



MENTAL HEALTH PROMOTION

Fraser High School - Charter #29312 - Secondary Division
Crystell Denton, Nouri Hollins, Ava Le, Jean Lemire, Raymond Pavlov
Team #11548



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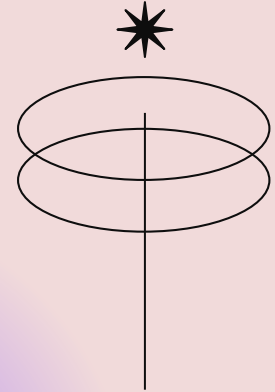
07 THANK YOU!





ABOUT US

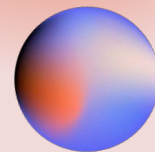
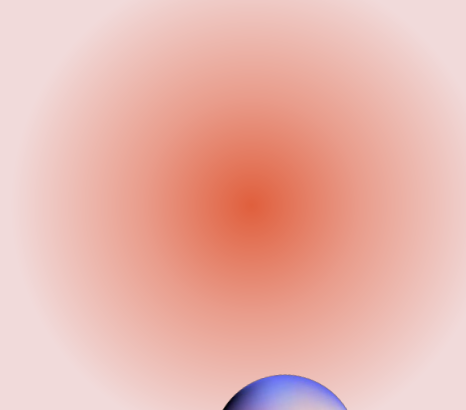
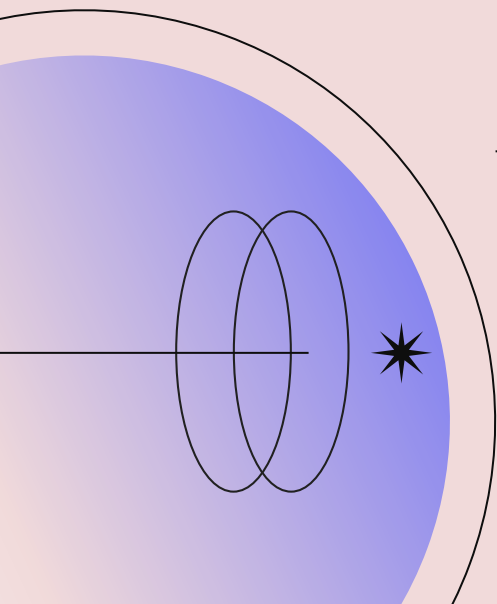
In November of 2022, Nouri Hollins, Ava Le, Raymond Pavlov, Jeani Lemire, and Crystell Denton had decided to start [@mentalhealthFHS](#). We had decided to do this because we noticed how stress and anxious our classmates were, but they didn't know what to do with those feelings. When we started this we knew that it was our mission to help someone and make their day.





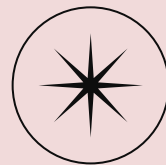
01 BE THERE

What we learned from the Be There Certificates



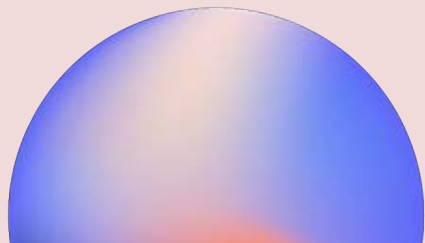
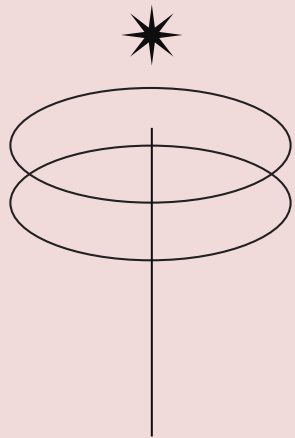
WHAT HAVE WE LEARNED FROM BE THERE?

All of us members of the @mentalhealthFHS group have learned something from our Be There Certificate. We learned how to approach someone who might need mental health help or is just going through something difficult. In this course, we all learned about the 5 Golden Rules. Rule 1 is Say What You See, Rule 2 is Show You Care, Rule 3 is Hear Them Out, Rule 4 is Know Your Role, and Rule 5 is Connect To Help. Overall, with the stories from the videos and the plethora of information given by Be There, we have learned how to approach our classmates regarding mental health and how to address certain topics. These apply not only in our face-to-face conversations but in the way we approach conversations online as well.



02

SOCIAL MEDIA CAMPAIGN

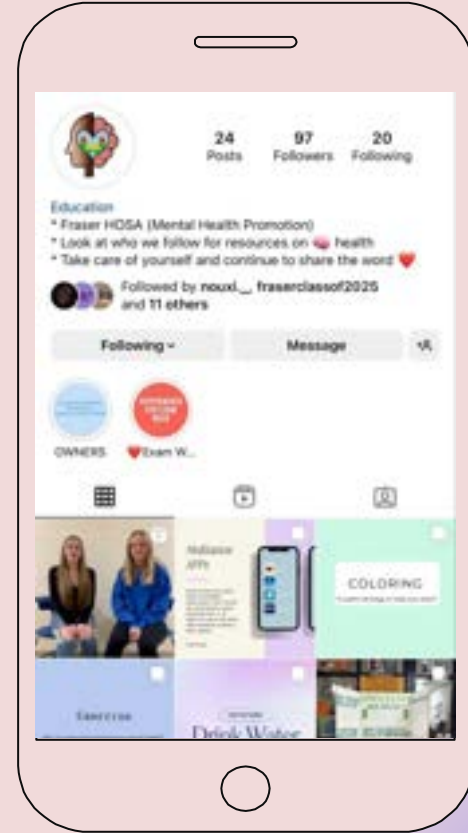


OUR INSTAGRAM PAGE



We started our Mental Health Promotion instagram page, @mentalhealthfhs, on November 5, 2022.

<https://www.instagram.com/mentalhealthfhs/>



OUR FOCUS

For our Social Media Campaign we have chose to talk about symptoms of certain mental health issues and coping mechanisms used to help them. Some of the things we talk about consist of Anxiety, Greif, Stress, Focus, Breathing Techniques, and Addressing Negative Thoughts. All of these topics are relative to us because we based most of our research on things that we noticed happening around school. We notice the things that our classmates need the most and we try our best to cater towards their needs by sharing our research on coping mechanisms and symptoms with them.

WHY IS OUR FOCUS COPING MECHANISMS AND SYMPTOMS?

When we had started our group in the Fall of 2022, we couldn't help but think about the Fall of 2021. We are all sophomores this year, but last year we were just starting our high school journey. In November of 2021, the Oxford High School shooting had taken place. Even though we will never understand what the students of Oxford have been through, the events had affected our mental health tremendously as the incident felt too close to home. Our families and fellow students were anxious, stressed, and hurt. To add onto that, most of the world had just returned back to normal after the COVID-19 Quarantine which had also negatively affected us all. Because of this we felt that coping mechanisms was the best choice. None of us knew how to take care of ourselves mentally and how to cope in a way that was effective for us and the people around us. Our mission is to help our community and others cope with their mental health.



03

TIMELINE

A timeline of our Instagram Posts



INTRO ERA - NOVEMBER 3-5, 2022

INTRO
ERA

Our first post was about our goal as a mental health account on social media. We explained who we are and why we wanted to create an account about mental health.

BE THERE
ERA

PEPPERMINT
ERA

COPING
MECHANISM
ERA

TAKE WHAT
YOU NEED
ERA

APPS
ERA

INTERVIEWS
ERA



INTRO ERA - NOVEMBER 3-5, 2022

INTRO
ERA

BE THERE
ERA

PEPPERMINT
ERA

COPING
MECHANISM
ERA

TAKE WHAT
YOU NEED
ERA

APPS
ERA

INTERVIEWS
ERA

We introduced each member of our team through the stories and highlights feature of Instagram. Each profile included our names, clubs we are a part of, things we enjoy, and our future professions. By introducing each member, we hoped to show our target audience, our peers, that we understand some of the things they are going through. We are their age and wish to show our peers that they are not alone.



BE THERE ERA – NOV. 20 – DEC 16, 2022

INTRO
ERA

BE THERE
ERA

PEPPERMINT
ERA

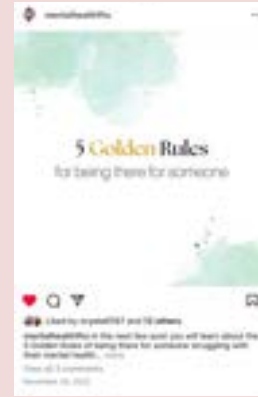
COPING
MECHANISM
ERA

TAKE WHAT
YOU NEED
ERA

APPS ERA

INTERVIEWS
ERA

From November 20, 2022, through December 16, 2022, each member of our team create a post on Be There's 5 Golden Rules. These five rules focus on how to support someone who is struggling with their mental health. Each post emphasized the key points of each rule.



PEPPERMINT ERA - DECEMBER 12, 2022

INTRO
ERA

BE THERE
ERA

PEPPERMINT
ERA

COPING
MECHANISM
ERA

TAKE WHAT
YOU NEED
ERA

APPS
ERA

INTERVIEWS
ERA

On Monday, December 12, 2022, we passed out mini peppermints throughout the school day to start our exam week with a fresh start.

We wanted to give the students of Fraser High School a little good luck for their exams and inform them of some studying tips to ease the stress of exam week even by a little.

Peppermint is known for increasing your concentration and alertness.



PEPPERMINT ERA - DECEMBER 12, 2022

INTRO
ERA

BE THERE
ERA

PEPPERMINT
ERA

COPING
MECHANISM
ERA

TAKE WHAT
YOU NEED
ERA

APPS
ERA

INTERVIEWS
ERA

On our Instagram page, we posted images of students and teachers enjoying their peppermints throughout the day. We saw this as an opportunity to incorporate a hands-on activity into our social media campaign.



COPING MECHANISMS ERA – JANUARY 10-19, 2023

INTRO
ERA

BE THERE
ERA

PEPPERMINT
ERA

COPING
MECHANISM
ERA

TAKE WHAT
YOU NEED
ERA

APPS
ERA

INTERVIEWS
ERA

Starting January 10, 2023, we posted various coping mechanisms that people can use if they are feeling stressed or anxious, or even experiencing grief. The mechanisms range from physical activities to non-visible breathing techniques.



TAKE WHAT YOU NEED ERA - JANUARY 23-27, 2023

INTRO
ERA

BE THERE
ERA

PEPPERMINT
ERA

COPING
MECHANISM
ERA

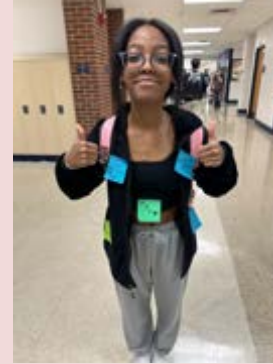
TAKE WHAT
YOU NEED
ERA

WELLNESS
NIGHT

APPS
ERA

INTERVIEWS
ERA

For the week of January 23, 2023 we set up a wall of positive sticky notes called, Take What You Need. Students had the opportunity to take sticky notes that interested them from the wall throughout the day.



WINTER WELLNESS NIGHT - FEBRUARY 28, 2023

INTRO
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BE THERE
ERA

PEPPERMINT
ERA

COPIING
MECHANISM
ERA

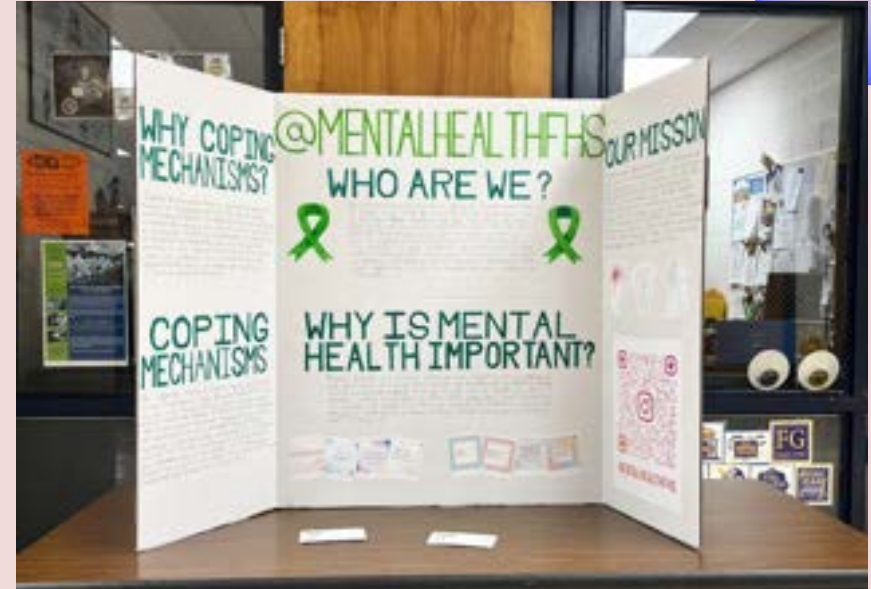
TAKE WHAT
YOU NEED
ERA

WELLNESS
NIGHT

APPS
ERA

INTERVIEWS
ERA

On February 28, 2023, we partnered with Fraser High School's Be Nice group for their Winter Wellness Night. We were given the opportunity to reach out to middle and high school students and parents. We explained who we are, our mission, and our focus.



APPS ERA - MARCH 20, 2023 - PRESENT

INTRO
ERA

BE THERE
ERA

PEPPERMINT
ERA

COPING
MECHANISM
ERA

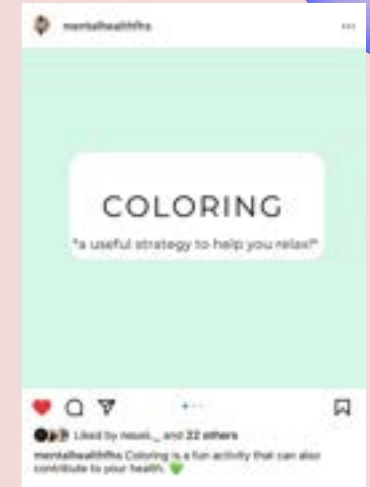
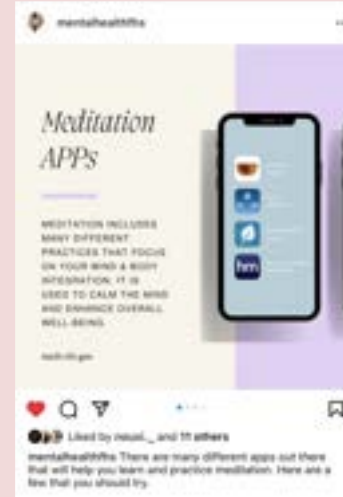
TAKE WHAT
YOU NEED
ERA

WELLNESS
NIGHT

APPS
ERA

INTERVIEWS
ERA

Starting March 20, 2023, we started posting about different apps that focus on many different topics like meditation, journaling, and even coloring to help calm your mind. Our goal is to share another method to our peers that can help them with their mental health.



INTERVIEW ERA - MARCH 23, 2023 - PRESENT

INTRO
ERA

BE THERE
ERA

PEPPERMINT
ERA

COPING
MECHANISM
ERA

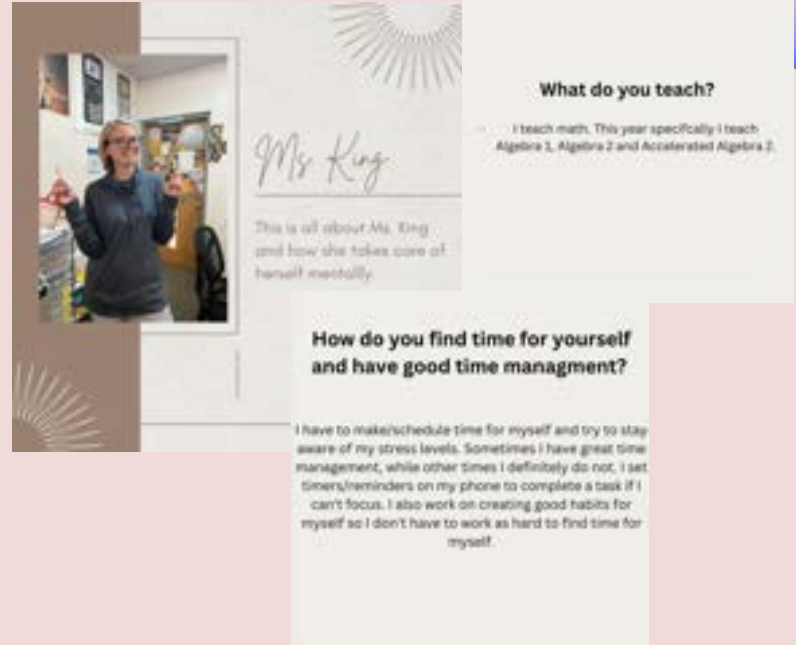
TAKE WHAT
YOU NEED
ERA

WELLNESS
NIGHT

APPS
ERA

INTERVIEW
ERA


As of March 23, 2023 we started interviewing or fellow classmates and teachers. This was a way to relate to our viewers and create more light-hearted content which was considered by our consultant and school therapist.





THINGS WE'VE STARTED RECENTLY

We have started making videos which has helped keep our audience hooked. These videos are a part of our interviews with students and staff around Fraser High School. We've also started a TikTok to share these videos which will be able to reach an even bigger audience.



RESOURCES WE USED FOR OUR CAMPAIGN

Very Well Mind - <https://www.verywellmind.com/abdominal-breathing-2584115>

American Psychological Association - <https://www.apa.org>

Mind - www.mind.org.uk

Michigan Association of School Psychologist - <https://masp.wildapricot.org>

Help Guide- <https://www.helpguide.org>

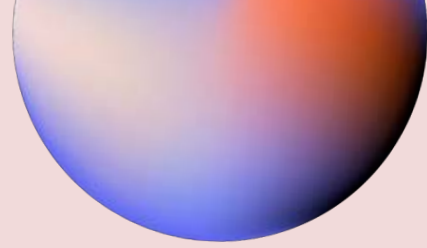
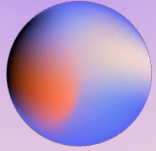
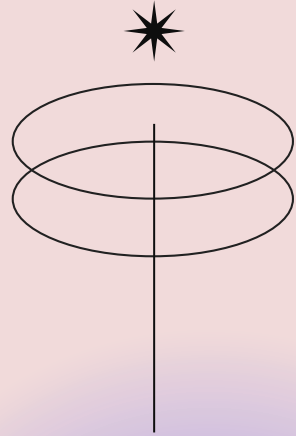
Be There Certificate - <https://betherecertificate.org/>

National Association of School Psychologist - <https://www.nasponline.org/>

Mental Health Gov. - <https://www.mentalhealth.gov/>

Health Gov. - <https://health.gov/>

04
MENTAL HEALTH
CONSULTANT



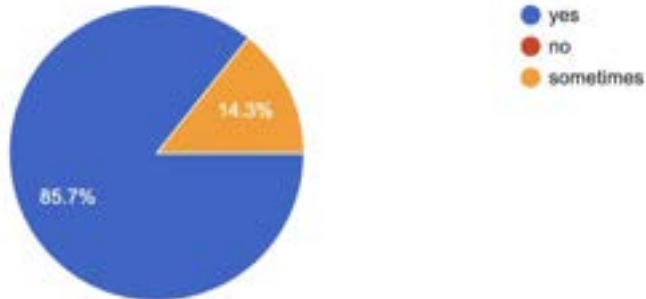
MENTAL HEALTH CONSULTANT

Our mental health consultant is our school Psychologist, Mrs. Medaugh. We have met with her during our free hours, and she has been overseeing our journey and campaign. As a psychologist, she has given us resources that we wouldn't have been able to use as effectively without her help. She has given us plenty of credible resources that she has used throughout her successful career. Some of the resources we have received from her are the American Psychological Association (APA), the Michigan Association of School Psychologists (MASP), and the National Association of School Psychologists (NASP). She has trusted us with our mission, and we have been very successful with her guidance.

DATA AND OUR IMPACT


We had decided to give a survey to the people that follow us so that we can see if our focus and social media campaign was effective and helpful for our audience. We asked them questions such as their whether they found our social media campaign helpful and what posts they found the most enjoyable. From our results we found that over 80% of our followers found our posts helpful, and they liked the coping mechanisms posts the most.

- Do you find our post helpful?



- What posts are the most helpful?

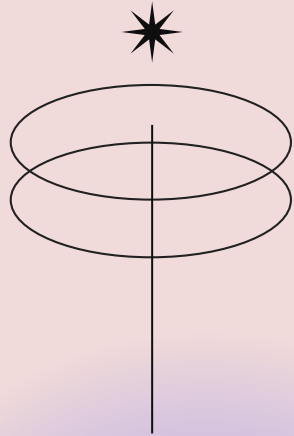




05

NEXT STEPS

Next Steps for our campaign



FUTURE SOCIAL MEDIA

Our next steps are determined by what our audience enjoys and what we feel would be helpful for the future. Here is the future of our campaign:

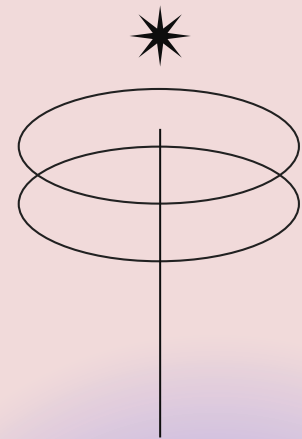
- The next step is to reach out to a even bigger audience by potentially making a Facebook to reach an older audience.
- We have been and still want to focus more on light hearted content like our consultant, Mrs. Medaugh, had recommended. This is to ensure that our content is still helpful and relatable.



06

BE THERE CERTIFICATES

You can describe the topic of the section here



THANKS



Click Here!

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<https://www.instagram.com/mentalhealthfhs/>