



# THE SUMMIT FOR AMERICA'S YOUTH

## Emotional Health and Wellness

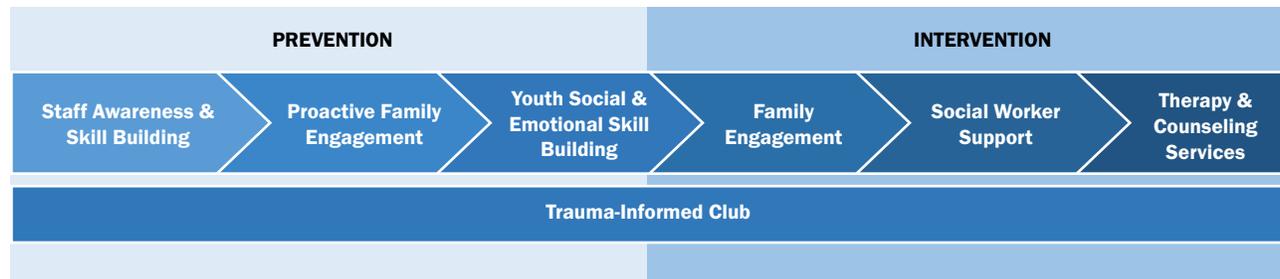
Young people have demonstrated unwavering resilience in recent years, confronting challenges like anxiety and depression aggravated by a global pandemic. Boys & Girls Clubs of America has been providing safe spaces and programs to nurture the well-being of kids and teens for generations, but we recognize more must still be done. To help youth cope with abundant and exacerbated stressors, **we're building environments and starting conversations that enhance mental and emotional health for kids and teens.**

### The State of America's Youth and Mental Health

- 40% of U.S. youth reported a decrease in their mental or social-emotional health throughout the pandemic.
- In 2021, the Surgeon General declared youth mental health a public health emergency.
- 47% of Club teens ranked mental health as their issue of greatest concern.

### Our Approach to Emotional Wellness

Informed and guided by the latest youth development research, BGCA is implementing a continuum of preventative and responsive service to center young people's mental and social-emotional wellness.



- **Raise Staff Awareness and Skills** to normalize and strengthen mental health support, employing a variety of professional development experiences to understand mental health, suicide prevention and trauma.
- **Develop Youth Social-Emotional Skills** to identify emotions, navigate challenges and ask for support by incorporating skill building in all Club programming.
- **Adopt Trauma-Informed Practices** to create an emotionally safe environment for all youth, families and staff, forming the foundation of inclusive Club experiences that encourage healing and growth.
- **Engage and Support Families** to build trust and strong Club communities for youth. Robust, trusting caregiver relationships critically prevent and mitigate mental health challenges.
- **Forge Partnerships** to increase youth and caregiver access to mental health services. Numerous barriers can prevent young peoples' access to affordable mental health or counseling services, and Clubs establish alliances to alleviate those obstacles.

If you are interested in learning more about the Summit for America's Youth or registering for the event, please visit <http://say.bgca.org>.