make me feel like I was insane for feeling those feelings or even thinking of that thought in the first place.

– DL

[Parents] always hit you with the, "Oh, I went through this, that, and I'm still here, I'm still fine. You're over here crying over nothing." They always want to make it seem like what they went through is bigger than what you're going through, and it just makes you feel like, oh, wow, maybe I'm taking this too far.

– AD

Parents do this thing where it's like, "Oh, but you should be grateful because other people have it worse," or they'll be like, "Oh, back in my day it wasn't like that."

Times change. **How things were in your time is not how things are in our time.**

– GM

I can't talk to [my mom] about things. She's always like, "Oh, you can tell me anything, I'm your mom, you should be comfortable with me," all that. But then at the end of the day, once you approach them, it's like, "No you don't, you don't feel this way, you're just being dramatic, it's your friends who are making you feel this way or act this type of way."

– SC

#2: There are layers of **stigma** around mental health concerns - and around accessing care for them.

I think it may be harder for parents to reach out to their child especially when that parent is an immigrant. I know that some Hispanic parents don't believe in mental health and may deem their child as lazy because it is something that has a stigma around it.

– CV

Society makes it seem like if you're depressed or you have some type of mental health issue, **that you're broken, that something is wrong with you**, when in reality it's so normal.

And some of these people who think [that way], they're probably going through [the same things].

– AD

[People say] psychologists are just for **crazy people**.

– AM

That stigma that having a therapist means you're crazy just sucks. I really enjoyed having one but I was told [by others] that I was fine so I left it at that [and stopped seeing them].

– MG

Guys feel like they can't go to their friends about weak spots in their lives, because they feel like it makes them look weak. Guys are allowed to feel, they're allowed to have these emotions, and society teaches them that they're not, and that's something really wrong. That's something we have to fix, because **guys are sometimes the ones who more quietly take it**. There's guys who you won't notice that they're hurting, and then those are the same guys that commit suicide.

– GM

My friends, my family, my church – they kept telling me to pray. "Go to God! If you need better mental health, go to God!" I definitely needed [therapy], and it took me a while, because there's a bad stigma in the church saying how if you need to go to a therapist then you're weak in the Lord, like you're not praying enough or you're not being spiritual enough. **So I always felt like if I went to a therapist, that was saying I wasn't strong enough in my faith**. It took me a while to get over that bad stigma and stereotype [to] go help myself.

– DL

#3: Destigmatizing mental health concerns, normalizing care-seeking, and facilitating access to care are all key to meeting teen mental health needs.

Asking for help is hard.

- SD

If it's hard to ask a teacher for help with a [homework] problem, it feels awful to ask help for a big issue like mental health.
- AK

As a teen, sometimes it's harder to look for somebody who can listen to you and understand you and give you the right advice.

-AG

Q: What makes it hard? What's the concern or fear there?

Being disregarded.

- EM

I feel like I'll be annoying to the person I'm talking to.

- MG

Not being taken seriously.

- CV

Some people don't want to feel like a bother.

- LP

Sometimes it's just a fear of not being listened to.

- CR

I don't talk about my feelings with my parents, you know, we don't have that relationship. Same thing with my friends. And I feel like that's a big issue that we've got to do something about. I feel like it's important to talk about teen mental health because it follows you into adulthood, and that really impacts you, and if you have kids it's going to impact your kids, and then it's just going to keep on going. It's going to have a huge domino effect. So we should start now.

- AD

I don't think we have more mental health issues than those before us, I think there are many of us who are brave enough to start the conversation and to normalize mental health issues, which makes more people open up.

- AK

[It's important to] destigmatize the conversation around mental health, and also make it more accessible, so that everyone knows mental health is important and you don't have to be going through depression. You can go through hard times, and it's okay to get a therapist and lean on someone else.

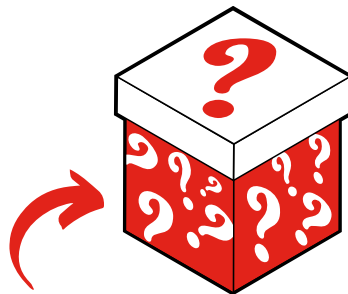
- SD

Action steps to meet teen mental health needs

- 1 Destigmatize and validate mental health concerns
- 2 Normalize care-seeking
- 3 Provide skills to support mental and emotional health
- 4 Create opportunities to connect to care

Okay.
Now what?

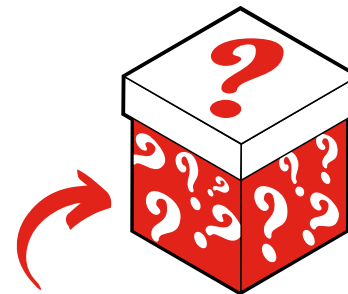
1. Online



Mystery program

1. Online

2. Social

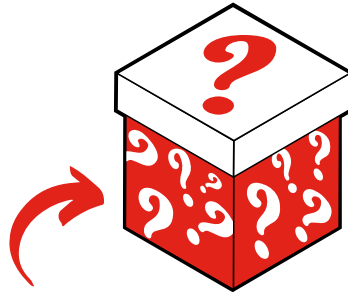


Mystery program

1. Online

2. Social

3. Sleep



Mystery program

What are the SLEEP RULES?

Threading the needle

Addresses key needs

Constructive

Credible

Evidence-based

Non-prescriptive

Fun

Approachable

Flexible



Why participate in the SLEEP CHALLENGE?

- 1 Learn tips and skills for getting better sleep
- 2 Get support from healthcare professionals and other teens
- 3 Earn the chance to win prizes through weekly raffles
- 4 Discover the many health benefits of getting better sleep

Click here to learn more and register for the Sleep Challenge!

I'M A
#SLEEPCHALLENGE
TEAM CAPTAIN

Join the Challenge:
bit.ly/SleepChallenge2021



JOIN THE
#SLEEPCHALLENGE

"I want to wake up in a good mood and stop falling asleep during class."

"I've been having a hard time falling asleep at night."

"My sleep has been all over the place recently."

"My sleep has been really bad because of my mental health."

"I want to fix my sleep so I can start doing well in school again."

"I want to fix my sleep schedule so I'm not a zombie."

SOUND FAMILIAR?
These are some of the reasons your fellow students are joining the #SleepChallenge. Join the Challenge today and get your sleep schedule back on track.

Daily sleep journal

Time I went to sleep: *

Time : AM ▾

Time I woke up: *

Time : AM ▾

Total hours of sleep I got: *

Your answer

I got 20+ minutes of exercise yesterday. *

Yes

No

I ate more than 1 fruit or vegetable yesterday. *

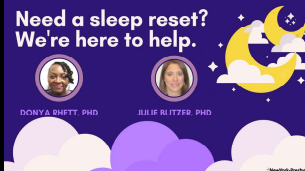
Yes

No

I napped for more than 30 minutes yesterday. *

Weekly Zoom workshops

Need a sleep reset? We're here to help.



DO'NYA BHO'TT, PHD JULIE R. LITZKE, PHD

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THE MIND-BODY CONNECTION:
Simple self-care techniques to help you unwind and sleep well



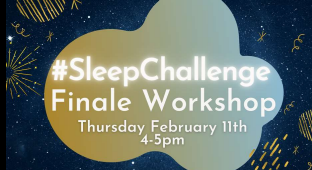
4-5PM THIS FRIDAY, JANUARY 29TH
CLICK THE LINK BELOW TO REGISTER!

FEED YOUR DREAMS



4-5PM THIS FRIDAY, FEB. 5TH
CLICK THE LINK BELOW TO REGISTER!

#SleepChallenge Finale Workshop



Thursday February 11th
4-5pm

C [redacted] 37:17
haven't had a good night sleep in over a year

G [redacted] 37:18
insomnia is kicking my behind

A [redacted] 37:19
same

J [redacted] 37:21
cant sleep at all

M [redacted] 38:22
I sleep around 1 or 3 and miss my first class at 8:30 ☹️

N [redacted] 54:26
wellll my body is always like i would like to SLEEP but when i try its like nah nevermind and im just sitting there like BRUHH

N [redacted] 38:41
i thought I was the only one sleeping bad

C [redacted] 49:25
the reason I stay up is because that's when I have all my free and alone time

C [redacted] 49:33
at night

J [redacted] 49:35
^^^

Y [redacted] 49:36
exactly

S [redacted] 49:37
exactlyyyy

F [redacted] 49:37
exactly ^^

A [redacted] 49:42
fr

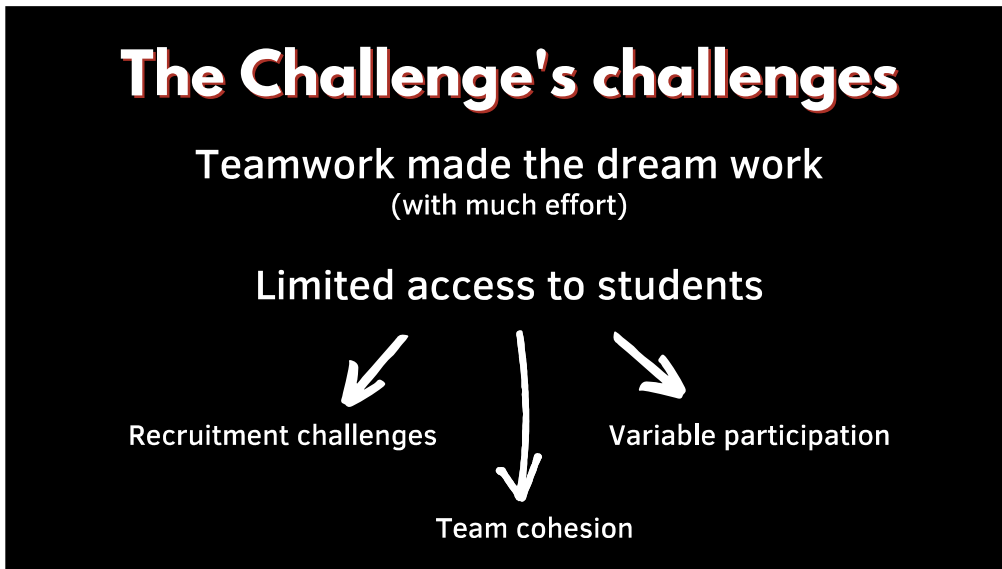
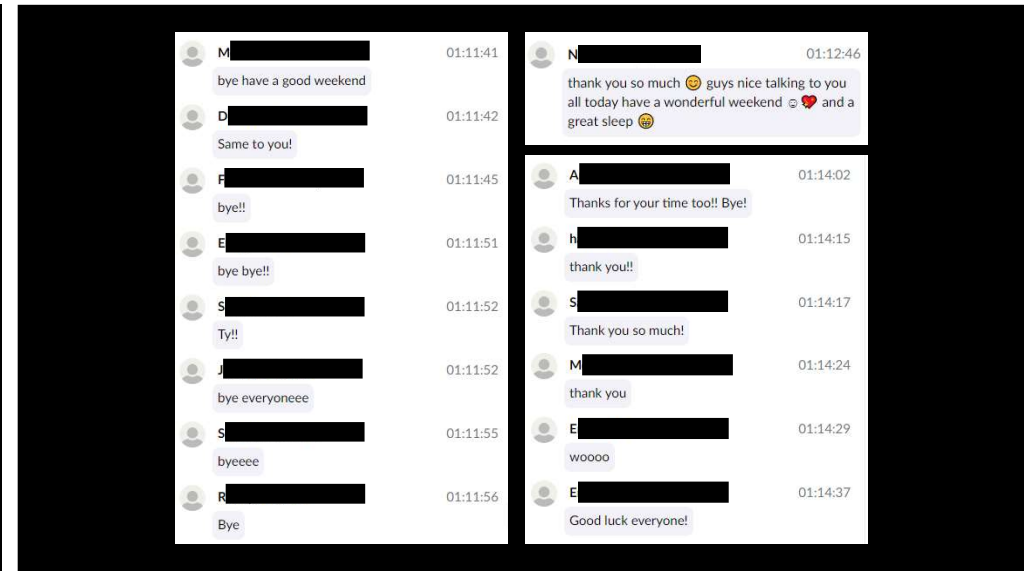
S [redacted] 56:44
People say to not use screens for an hour before bed but thats my only time to do it

S [redacted] 56:46
^^

A [redacted] 56:51
^^^

A [redacted] 56:53
yeppp

h [redacted] 36:17
I feel miserable, I feel like I'm literally forcing myself to stay up. It's as if I'm fighting myself



Did we accomplish our action steps?

- ✓ Validated sleep issues and related concerns (e.g., stress, feeling detached or adrift, "pandemic snacking")
- ✓ Normalized care-seeking
- ✓ Provided skills to support healthier sleep
- ✓ Created opportunities to connect to care

Gratitude Challenge 2021



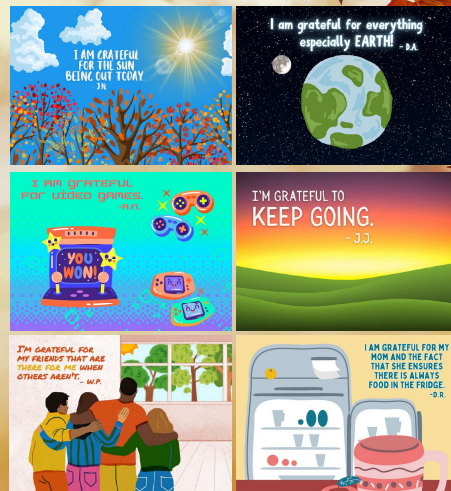
NewYork-Presbyterian

Gratitude Challenge 2022



NewYork-Presbyterian

Gratitude Challenge 2023



NewYork-Presbyterian

I am grateful for this gratitude challenge!!

Grateful for this challenge making me more appreciative of the little things.

I am grateful to be part of the gratitude challenge.

I'm grateful for the Gratitude Challenge. It helps remind me to stop and think about the things I'm grateful for.

I am grateful for this gratitude challenge that is prompting me to focus on what is good.

Have you ever made one of these common **New Year's resolutions**?

THIS YEAR, I'M GOING TO:

- Get healthier
- Save more

Get back to school work!

Why are you doing this?

How does this change **benefit you** for yourself and to the things you most value in life?

HEALTH **RESILIENCE**
FINES **STABILITY**
COMMUNITY **ACHIEVEMENT**
CREATIVITY **GROWTH**

Ready for a change, but need a **little support**?
Your **School-Based Health Center** is here to help.

Follow the QR code or go to [sbhc.org](#) to make an appointment!

EAT THE RAINBOW

The best way to get all the nutrients you need is to eat a variety of colorful fruits and veggies!

Add color to your plate every day with the following from each of the 5 primary color groups:

GREEN

Asparagus
Spinach & other leafy greens
Fresh herbs

ORANGE YELLOW

Orange
Carrot
Mango
Banana
Pumpkin
Squashes

Let's talk about **gratitude.**

Here's the thing: **stress is greedy.**

It tries to make itself the center of attention and demand your focus, and you'll find that when indulging it does more harm than good.

Technique #1: **Gratitude journal**

The one of gratitude journaling is to write down 3-5 things every day for which you're feeling grateful.

You can write your journal at work, in your lunch gap, or in Google Docs, or whatever means the most sense to you!

Get your journal from the November Gratitude Challenge, and we'll be working together with this challenge!

Self-Care Month

Month-long campaign in January to provide practical self-care tips for youth and staff struggling with stress, burnout, and seasonal depression

Do you prefer cold weather or hot weather? / ¿Prefieres el clima frío o el clima caliente?

Cold weather - much better than sweating in the heat! / Clima frío mucho mejor que sudar con el calor!

Hot weather - much better than shivering in the cold! / Clima caliente mucho mejor que temblando del frío!

What's the best outdoor winter activity? / ¿Cuál es la mejor actividad de invierno al aire libre?

Sledding / El trineo

Ice skating / Patinaje sobre hielo

Snowshoeing / Paseo de nieve

Looking at holiday decorations / Mirando decoraciones de temporada

Watching my dog play in the snow / Viendo a mi perro jugar en la nieve

Making a snowman / Haciendo un muñeco de nieve

What's your favorite way to keep your head warm when it's cold outside? / ¿Cuál es tu forma favorita de mantener la cabeza cubierta cuando hace frío afuera?

Hat / Goggles

Hood / Bufanda

Earmuffs / Orejas

Scarf / Bufanda

Self-Care Month

Winter is hard for a lot of people. It's the darkest time of the year, and the short days and limited sunshine can make us feel **extra tired and sad.**

Luckily, there are some simple things you can do for yourself to **boost your mood and energy.**

One of the most important?

GET OUTSIDE.

We know, we know - it's cold outside, and you'd rather stay nice and warm indoors, thank you.

But **getting out into the daylight** can do wonders for your gloomy mood during the winter, and **moving your body** while you do it will help even more.

Give yourself an excuse to spend **just a few more minutes outside each day**, whenever and however you can fit them in. Get off the bus a stop or two early. Treat the dog to a longer walk. Stroll around admiring your neighbors' holiday decorations. (Or silently judging them. We won't tell.)

Your mind and body will thank you.

If you're struggling with the seasonal blues this year, your School-Based Health Center can help.

Make an appointment!

Self-Care Month

Mushrooms on pizza are... *

Delicious

Disgusting

In your opinion, what is the best way to eat eggs? *

Scrambled

Fried

Hard boiled

Poached

No way - I don't eat eggs

Cereal is best eaten... *

With milk (classic good)

Dry (neutral good)

With yogurt (classic good)

With orange juice (classic evil)

Self-Care Month

ADD SOME SUNSHINE TO YOUR PLATE!

One reason we tend to feel more tired and sad in winter is that the short, cloudy days mean that many of us are low on the Vitamin D we usually get from the sun.

Read on to learn about 5 foods rich in vitamin D that can help balance you out!

EGGS

Keep the yolk - it has all the Vitamin D!

MUSHROOMS

Look for "UV-treated" or "enriched with Vitamin D" on the label.

FORTIFIED CEREAL

Many breakfast cereals have added Vitamin D and other important nutrients.

AND ONE LAST THING...

Food has a big impact on how we feel physically & mentally. If you're not feeling great about your eating right now, your School-Based Health Center can support you in figuring out the plate that's right for you!

Make an appointment

Self-Care Month

What do you feel most stressed about? / ¿Qué te hace sentir más estresado? (Select all that apply) / ¿Cuáles son esas cosas que te hacen sentir más estresado? (Selecciona todas las que correspondan)

<input type="checkbox"/> Taking care of someone / Cuidando a alguien	<input type="checkbox"/> Taking a shower or bath / Tomar un baño	<input type="checkbox"/> Finishing school or college / Terminando la escuela o universidad	<input type="checkbox"/> Taking care of my pet / Cuidando a mi mascota
<input type="checkbox"/> Finishing my school or college / Terminando mi escuela o universidad	<input type="checkbox"/> Taking a walk / Dar un paseo	<input type="checkbox"/> Technology around me / Tecnología a mi alrededor	<input type="checkbox"/> Making money or my bills / Ganando dinero o pagando mis cuentas
<input type="checkbox"/> Being a student / Ser estudiante	<input type="checkbox"/> Being a parent / Ser padre/madre	<input type="checkbox"/> Being in a crowded place / Estar en un lugar concurrido	<input type="checkbox"/> Being in a noisy place / Estar en un lugar ruidoso
<input type="checkbox"/> Being a parent / Ser padre/madre	<input type="checkbox"/> Being a student / Ser estudiante	<input type="checkbox"/> Being in a crowded place / Estar en un lugar concurrido	<input type="checkbox"/> Being in a noisy place / Estar en un lugar ruidoso

What do you feel most relaxed? / ¿Qué te hace sentir más relajado? (Select all that apply) / ¿Cuáles son esas cosas que te hacen sentir más relajado? (Selecciona todas las que correspondan)

<input type="checkbox"/> Spending time with family / Pasar tiempo con la familia	<input type="checkbox"/> Spending time with friends / Pasar tiempo con los amigos	<input type="checkbox"/> Spending time with my pet / Pasar tiempo con mi mascota	<input type="checkbox"/> Spending time with my family / Pasar tiempo con mi familia
<input type="checkbox"/> Spending time with my family / Pasar tiempo con mi familia	<input type="checkbox"/> Spending time with my friends / Pasar tiempo con mis amigos	<input type="checkbox"/> Spending time with my pet / Pasar tiempo con mi mascota	<input type="checkbox"/> Spending time with my family / Pasar tiempo con mi familia

When do you feel most at peace? / ¿Cuándo te sientes más en paz?

<input type="checkbox"/> In nature / En la naturaleza	<input type="checkbox"/> In your bedroom - it's the most personal and private space you have / En tu cuarto - es el espacio más personal y privado que tienes
<input type="checkbox"/> In the shower or bath / En la ducha o en el baño	<input type="checkbox"/> Out and about - the energy of the city makes you feel part of something / Fuera de casa - la energía de la ciudad te hace sentir parte de algo

Self-Care Month

NEW YEAR, SAME STRESS.

A new year is here, bringing with it all the possibilities of the future ahead. (Please, 2023, be gentle. We've earned it.) Still, our stressors and anxieties have a way of following us onto the new calendar page. In fact, for a lot of people, January is one of the most stressful times of year.

HERE'S THE GOOD NEWS:

Mindfulness techniques have been scientifically shown to reduce stress and anxiety and improve emotional wellbeing.

Practicing one of these techniques can help you carve a little "me time" out of even the most stressful situations.

4-7-8 BREATHING

Great for managing stress and for relaxing into sleep at night!

1. Find a place to sit or lie down comfortably.
2. Release a long exhale through your mouth to empty your lungs.
3. Close your mouth and inhale through your nose for 4 seconds.
4. Hold your breath for 7 seconds.
5. Exhale strongly through your mouth, making a whoosh sound, for 8 seconds.
6. Repeat 3 times.

Self-Care Month

5 SENSES GROUNDING

A super flexible option for taking a step back from anxiety or racing thoughts.

First, recognize 5 things you can see right now.

Now, 4 things you can touch.

Now, 3 things you can hear.

Now, 2 things you can smell.

Finally, 1 thing you can taste.

Repeat whenever you need to need to carve out a moment of calm for yourself.

5 FINGER BREATHING

Combines mindful breath and breathing to put calm back within your grasp.

1. Stretch your hand out like the picture.
2. Starting with your thumb, use 1 finger of your other hand to slide up each finger (breathing in) and down the other side (breathing out).
3. Continue tracing up/down on each finger until you reach the other side - then go back the other way.
4. Repeat 3 times, or as many times as you like!

Not every technique is going to be the right fit for every person, so we encourage you to experiment and find out which of these mindfulness practices work best for you!

Bring it on, 2023. You've got this. And students, remember that you can always make an appointment at your School-Based Health Center for support in coping with stress.

Make an appointment

Sleep Challenge (take 4)

THE CLASSIC **THE SPOON** **THE STARFISH**





No matter which way you sleep, make it count. #SleepChallenge2024

THE ADVENTURER **THE SIDE-SADDLE** **THE SOUTH POLE**


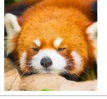

Learn more and sign up today!

#SLEEPCHALLENGE SIGN-UP FORM




On average, how many hours of sleep do you get each night? / En promedio, ¿cuántas horas duermes cada noche?

 <p><5 hrs</p> <p><input type="radio"/> Fewer than 5 hours / Menos de 5 horas</p>	 <p>6-7 hrs</p> <p><input type="radio"/> 6-7 hours/horas</p>
 <p>8 hrs</p> <p><input type="radio"/> 8 hours/horas</p>	 <p>9+ hrs</p> <p><input type="radio"/> 9 hours or more / 9 horas o más</p>

How often do you oversleep or miss your alarm? / ¿Con qué frecuencia te quedas dormido/a o te pierdes la alarma?

 <p><input type="radio"/> Never or rarely (less than once a month) / Nunca o rara vez (menos de una vez al mes)</p>	 <p><input type="radio"/> Sometimes (once or twice a month) / A veces (una o dos veces al mes)</p>
 <p><input type="radio"/> Often (once a week or more) or always / A menudo (una vez a la semana o más) o siempre</p>	

How often do you have a hard time getting out of bed in the morning? / ¿Con qué frecuencia tienes dificultad para levantarse de la cama por la mañana?

 <p><input type="radio"/> Never or rarely (less than once a month) / Nunca o rara vez (menos de una vez al mes)</p>	 <p><input type="radio"/> Sometimes (once or twice a month) / A veces (una o dos veces al mes)</p>
 <p><input type="radio"/> Often (once a week or more) or always / A menudo (una vez a la semana o más) o siempre</p>	

Week 1: Give it a Rest

Hey, brain? Give it a rest.

We've all been there: your body is tired, but your mind just won't quiet down enough to let you sleep.

Whether it's stress, worry, or just regular old thoughts keeping you awake, these 4 techniques can help you slow things down and relax into a peaceful night's sleep.

Tip #1 Write it down.

If racing thoughts are regularly keeping you awake, consider taking a few minutes to write them down in a journal, a dedicated notepad, or even on your phone notes app. (Dark mode is best for any midnight note-taking!)

Getting your worries out of your head can soothe that nagging sense of unease and give you enough mental space to relax into sleep.

Tip #2 Listen to a guided meditation.

Guided meditation can be a great option when you're struggling to quiet your mind, and there are lots of apps and online resources offering a wide range of meditations tailored for different situations.

If you've just getting started, we suggest scanning this QR code for the link above this square for a collection of guided meditations we love. The 10- or 20-minute "body scan" meditations can be especially helpful for sleep!

Tip #3 Practice self-hypnosis.

That's right - hypnosis isn't just a fun party trick. In fact, research has found evidence that self-hypnosis can be helpful for managing pain, reducing stress, and improving sleep.

Interested in seeing if it works for you? Scan this QR code for click the link above this square for a 20-minute self-hypnosis video specifically designed to help young people fall asleep.

Tip #4 Just breathe.

Slow, deep breathing has been shown to reduce stress, calm the nervous system, and even stimulate production of melatonin (the hormone that tells our brain and body it's time to go to sleep).

Here are 3 of our favorite deep breathing techniques that can be especially good for stress and sleep.

Most importantly, remember to be gentle with yourself.

If you notice yourself stressing out over the fact that you're not falling asleep or counting the hours left until your alarm goes off, redirect that energy into one of these techniques, or simply into thinking about how nice it feels to rest quietly with your eyes closed.

Sweet dreams.

Week 2: Rise & Shine

WAKING UP IS HARD TO DO (BUT IT DOESN'T HAVE TO BE!)

Getting a good night's sleep is one thing, but what about when morning comes and you have to rise and meet the day? If you dread the sound of your alarm or struggle to get going in the morning, we've got 4 science-backed tips that could make a big difference to your wake-up routine.

MAKE AN EFFORT TO WAKE UP AT A SIMILAR TIME EVERY DAY (YES, EVEN ON DAYS OFF!)

LET YOUR PHONE SLEEP IN (AND NO, WE DON'T MEAN HITTING SNOOZE 21 TIMES!)

Hey, students. If you find yourself dragging in the morning no matter what you do, or if you just want personalized support in getting better sleep, your School-Based Health Center is here to help.

KNOW YOUR BREAKFAST FRIENDS

Some foods and drinks will give you lasting energy to last the day, while others offer almost nothing and can even make you **wake hungrier**. Read on to learn how to tell your real friends from the fakers!

LOOK FOR THE LIGHT

Follow this QR code or go to bit.ly/SchoolHealthAPP to make an appointment!

Week 3: Phone hacks

PHONE HACKS FOR BETTER SLEEP

5 WAYS YOUR PHONE CAN HELP YOU GET THE REST YOU DESERVE

Tip #1 USE NIGHT MODE* TO FILTER OUT SLEEP-UNFRIENDLY BLUE LIGHT BEFORE BED.

"NIGHT SHIFT" ON IPHONE OR "NIGHT LIGHT" ON ANDROID

Tip #2 SET UP BEDTIME MODE FOR A NIGHTLY REMINDER THAT IT'S TIME TO WIND DOWN & GET READY FOR BED.

Download a sleep app to help you track your sleep patterns and get better sleep.

Tip #3 TURN ON DO NOT DISTURB SO YOU WON'T GET WOKEN UP BY TEXTS OR CALLS.

Download a sleep app to help you track your sleep patterns and get better sleep.

Tip #4 DOWNLOAD A SLEEP APP TO BLOCK OUT SOUNDS KEEPING YOU AWAKE.

Download a sleep app to help you track your sleep patterns and get better sleep.

NEED HELP SLEEPING? THERE'S AN APP FOR THAT.

BETTER SLEEP SLEEPER
SLEEP CYCLE SLEEP TRACKER
WHITE NOISE SLEEPER
WHITE NOISE LIFE

#SLEEPCHALLENGE FINISH LINE POLL

Overall, how is your sleep now compared to before you started the Challenge? / En general, ¿cómo es su sueño ahora en comparación con antes de comenzar el Reto?



Worse than before I started the Challenge / Peor que antes de empezar el Reto.

About the same as before I started the Challenge / Más o menos igual que antes de comenzar el Reto.



Better than before I started the Challenge / Mejor que antes de empezar el Reto.

Including the weekly tips, what kinds of sleep-related changes did you experiment with during the Challenge, even once? Select all that apply. / Incluyendo los consejos semanales, ¿qué tipo de cambios relacionados con el sueño experimentaste durante el Reto, aunque sea una vez? Seleccione todas las que correspondan.



Changes to my nightly routine / Cambios en mi rutina nocturna.

Changes to my morning routine / Cambios en mi rutina matutina.



Changes to my routine during the day / Cambios en mi rutina durante el día.

Changes to my phone use / Cambios en el uso de mi teléfono.



Check off all of the boxes that are TRUE about your experience in the #SleepChallenge. (Choose all that apply.) / Marque todo lo que sea VERDADERO sobre su experiencia en el #SleepChallenge. (Ella todas las que correspondan).



Using the daily sleep journal was useful in helping me track my sleep patterns / Usar el diario de sueño fue útil para ayudarme a ver mis hábitos de sueño.

I enjoyed taking the weekly poll! / Me gustó tomar las encuestas semanales.



I started something new about getting better sleep from the weekly poll tips / Comencé algo nuevo sobre cómo dormir mejor en las encuestas y consejos semanales.

I made sure I was completing the daily sleep journal every day / Tomé medidas para asegurar que completé el diario de sueño todos los días.

Characteristics of mental/emotional health programming

- 1 Approachable
- 2 Flexible
- 3 Skill-based
- 4 Participant-led

What is
"youth-driven"
programming?

“As a classroom community, our capacity to generate excitement is deeply affected by our interest in one another, in hearing one another’s voices, in recognizing one another’s presence.”

- bell hooks, *Teaching to Transgress*

“I cannot think *for others* or *without others*, nor can others think *for me*. Even if the people’s thinking is superstitious or naïve, **it is only as they rethink their assumption in action that they can change**. Producing and acting upon their own ideas – not consuming those of others – must constitute that process.”

- Paulo Freire, *Pedagogy of the Oppressed*

Takeaways

There is power in the collective

Everyone is the hero of their own story

Look for what you *can* do

People change by feeling good

Thank you!

Any questions?

men7007@nyp.org