



Monday, April 22 - 10am - 1pm CDT

Community Partner
SYMPOSIUM
SOCIAL MEDIA IMPACT
ON MENTAL HEALTH



**Arlington Public
Library
George W. Hawkes
Downtown
Excellence Room – 3rd.
Floor**

How Can You Support Our Mission and Goal?

**[Click Here to Pledge your support and offer
valuable feedback – Thank You!](#)**



**NXT
GEN
MENTAL
HEALTH**

Problems/Issues:

Excessive time spent online for children, as presented in the research studies by the U. S. Surgeon General “Social Media and Youth Mental Health” May 2023 report, indicates 40% of children 8-12 use social media, and 13 is the recommended age. The “Common Sense Census” study shows that low to moderate-income tweens and teens are highly exposed to increased online threats.



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

Economy May 16, 2023 5:59 PM EDT



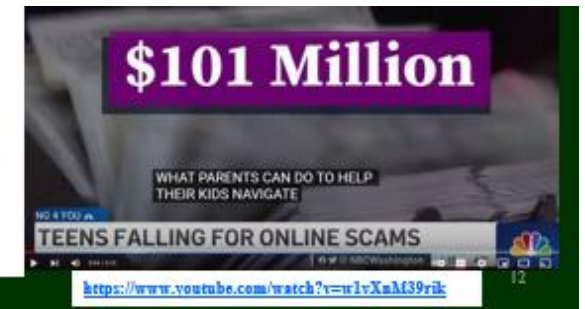
AMERICAN PSYCHOLOGICAL ASSOCIATION
Health Advisory on Social Media Use in Adolescence

MAY 2023

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

Problems and Issues, Continue

Online over-exposure is the principal root cause creating the current Mental Health crisis affecting the Youth. Several initiatives and funding exist to confront different issues (Teen Violence – United Way; Suicide – The Jordan Elizabeth Harris Foundation, see list). Unfortunately, they lack coordination and communication between nonprofits, community outreach, and government agencies.



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.

Desired Outcome

Get all the agencies together to learn about each other's programs and get everyone working in unison to confront the crisis in a coordinated effort, following always the best-evidence practices and centralizing the efforts.



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Proposed Change Efforts – Chronologically

Zip Code 76010

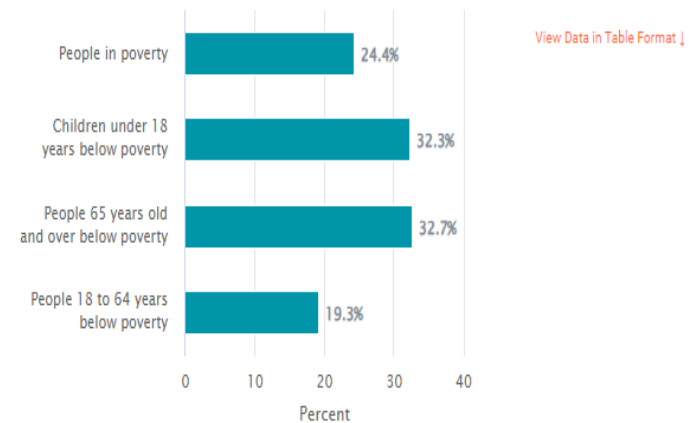
Recent studies demonstrate that children, tweens, and teens of low to moderate-income families have a higher risk of spending more time online, exponentially increasing their risk.

Secure partnerships to conduct workshops with the Arlington Housing Authority, and other after-school programs located inside 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 surrounding vicinities to conduct family awareness and prevention workshops, starting in May, and continuing through the Summer, and intensifying during the Fall School Session. Start conducting best-practice research and grow it to include other zip codes and cities.

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.

Summer Camp Enrollment Event

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

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May 29 - Symposium Panel Discussion - and May 30 - Summer Camp Enrollment Event by NXT GEN MH Free of cost to the public. –

May 29 -Panel Discussion: Roll out the 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!

May 30 – Summer Camp Enrollment Event

The event is geared towards signing up children and youth not yet registered for a summer camp.

Location: East Library and Recreation Center, 1817 New York Avenue, Arlington, TX 76010

Expected Outcomes



Short-Term Outcomes: Debut five sequential family therapy presentations providing awareness, prevention, and intervention, and promoting physical activities, including sports, arts, educational courses, and community engagement group projects to Youth Outreach Program Providers during the “Summer Camp Enrollment Event.”

Medium-Term Outcomes: Implement the five sequential workshops partnering with Arlington Housing and other Youth Outreach Program locations.

Long-Term Outcome: Support clients by providing needed resources, including interventions, expanding prevention programs and facilities responding to the demand. Develop a referral system for external factors and implement evidence-based practices evaluated by surveys for data collection.

Ultimate Social-Justice Goal: Decreasing the number of families and individuals affected by online threats and enhancing community partnerships by identifying best practices and research. Community enrichment!



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