

Becoming a Loving, Optimistic, Open-Minded Me (B.L.O.O.M.)

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Notasulga High School and 21st Century Afterschool Program

Logic Model

Outcomes

- 4 faculty members expressed gratitude regarding the impact of guidance, support and resources for personal and academic growth
- Educated target population on the importance of mental health
- Established relationships between program participants, NHS faculty and BLOOM directors.
- Gained a community of 45 social media followers supporting the participants throughout the program
- 100% of participants felt that B.L.O.O.M. created qualities within themselves that were unbeknownst to them which was expressed in their journal entry

Outputs

- The focal output of this program are the 12 participants at Notasulga High School who attended and completed the program.
- Completion of 20 learning sessions in six months targeting mental health and well-being
 - Completion of 3 social events such as Halloween & Hygiene, Christmas Gathering, and Galentine's Day Party
 - 12 Participants are eligible to celebrate their achievements with a Mother Daughter Tea held in their honor

Activities

- Weekly Journaling
- Rose, Thorn, and Bud Check-In
- Mental Health Lessons
- Etiquette Class
- The 6 Pillars of Self-Esteem
- Hands on Activities:
 - Decorating Christmas Ornaments
 - Mirror Decorating
 - What's on your PLATE

Inputs

- The input of this program included:
 - Funding from the Albert Schweitzer Fellowship of Alabama and Walmart Incorporated to purchase needed materials for lesson plans.
 - Volunteers that helped execute events such as an etiquette class, galentines and halloween & hygiene parties, as well as the mother/ daughter tea.

Introduction

The BLOOM initiative targeted adolescent females in Macon County to improve their social- emotional skills which allowed them to become more self aware of mental health changes and challenges while matriculating through life. The goal was to improve their emotional skill set by creating a safe space built on the foundation of trust where the participants can be vulnerable. Throughout the program, student participants were engaged in active learning activities while learning how to manage the mental and physical changes related to coming of age.



First Meeting of the New Year 2024

Impact

The project focused on increasing mental health literacy among the population served, which helped them make informed decisions about their wellbeing. We focused on topics associated with the social pressures of life such as creating healthy relationships, building a sense of discernment, and the impact of social influences.

"BLOOM has provided invaluable support and guidance, helping our young girls navigate the challenges of life they face. BLOOM created an environment which helped to foster self-confidence and a strong sense of self-worth for our girls. Programs like BLOOM play a crucial role in nurturing the next generation of leaders and changemakers, and it has been encouraging to see the positive impact they've made in the lives of our girls. The dedication of organizations like B.L.O.O.M investing their time to ensure the personal and academic developmental needs of our girls are met. This partnership with the Blue Devil N.A.T.I.O.N 21st CCLC After School program has been truly inspiring."

- Mrs. Saniqua H. Rock, Ed.S.
Blue Devil NATION 21st CCLC
Site Director

"BLOOM has made a meaningful difference in the lives of our girls by offering them guidance, support, and resources for personal and academic growth. Through BLOOM, they gained the confidence to set and reach goals, cultivate leadership abilities, and pursue their interests. The bond between our girls and BLOOM cultivates a feeling of belonging and provides support as they navigate life's challenges and opportunities."

- Mrs. Keyauna Provo
Teacher

"BLOOM has been extremely beneficial and a motivating factor in the everyday lives of the young ladies at Notasulga High School and myself. Among so many things taught, I appreciate that they are able to communicate effectively with their peers without putting them down. This helps dramatically during a regular school day. They have built meaningful relationships that will last a lifetime. Thanks for shaping the young ladies at Notasulga!"

- Mrs. Alicia Levett
NHS Counselor/21st
CCLC Teacher

Critical Assessment

A barrier that we encountered was a limited amount of funds. We wanted to ensure that we had impactful activities that correlated with our lesson plans. Due to this, we created wishlists and accepted donations from individuals who believed in our program. Each week we had a fluctuating number of participants, to mitigate that we created lessons and activities that were not dependent on the amount of participants. A few of the activities consisted of playing jeopardy, watching movies, and creating handmade crafts that corresponded with the lesson that was being taught. This fellowship experience has impacted our future work by ensuring that we are making a commitment to lifelong learning by staying up-to-date on the best health equity practices. Our teamwork skills that were developed during this fellowship will help us in the future be able to collaborate with others to develop and implement effective health equity interventions. The input we received from our CAB and other stakeholders was essential for developing and implementing a successful health equity project. Their insight and guidance helped us to understand of the issues at hand and allowed us to develop an effective intervention tailored to the needs of the community.



Halloween and Hygiene Party

Acknowledgements

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References