

girl scouts 
of california's
central coast



Mental Health Skills Program

**Serving over
5,700 girls and
4,600 volunteers**





The Girl Scouts of California's Central Coast (GSCCC) stands committed to its mission **to build girls of courage, confidence, and character who make the world a better place.**

GSCCC serves the vibrant and diverse regions of Ventura, Santa Barbara, San Luis Obispo, Monterey, San Benito, and Santa Cruz counties.



THE PROBLEM



The decline in girls' mental health is a pressing concern.

Today's girls are the architects of tomorrow's society, and nurturing their mental well-being is paramount to ensure they can make their best contributions. Healthy experiences during adolescence shape not just their choices but also their confidence, capabilities, and ability to engage meaningfully in the community. It's crucial to equip them with the skills to navigate mental health challenges from a young age, empowering them to address their well-being as they grow and develop proactively.

According to recent research conducted by Girl Scouts USA, an alarming 7 out of 10 girls are grappling with feelings of being overwhelmed. An estimated 50% of girls surveyed expressed that social media platforms have not only altered their perceptions of body image standards but have also contributed to a decline in their self-esteem.

These findings underscore the urgent need for targeted interventions to support the mental health of adolescent girls in navigating the challenges of today's society.

39%

feel like they
belong
in school

79%

feel like they are
going to "explode"
from pressure

57%

don't believe
they're smart
enough for their
dream career

1 in 3

don't speak their
mind because they
want to be liked

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**Beginning
in 2023,
GSCCC
launched its
Mental
Health
Coping
Skills kit.**

Girl Scouts of California's Central Coast is committed to addressing this mental health crisis through our Girl Scouts Mental Health & Wellness programs



As part of the Girl Scout Leadership Experience.

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2023/2024 AFFIRMATION PROGRAM

Did you know affirmations can have a positive impact on your health?

Affirmations are short phrases that you repeat 3-5 times per day, either aloud or in your head, to affirm a positive trait or behavior about yourself. Practicing affirmations regularly can help build confidence to overcome self-doubt and negative thoughts. Research shows affirmations can increase feelings of self-worth and boost confidence, making it more likely for those that practice these simple phrases to achieve their goals. Use the cards provided in this kit to repeat these 12 positive affirmations daily.

Kindness: Be kind to yourself. Girl Scouts are taught to respect themselves and others. Sometimes we are our own toughest critic. This affirmation will help to change a negative view of oneself.

Self-Care: Be grateful for the body you are born in! A stronger sense of self can help you adapt when faced with adversity. Take care of your body and treat it with respect.

Sisterhood: Girl Scouts encourage friendship and girl bonding while having fun! Joining a program with the same age group helps girls have a stronger connection, which reduces the fear of being alone. This positive experience boosts a girl's self-esteem.

Uniqueness: You are one in a million! Celebrate what makes you special and remind yourself there is no one quite like you!

Mindfulness: Pay attention to the present moment. Think about how you can re-frame your negative thoughts into positive ones. Instead of being overwhelmed by your feelings, you can manage them through breathing techniques, stretching, and meditation.

Setting Goals: Setting small goals or large ones and accomplishing them builds confidence! Plan small goals that are attainable and build off of them for the larger goals.

2024/2025 COPING SKILLS PROGRAM



This program will encompass participation from 5,600 girls by September 30, 2024, across the six counties. The program ensures inclusivity for girls from kindergarten through 12th grade, welcoming girls from all backgrounds, regardless of race, ethnicity, or financial status, and embodying the Girl Scouts' commitment to diversity and equity.



Be a better who?.. Be a better YOU!

Nurturing brave hearts and wise
minds through coping skills.



Welcome to the Mental Health Coping Skills Program! This kit is designed to help you learn and practice important coping skills for a healthy mind. Each time you master a new coping skill, you get to add a cool sticker to your water bottle. **Let's get started!**



Welcome to your Coping Skills Water Bottle Kit!

Instructions:

Step 1: Choose a Lesson

Start by picking a coping skill lesson from the set provided. Each lesson is like a superpower for your mind!

Step 2: Learn and Practice

Read through the lesson with the help of a parent, teacher, or friend. Practice the coping skill in different situations until you feel confident using it.

Step 3: Master the Skill

Once you've mastered the coping skill, you'll feel more confident and can use it whenever you need.

Step 4: Get a Sticker

Now, it's time to celebrate your achievement! Find the sticker on the sheet that matches the coping skill you learned. Peel it off carefully.

Step 5: Stick It on Your Bottle

Place the sticker on your water bottle in the spot that matches. This will be a visual reminder of your awesome coping skill achievement!

Step 6: Repeat and Collect

Keep going! Choose another coping skill lesson, learn, practice, master, and collect more stickers.



Exciting News: Monarch Breeding & Research Institute Update!



We're thrilled to share progress on the Monarch Breeding & Research Institute at Camp Arnaz, a collaborative effort between us, the Ventura County Resource Conservation District, and U.S. Fish and Wildlife Service. This partnership underscores our commitment to educating girls on the significance of monarchs and pollinators while conserving and studying these remarkable creatures. Recently, we achieved a significant milestone by planting over 186 pollinator and Monarch-friendly plants on 3.86 acres of land.



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