



NXT
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Unplugged: Mental Health Apprenticeship Program

NXT Gen Mental Health is responding to the ongoing crisis confronting the emotional disorders hurting adolescents resulting from social media and the prolonged time they spend online. Online dependency forces tweens and teens to isolate themselves from family and friends and get exposed to predators, gaming addictions, molesters, drug dealers, traffickers, bullying, hackers, sexual immorality, and all hidden online dangers.

- According to the U.S. Surgeon General and the APA May 2023 Social Media Health Advisory, **40% of children 8-12 use social media. 13 is the platform's recommended minimum age!**
- **"Harmful Algorithms promote teen social isolation (APA, 2023)."**

Social Media and Youth Mental Health

The U.S. Surgeon General's Advisory

2023



<https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>



YouTube algorithm sends gun videos to kids as young as 9, study finds

Economy May 16, 2023 5:59 PM EDT

<https://www.pbs.org/newshour/economy/youtu-be-algorithm-sends-gun-videos-to-kids-as-young-as-9-study-finds>



AMERICAN
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ASSOCIATION

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Health Advisory on Social Media Use in Adolescence

MAY 2023

<https://www.apa.org/topics/social-media-internet/health-advisory-adolescent-social-media-use>

Challenges to Solve

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Current Youth Mental Health Crisis; Shortage of Qualified Mental Health Practitioners & Collaboration between the Youth Community Outreach Programs.

We embrace technology and its limitless online benefits. However, we promote responsible and safe navigation, limiting online time and minimizing the exposure and dangers lurking within the information superhighway.

Our triple-edge strategy includes facing the devastating crisis hurting the mental health wellness of the next generation of young adults, training and developing the next generation of professional mental health practitioners and enhancing youth outreach program partnerships to improve adolescent well-being and advance the next generation of healthy communities.



Collaborating with Youth Outreach Programs and Highlighting all Community Wellness Resources

Recent studies demonstrate that children, tweens, and teens of low to moderate-income families have a higher risk of spending more time online, exponentially increasing their risk.

- The vulnerable community selected to launch the program is the East Arlington Target Area, living in zip code 76010.

We look to collaborate and support field-building by promoting youth group outreach organizations and school programs to engage tweens and teens to practice sports and other activities such as home economics, arts, community service, and friendly competition, stimulating healthy bodies and healthy minds.

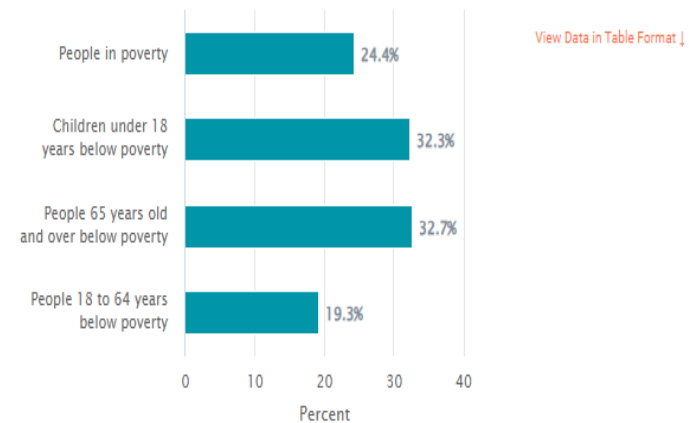
We help the community by highlighting secluded available community resources capable of contributing to their holistic and mental well-being by sponsoring and partnering with www.arlorg.info.

Zip Code 76010

Poverty and Participation in Government Programs

In 2018-2022, 24.4 percent of people were in poverty. An estimated 32.3 percent of children under 18 were below the poverty level, compared with 32.7 percent of people 65 years old and over. An estimated 19.3 percent of people 18 to 64 years were below the poverty level.

Poverty Rates in ZCTA5 76010 in 2018-2022



In 2018-2022, 18.7 percent of households received SNAP (the Supplemental Nutrition Assistance Program). An estimated 58.9 percent of households that received SNAP had children under 18, and 28.3 percent of households that received SNAP had one or more people 60 years and over. An estimated 29.6 percent of all households receiving SNAP were families with a female householder and no spouse present. An estimated 33.3 percent of households receiving SNAP had two or more workers in the past 12 months.

Mission & Vision Statement

Our mission at NXT Gen Mental Health is to improve the quality of counseling services for youth by increasing their access to mental health professionals through a scholarship training program that partners with local universities and organizations under the supervision of a Licensed Clinical Social Worker - LCSW.

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Our vision is for motivated Mental Health Interns to guide the youth and their parents to navigate safely through the information superhighway, mastering its domains and remaining safe from online dangers and threats, promoting community mental health and physical well-being.

NXT GEN Mental Health Action Plan

Our program consists of three stages: awareness, prevention, and intervention. For the first two stages, we hope to conduct group sessions in English and Spanish at schools, churches, youth care facilities, libraries, colleges, universities, health clinics, and anywhere that opens a door for us. The last stage is to offer interventions to those affected and requiring assistance. We look to partner with counseling practitioners and develop future practitioners (once the system is well established and has expanded to other vulnerable zip codes).



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Raising Online Danger Awareness

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Our first stage is to raise awareness of the mental health crisis caused by prolonged online exposure, dangerous algorithms, inappropriate activities and interactions, and increased risk to socioeconomically vulnerable populations to parents, caregivers, and adolescents about the hidden dangers devastating the well-being of tweens and teens. Some of the risks include online predators, hackers, impersonators, traffickers, isolation, mass killings, sexuality, depression, anxiety, bullying, suicide, gaming, and social media addiction.

As parents and grandparents, what is our purpose in life if we lose our children, our next generation?



SHANTÉ LOWERY, LCSW



Desenchúfate: Recomendaciones para mejorar tu salud mental

UNPLUGGED: Tips for Improving your Mental Health

Promoting Prevention Skills - Unplug: Tips for Improving Youth Mental Health

The second stage is to promote prevention skills to help unplug families and all stakeholders from excessive screen navigation and enhance human contact and bonding. The program includes technical guidance, resources, and promoting physical activities, entertainment, and rewards – roll back the Trophies and Championships!

Healthy Bodies Healthy Minds!

Providing Interventions to those hurting and affected.

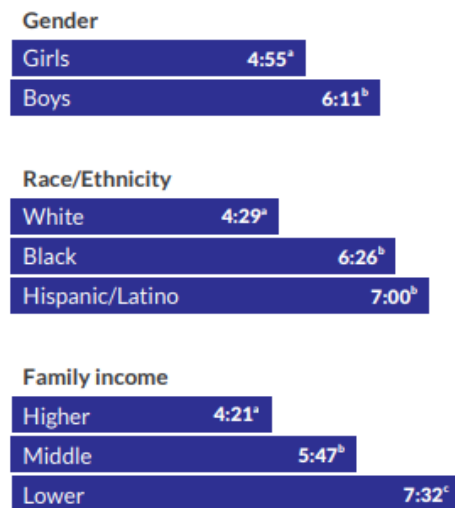
The third stage is to provide screenings, resources, and intervention therapy to all those identified as affected by the crisis.

“It is easier to build strong children than to repair broken adults” Frederick Douglass

For more statistical information, visit the Common-Sense Census, Media Use by Tweens and Teens at the following link: <https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens-2021>

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FIGURE F. Average daily entertainment screen use among 8- to 12-year-olds, by demographics, 2021



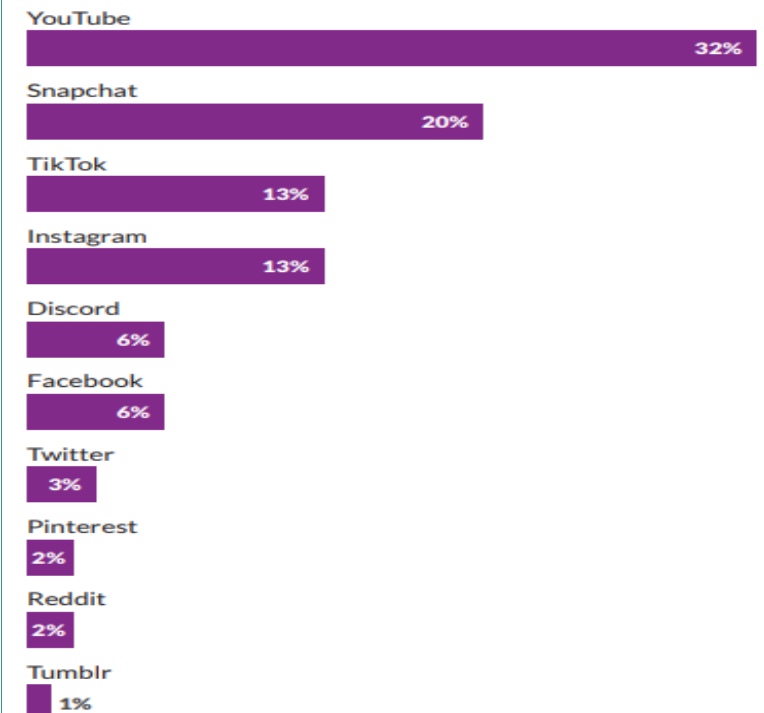
Notes: Lower income is <\$35,000; middle is \$35,000 to 99,999; and higher is \$100,000 or more. Items with different superscripts (a, b, c) differ significantly ($p < .05$).

FIGURE G. Average daily entertainment screen use among 13- to 18-year-olds, by demographics, 2021



Notes: Lower income is <\$35,000; middle is \$35,000 to 99,999; and higher is \$100,000 or more. Items with different superscripts (a, b) differ significantly ($p < .05$).

FIGURE B. Site teens wouldn't want to live without, 2021
Among the 79% of 13- to 18-year-olds who are regular users of social media and online videos (use at least once a week), percent who choose each site as the one they wouldn't want to live without



Developing Future Mental Health Practitioners – Apprenticeship Program

Online threats do not discriminate, as they can happen to everyone, regardless of status, gender identity, age, occupation, income, or geographical location.

NXT GEN Mental Health Apprenticeship program includes tackling the crisis by developing Mental Health practitioners and offering stipends to Interns from several programs, including the School of Social Work Master's Program at the University of Texas at Arlington, to develop their skills and help treat those affected by the current crisis.

“Education is the passport for the future, for tomorrow belongs to those who prepare for it today” Malcolm X

A Universal Call to Working Together, the United Way!



The best evidence statistics available undertaken by the highest medical experts in the Nation confirm that the mental health future of over 25% of our children – tweens and teens – is at risk. Sadly, the root issue, online threats, keeps expanding, with technology improving efficiency and expanding the field for predators and ill-intention individuals. Those most at risk are the vulnerable low-income children of our community. We need to unite our efforts and work together to bring awareness, unplug the children, and help those affected.

Together, we can work together in solidarity for the common good and the holistic wellness of tweens and teens!

Monthly Awareness Calendar

February – Launch Date – NXT GEN Mental Health – Join us battling the crisis. Teen Violence Awareness Month –

Featuring: [Family Counseling Center](#); [Youth.gov](#); [National Today](#); [Love is Respect CSVANW](#); and [Teen Violence Awareness Month](#)

March – Self-Harm Awareness Month – Online Illicit Substances – Featuring: [D. A. R. E. International](#)

April – Sexual Assault Awareness Month: - Online Sexual Abuse - Featuring: [SOSA – Safe from Online Sex Abuse](#); [Stop Child Predators](#); and [Child Crime Prevention & Safety Center](#)

May– National Counseling Awareness Month – Online Anxiety Disorders – Featuring: [Thrive Talk](#) – [NAMI – National Alliance on Mental Illness](#)

June – Dark Web Awareness Month – Online predators, hackers, impersonators, scammers - Featuring: [Office of Juvenile Justice and Delinquency Prevention](#) & [NIJ - National Institute of Justice](#)

July – Isolation – Dangerous Algorithms - Gun Violence – [One Second Collaborative](#) – [United Way of Tarrant County](#); [Department of Homeland Security- Mitigating Social Isolation in Youth](#); [Alliance for Children, Arlington](#)

September – National Suicide Prevention Month – Featuring: [The Jordan Elizabeth Harris Foundation](#)

October – Cyber-Bullying Awareness – Bullying Prevention Month – Featuring: [Cyberbullying Research Center](#); [The Mean Girl Extinction Project](#); [David's Legacy Foundation](#)

November – Gaming Addiction – Featuring: [Omega Recovery](#); [American Addiction Centers Recovery.org](#)

January – Human Trafficking - Featuring: [Traffick 911](#); [CRS](#); [Unbound Now](#); [OUR – Operation Underground Railroad](#)



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**Let's Work Together, and support our Teens
and Tweens, Thank You!**

