



MENTAL WELLNESS:

Lucy's Psychiatry

What is the **problem?**



- Too many people do not know who to turn to when they need help coping with mental health.
- People never actually call hotlines even if they know it could help.
- Physically talking to a stranger is much easier than talking to family or friend.
- People still struggle to talk to therapists.

Mental wellness is a leading problem in the United States (and basically worldwide)..

Inspiration

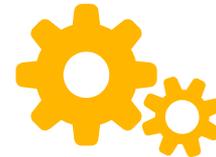


Charlie Brown's self-conscious personality is a perfect example of struggling with mental health. He tends to overthink problems and (sort of) represents depression.

Project **plan**



- Multiple stands like Lucy's around SCV
 - Volunteers would talk to customers and each would have a resource card for future contact
- It would be once every week or every other week thing
- Some kind of training (I assume?)
- There would be a website with all our contact information, times, and locations
- IT HAS TO BE CONFIDENTIAL



The Timeline



The Training

Volunteers will meet at GPA to receive training of some sort. We will cover confidentiality and how to talk to our clients.



Spread the News

Publicize the organization through social media. Make sure people become aware of this service.



GPA Post - "Tell Your Truth"

After the TYT event has ended, the stands and volunteers will be available to help anyone who needs emotional support.



Around Santa Clarita

Stands and volunteers will be available around Santa Clarita at specific locations for anyone to talk.



ONE-on-ONE

Individual therapeutic sessions where a student can comfortably confide in their peer counselor. They are confidential.

Participation

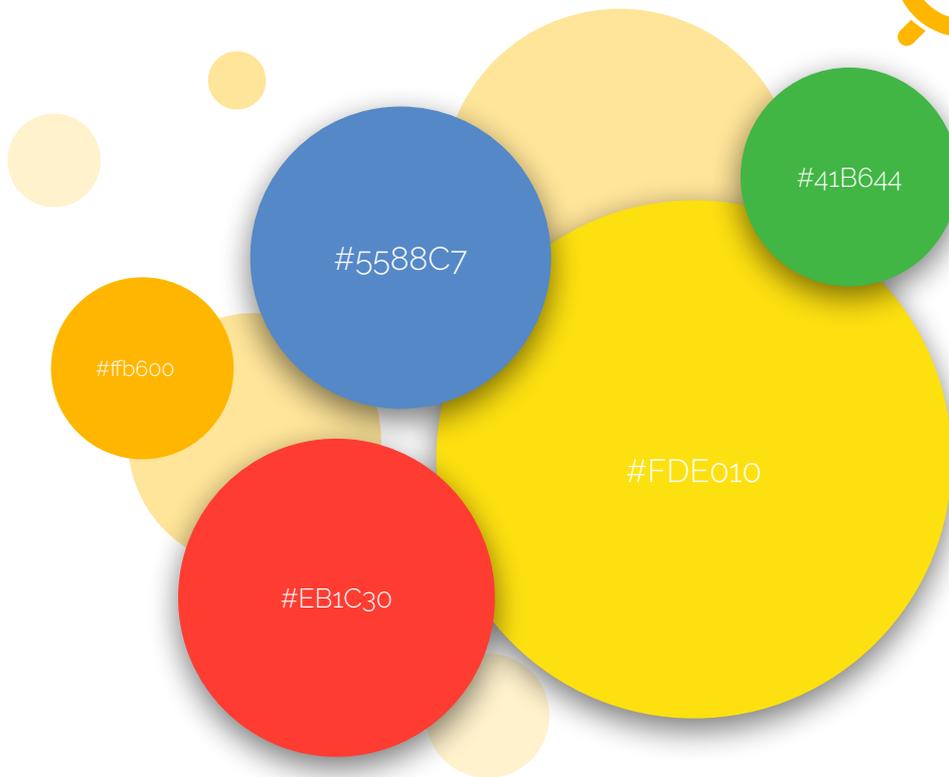
Empower each other by participating in local or global events, producing active global citizens who create new friends and reach out.

sNoopY LoVe

Plan fun activities to deepen and strengthen relationships between counselors and peers, as well as just building more friendships.



These are the
hex values for
the project.

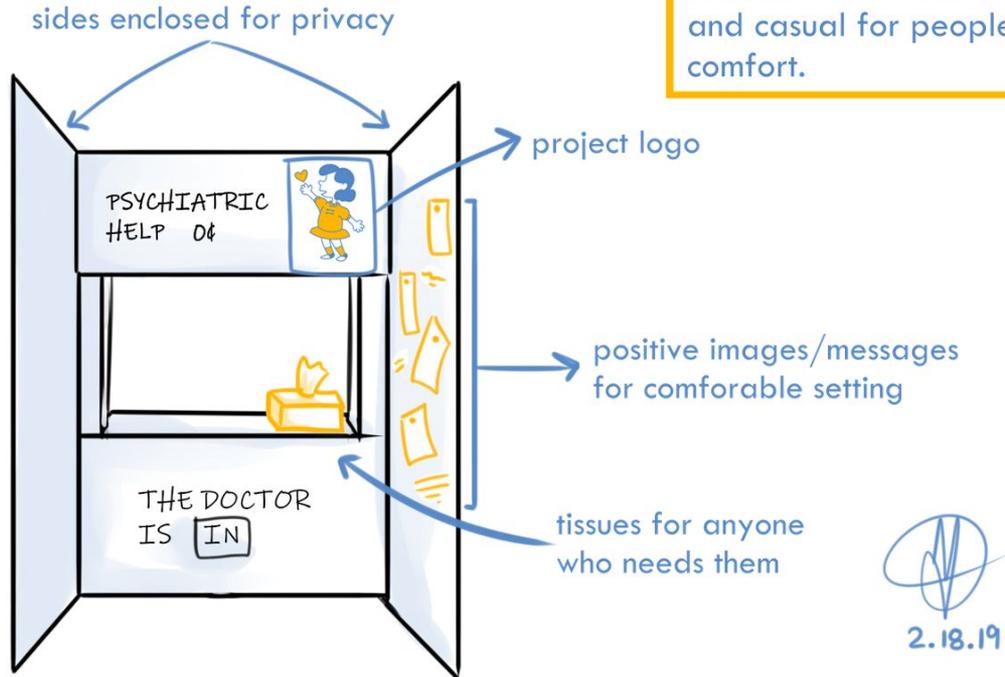




This is the **logo**
for the project.

Lucy's Psychiatry: The Stand

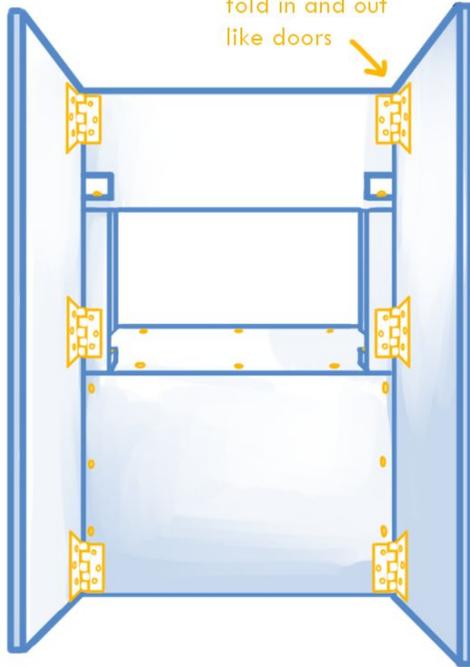
The stand keeps the vibe of the Peanuts universe but has been modified to be safe and casual for people's comfort.





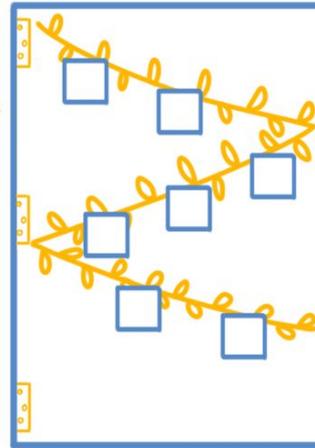
Lucy's Psychiatry: The Stand 2.0

Hinges on the side extensions; fold in and out like doors



The only shortcoming of the prototype stand was the lack of stability in the cardboard composition. The new stand will be made of plywood. All other aspects will not be changed.

Additionally, fairy lights (from which the images will be hung) will be utilized to create a more comfortable atmosphere.



Materials needed:

- (x1) 36" x 18" Plywood (3/4" thickness)
- (x2) 36" x 24" Plywood (3/4" thickness)
- (x2) 18" x 18" Plywood (3/4" thickness)
- (x1) 36" x 12" Plywood (3/4" thickness)
- (x2) 3" x 3" x 18" Plywood Block
- (x6) 3" x 3" (give or take an inch) door hinges
- (uncertain) 2"-2.5" Nails
- (x2) 36" Fairy Lights

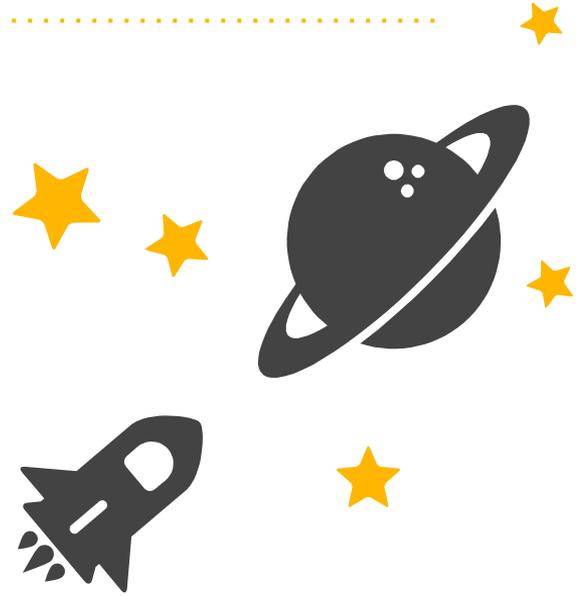
Extensions:

Images will now hang from fairy lights. The stand needs to be near a power outlet.



Time

Bring the attention of your audience over a key concept using icons or illustrations



(not made yet)



Here's the website.



LUCY'S PSYCHIATRY: **A Schoolwide Approach**

Cross-Age Peer Counseling in Schools



The FIX: Cross-Age Peer Counseling

Using students to provide the emotional and mental support for other students.

- **Both student counselor and student patient benefit**
Growth and learning opportunities as well as more positive interactions
- **Financial**
Use existing resources
- **Simple, Effective, and Empowering**



What is cross-age peer counseling?

Problem:

Student body population is too large for counselors to efficiently care for each and every student they are responsible for. Peer counseling can solve that, in addition to empowering students.

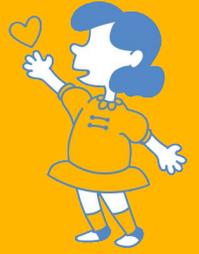
With an increase in rates of suicide and school violence, it is so important now, than ever, to care for the mental and emotional health of students.

Similar to peer tutoring, cross-age peer counseling is another opportunity for students to work with and empower each other in social and emotional areas. Cross-age is in reference to the age gap between the older student counselor and younger student patient.

Ex: Junior or senior high school student would be the peer counselor of a freshman student



SOLVENCY: Provide more available, efficient, and various counseling services to students without hindering the work of counselors



MENTAL WELLNESS:

Research



Let's **look** at some statistics

mental illnesses

Is the color of gold, butter and ripe lemons. In the spectrum of visible light, yellow is found between green and orange.

laura's law

Is the color of gold, butter and ripe lemons. In the spectrum of visible light, yellow is found between green and orange.

suicide

In 2017, 10 people between ages of 50-59 committed suicide in SCV.

death

Annually, about 30,000 people die by suicide, which is more than the amount of people that die by homicide each year.

5150

Is the color of blood, and because of this it has historically been associated with sacrifice, danger and courage.

Red

Is the color of blood, and because of this it has historically been associated with sacrifice, danger and courage.

<https://educationnorthwest.org/sites/default/files/building-effective-peer-mentoring-programs-intro-guide.pdf>

<http://neatoday.org/2018/08/03/10-challenges-facing-public-education-today/>

<http://edynamiclearning.com/courses/high-school-peer-counseling-course/>