



OVERVIEW OF SCHOOL OFFERINGS



About Black Girls Smile, Inc.

Black Girls Smile, Inc. was founded with a mission to provide young Black girls and women with education, resources, and support to lead mentally healthy lives. For the past decade, Black Girls Smile has worked to hone our engagement and programming focus to center our work on more targeted approaches for underserved and underrepresented Black girls and young adults, as it pertains to mental health.

As we have grown, we now offer free school-specific support that includes the following components:

- Weekly and Biweekly Group Coaching for Students
- Virtual and In-Person Workshops for Students, Faculty and Parents/Caregivers
- Reserved Spots in the Charlyne McFarland Therapy Assistance Program
- On-Demand Suicide Prevention Training
- Conflict Mediation Support

Please read below to learn more about each of these offerings.

Weekly and Biweekly Group Coaching for Students

Group Coaching with Black Girls Smile is facilitated by licensed mental health providers who are also available locally if in-person sessions are desired. Group coaching runs for a total of 8 sessions that can take place weekly or biweekly to accommodate up to 25 students. The total time of each session is between 45 minutes to 60 minutes depending on class structure. Participants will engage around the following topics and will receive a personalized resource book at the end of the group coaching tenure:

- Conflict Resolution
- Effective Communication
- Bullying & Suicide Prevention
- Interpersonal Violence within School
- Self Esteem & Body Image
- Coping Strategies



OVERVIEW OF SCHOOL OFFERINGS



Virtual and In-Person Workshops for Students, Faculty and Parents/Caregivers

We provide cultural and gender-responsive mental health literacy education through our SHE's Mentally Prepared program. These take the form of individual 90-minute workshops or multi-session workshops that are available for the entire school community, inclusive of parents and caregivers. They can accommodate various group sizes and are adapted to what is needed in your school ecosystem.

Topics that can be covered include the following:

- Mental health terminology, general warning signs and resources
- Coping strategies and self-care methods
- Stress management and reduction tips
- Support for parents and caregivers
- Bodily autonomy, boundaries and self-confidence
- Navigating microaggressions and embracing culture
- Managing conflict and asking for help
- Adultification
- Mindfulness and visioning

Reserved Spots in the Charlyne McFarland Therapy Assistance Program

The Charlyne McFarland Therapy Assistance Program provides financial support for approximately 10 to 12 therapy sessions with a licensed mental health professional. Recipients can work with their current licensed mental health provider, one of our vetted providers, or through one of our provider partner networks such as Open Path Collective, BetterHelp, and TalkSpace. As a school partner, you will have ten to twenty reserved spots for female/femme/nonbinary students who identify as Black/African American.



OVERVIEW OF SCHOOL OFFERINGS



SHE'S Mentally Well: On-Demand Suicide Prevention Training

Our new suicide prevention 5-part module program is both timely and necessary as demonstrated by focus groups, listening sessions, and statistics to provide a targeted focus on decreasing suicidal behaviors and thoughts among Black girls and young adults. The course's objectives are:

- To decrease in suicidal ideations & suicidal behaviors
- To increase in mental health literacy
- To decrease mental health distress
- To increase likelihood to access mental health resources

Participants in SHE's Mentally Well can complete the course virtually on their own time and select trainings are held in person.

Conflict Mediation Support

For schools that participate in any of our previously mentioned services, we provide access to trained conflict mediators to support with issues that may arise amongst students, faculty, and their caregivers.

Next Steps

If any of these services are aligned with the needs of your school community, we invite you to complete [this interest form](#). Based on your responses, we will seek to find a time to connect with your school's administration and guidance counselors to learn more about your school environment and its unique needs. If we mutually agree that our services are aligned with your school, then we will begin the process of onboarding for a start in early 2023.

Please send any questions to our Associate Director, Paige Woods, at paige@blackgirlssmile.org.