



April 19, 2024

Thank you for your interest in the Social Media Impact on Mental Health Symposium!

Fast-advancing technology is changing our lives as it improves and continues to advance and make things easier for us. Collectively, we all expect kids to be technology savvy, but we must save them from falling prey to online predators and hidden dangers.

Online dangers are many, like gaming addiction, cyberbullying, algorithms targeting weaknesses stimulating isolation, human trafficking, drug traffic, teen suicide, and impersonations, and the list keeps growing all the time as technology continues to advance and perpetrators take advantage of the vulnerable. The Youth fall under this category as they grow through their developmental stage and determine the most appealing path. The path to risk mental health disorders is glamorous, pleasure-driven, and exciting and looks way more inviting, and social media and online apps exalt these lifestyles. The path to a healthy future is "narrow, rocky, and with thorns" and requires sacrificing pleasure with rightfulness. Unquestionably, the results are visible as those seeking pleasure end up miserable, anxious, and depressed, and those sacrificing themselves end up mostly with healthy, fulfilling lives.

NXT GEN Mental Health proposes introducing five sequential family therapy presentations providing awareness, prevention, and intervention, and all of them promote time expenditure awareness and physical activities, including sports, arts, educational courses, and community engagement group projects. The children would learn how to prevent their parents from online overexposure! The five presentations would debut on the May 29th Symposium Panel Discussion and May 30th. Summer Camp Registration is open to the public, scheduled at the East Library and Recreation Center, the epicenter for zip code 76010. These presentations resulted after considerable time reflecting and conducting qualitative research with teachers, nurses, psychologists, parents, and teens. The decision is to cater to family workshops, where we emphasize the importance of mental health wellness by the kids and parents to reduce their online exposure. Many kids and parents spend over 8 hours per day behind a screen that is not work or study-related. Consequently, the area selected includes the two low-income strategic areas, the Central Arlington Neighborhood Revitalization Strategy Area (NRSA) and the East Arlington Target area, within zip code 76010, and the surrounding vicinities., to launch the program meets the criteria for a vulnerable sector with the added incentive that it borders the University of Texas at Arlington, home to the School of Social Work, making it a perfect combination to recruit and train future mental health professionals.



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How can you support our mission and goal?

- Provide access to key stakeholders in the community to start reaching low-income families living in zip code 76010 and vicinity.
- Marketing to include Flyer distribution, announcements, and word-of-mouth promotions to attend the workshops.
- In-kind donations for giveaway to motivate the families to participate and attend the workshops.
- Providing information on low-cost or free after-school and summer camp programming to partner with and promote to families.
- Assistance in generating a database of sports coaches, trainers, mentors from various sports backgrounds.
- In addition, teachers or instructors in Art, Music, Dance, Instruments, Sculpture, and Painting,
- Volunteers of all ages 25 and up to Active Senior Citizens to assist in programming as well as events.
- Feedback that includes creative solutions we can incorporate generating partnerships that will assist us encouraging our youth and families to unplug to increase their engagement with one another while decreasing usage of social media and technology.
- Meeting space with Audio Visual equipment to hold workshops and sporting venues to host creative outdoor activities.
- Donations of nutritious food to participating families in the workshops.
- Donations used to pay for operating expenses, wages, and salaries staff and Interns, including developing future mental health practitioners.



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**Pledge Card and Feedback - [Please click here to complete the form online](https://forms.office.com/r/694G56DQFG) or go to:
<https://forms.office.com/r/694G56DQFG>**

Pledge to help NXT GEN Mental Health cover the Gap in Protection to prevent the Youth from falling into online dangers.

Name and Title: _____ Organization: _____

Contact Information:

What is one take away that stood out about our presentation today?

Was information provided today to support that the overuse of technology and social media could be a contributing factor in the overall mental health and wellness of our youth and their families?

How can I support NXT Gen Mental Health’s Mission? I Pledge to:

How can my organization support NXT Gen Mental Health Mission? We Pledge to:

Additional Feedback:



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