

Showing Up For Me and You

Parent & Caregiver Resources for Mental Wellness Patch Program for Seniors and Ambassadors

Senior and Ambassador Girl Scouts in high school are starting to figure out their own strengths and weaknesses. They are deep in the discovery process and place high value on peer opinions. They may experiment with new ideas, styles, and mannerisms to see how they fit in socially. They may also be striving for their independence and personal success. Many are concerned about their future, which causes stress and uncertainty.

Building our own wellness practices and supporting others are two ways to help them cope as they move forward in their lives. That's why Girl Scouts partnered with the HCA Healthcare Foundation and the National Alliance on Mental Illness (NAMI) to create this Mental Wellness Patch Program for Senior and Ambassador Girl Scouts.

Through this Mental Wellness Patch Program, which was generously funded by the HCA Healthcare Foundation, we give Seniors and Ambassadors an accepting, safe environment to learn about:

- Mental health stigma and why language matters
- How to build strategies to navigate challenges
- How to seek help when needed
- How to support others

Through the Girl Scouts' mental wellness initiative, we provide our membership, staff, and volunteers with programs and training to better understand



mental wellness. As a parent and caregiver, you are an essential part of this, which is why we've created this resource guide for you.

We want to help you support your Girl Scout with what they learn about mental wellness, and for anything they might need going forward.

This process begins by defining mental health and wellness for you:

- Mental health encompasses emotional and psychological health. It impacts how we think, feel, and act. Everyone has a state of mental health, just as everyone has physical health.
- Mental wellness refers to how we take care of our mental health, which includes how we cope with stress and engage with others.

Post-Mental Wellness Patch Program Tips:

- Read through the handouts, worksheets, or any other materials from the Mental Wellness Patch Program. Use them as a conversation starter to discuss the activities your Girl Scout did. Find out what was the most meaningful or surprising thing your Girl Scout learned.
- Practice using language that will break down mental health stigma. You can find more in “Your Language Matters” in the resources.
- Practice tips from the “Active Listening Checklist” handout when talking to your Girl Scout.
- Encourage your Senior or Ambassador to explore self-care activities that will increase their ability to move through challenges and will contribute to positive mental health.
- Create time at home to discuss mental health by doing check-ins and offering an outlet to share feelings your Girl Scout is struggling with, including your own struggles.

Resources:

Here are some resources you might find helpful when learning about and supporting mental wellness for Senior and Ambassador Girl Scouts:

- [Girl Scouts Mental Wellness and Inclusion Portal](#) (GSUSA)
- [Raising Awesome Girls: Help Her Be Happy and Healthy](#) (GSUSA)
- [Your Language Matters](#) (NAMI)
- [Kids, Teens and Young Adults](#) (NAMI)
- [NAMI Basics](#): A series of classes dedicated to parents/caregivers of a child who is showing symptoms of or who has been diagnosed with a mental health condition.

● Useful websites:

- [National Institute of Mental Health](https://www.nimh.nih.gov) (nimh.nih.gov)
- [Substance Abuse and Mental Health Services Administration](https://www.samhsa.gov) (samhsa.gov)
- [Centers for Disease Control and Prevention: Children's Mental Health](https://www.cdc.gov/childrensmentalhealth) (cdc.gov/childrensmentalhealth)

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