

You Can Sit With Us

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Logic Model

Outcomes

- Identify and incorporate mental health coping strategies
- Acknowledge mental health myths present in African American community

Outputs

- Pre/post mental health check-in surveys
 - 75% of attendees experience a positive behavior change on survey results
 - 50% of attendees incorporate at least one coping strategy in their daily routine

Activities

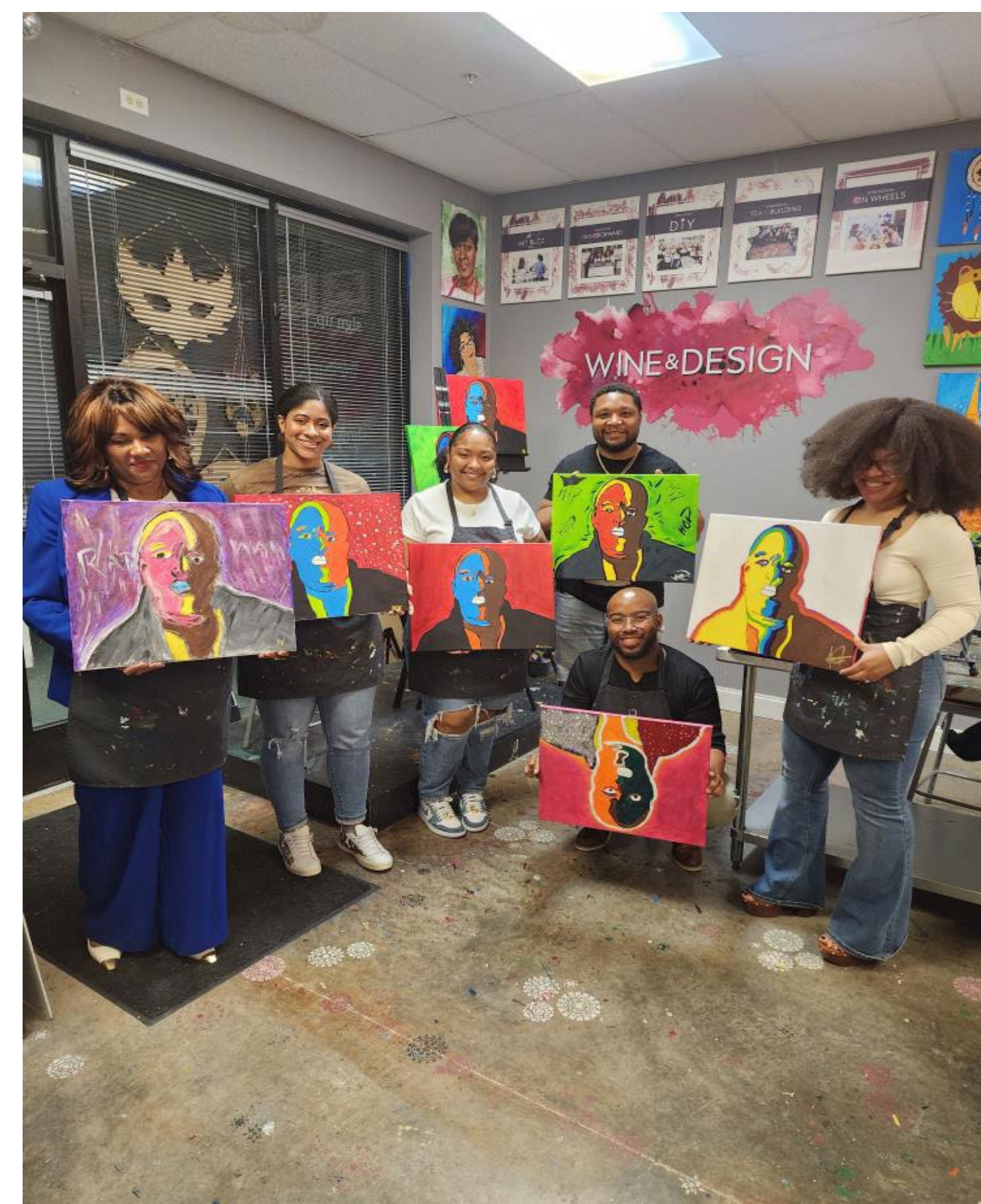
- Painting, yoga, Shakespeare in the park, candle making, dinners with a therapist, bingo, Vincent Van Gogh/ Huntsville Art Museum, Galaxy of Lights, Curated Gallery art museum exhibit for Black History Month, etc.

Inputs

- Time allocated for orchestrating events
- Social media infographics to advertise events
- Therapist expertise
- Existing partnerships to coordinate events
- Financial resources
- Paper and printer

Introduction

A 2019 community needs assessment released by the United Way of Madison County stresses that there are many societal needs that must be addressed such as education, financial stability, and health. They also reported that the most frequent healthcare needs that have not been met are adult dental care, vision care, and mental health.¹ Mental health is currently Alabama's number one health indicator according to the World Health organization and poses a major health concern in the African American community.² Approximately 21.4% of African Americans struggle with a mental condition, and only 39% of the general black population receive mental health services.³ To address this issue, it is crucial that African Americans are presented with coping strategies that are healthy, meaningful, and culturally sensitive so that they can become healthier mentally in their daily living.



My project showed creative ways through group settings how to cope with certain mental health issues, especially stress, anxiety, and loneliness. Each setting provided a safe space for individuals to communicate their feelings about themselves often in a humorous and entertaining manner. New and lasting friendships were formed and those friendships extended outside the walls of the partnership. Some individuals sought professional counseling after the dinner with a therapist event. Outcomes were assessed through a pre/post survey. Results are shown below:



Critical Assessment

Main barriers:

- Receiving post mental health check-in data after events
- Finding events that meet You Can Sit With Us requirements
- Scheduling events that do not conflict with schedules of 57 North Hampton Staff

Key Takeaways:

- Grown in leadership abilities
- Learned how to coordinate events with different businesses
- Learned how to better facilitate conversations about mental health



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References

