



BC2M ONLINE

Fall 2020

Mental Health Advocacy from Home



bring change to mind
high school

highschool@bringchange2mind.org | www.bringchangetomind.org

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GLOBAL CHANGE, TRANSITION, & BC2M



All of us at BC2M understand that within the past year, the world has experienced some major changes that many of us were not prepared for. Along with experiencing a global pandemic and living through the largest civil rights movement in our country's history, we know many of you have been facing big challenges and transitions in your personal lives: you may have experienced housing or food insecurity, new physical and mental illness in your family, grief and loss, separation from friends and loved ones, anxiety, unemployment, depression, loneliness, isolation, fear of all the uncertainty, or anger at various injustices to name a few.

We want you to know that no matter what you are feeling, your experience is valid and matters to us. We want to remind you that your voice matters to us and that your mental health matters to us. And while it is totally normal and okay to feel distressed and hopeless, we also know that in community we can create a new hope and the strength to accomplish together what we cannot do alone. BC2M is prepared to continue to be here for you no matter where you are or how your circumstances may continue to shift, because you deserve it.

We also recognize that over the past few months, local and state governments have taken some sweeping actions that have created challenges for keeping our BC2M communities connected. Many schools have begun to transition into virtually-based instruction, for example, to accommodate necessary social distancing practices. Some schools may even be shutting down for the time being as they work to figure out the best way to move forward in these uncertain times. You may be wondering what this means for your BC2M club's future.

GOING VIRTUAL: OUR PLEDGE

As the world continues to shift and change, BC2M recognizes and values that we must be prepared to change, too. We know that now, perhaps more than ever, the mental health of our communities is a priority. We want your BC2M clubs to continue to thrive and to have a positive impact on your peers and on you. We pledge to continue to honor your hard work and the BC2M communities you have built, and so we have put together this document to make BC2M accessible virtually for those of whom it is not safe to meet in person right now.

In this document, you will find tips for running your BC2M clubs virtually, ideas for how to continue raising awareness about mental health in a time of global transition, and guidance for how to keep prioritizing your own mental health and that of your peers. This is a living document, which means we will continue to adapt and update it as your needs adapt and as the world continues to shift.

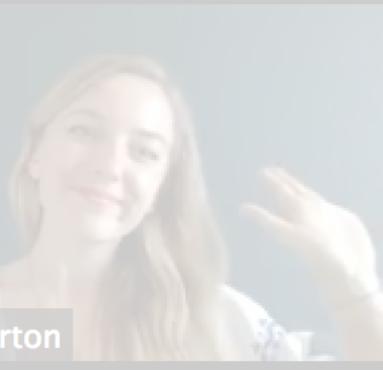
Finally, we want to say one more time that we are here for you and with you. We are so proud of your leadership, your commitment to making a difference, and that you are taking care of yourself and those around you.

Please reach out to your regional manager with any questions or concerns and take care!

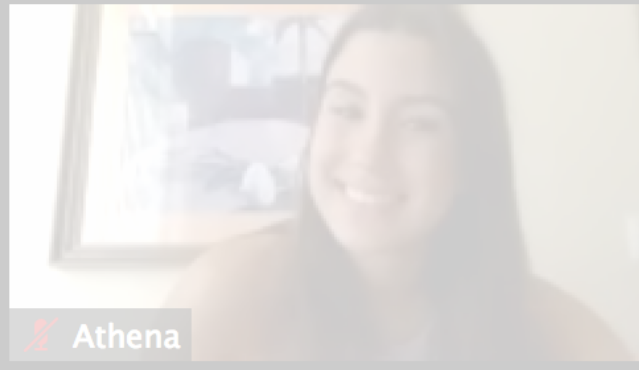
With love,
BC2M

When I dare to be powerful—to use my strength in the service of my vision—then it becomes less and less important whether I am afraid,"
— Audre Lorde

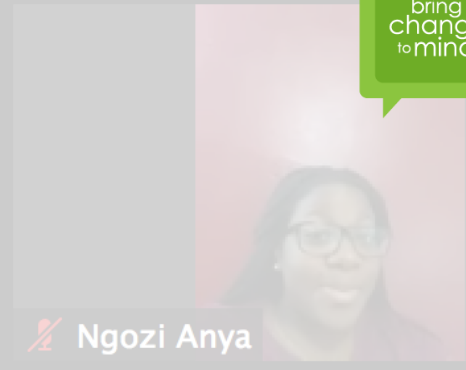
"You may not control all the events that happen to you, but you can decide not to be reduced by them."
— Maya Angelou



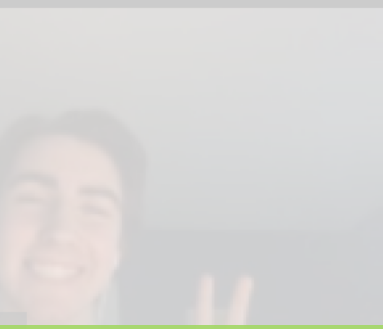
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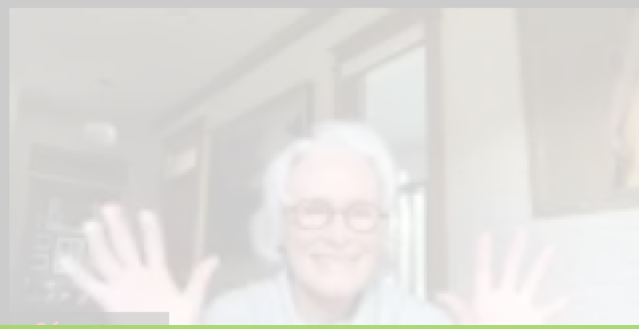
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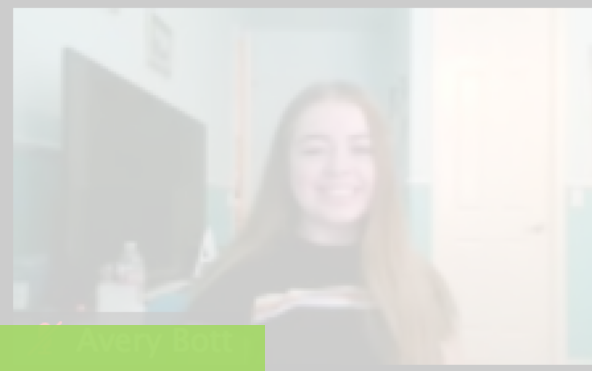
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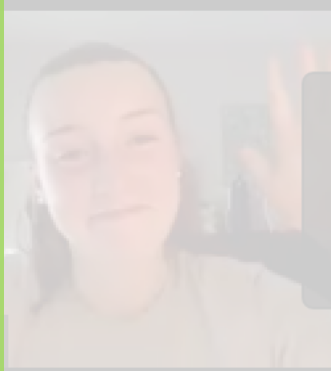
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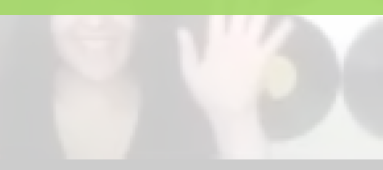
Avery Bate

VIRTUAL RECRUITMENT

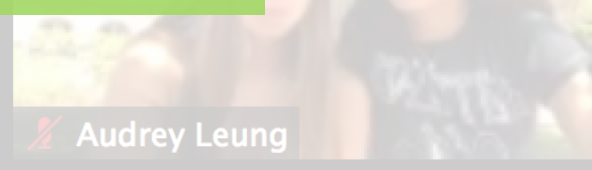
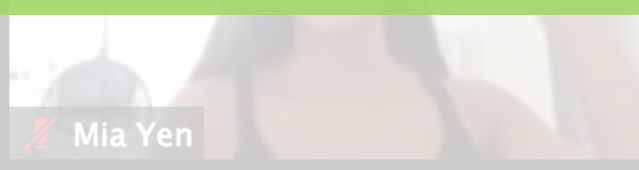
Learn 3 key tips to promoting BC2M on your campus and recruiting new members



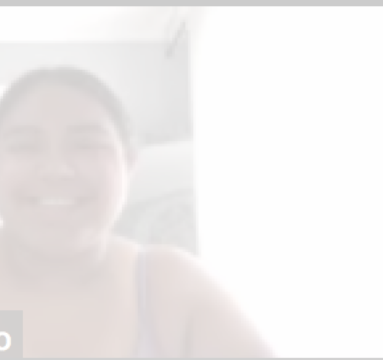
Grace Keeffe



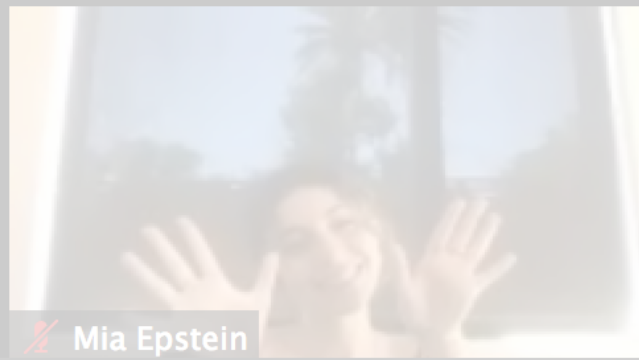
Mia Yen



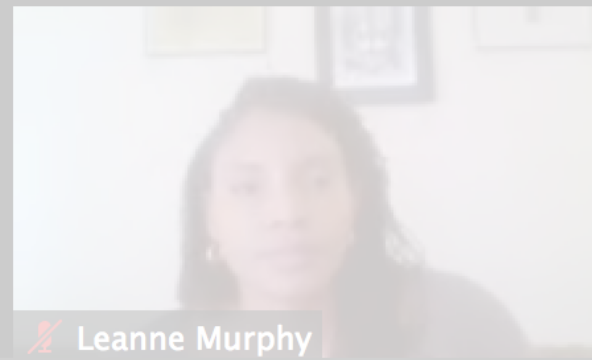
Audrey Leung



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Mia Epstein



Leanne Murphy

VIRTUAL RECRUITMENT



Recruiting was already a tough feat in BC (Before Corona) times — how are you supposed to find new members virtually!? Have no fear, we're here to give you some handy tips that will help you navigate recruiting in the virtual realm and that can translate to stronger recruitment tools when we are able to transition back to IRL.

TIP 1: Become BFFs with Administration

→ Many people associate walking into the principal's office with getting in trouble, but we promise you, **they are probably super cool people and are 100% there to help you shine.** Superintendents, Principals, Vice Principals, and Secretaries are all very familiar with school policies and can help connect you to the right people and spread the word of the amazing work your club is doing.



✦ A mental health club is so important right now! You are providing a resource to your school that admin will be so happy it exists on campus! Set up a meeting to tell them about the club and see how you might be best able to work together.

✦ Ask to have BC2M meetings promoted in school and/or district wide newsletters.

✦ Don't forget to **thank administrators** for all of their help in making BC2M a success!

Pro tip: people love to hear how their contributions have led to something great happening, so be sure to send them a thank you note every semester with highlights of some of your club's accomplishments!

VIRTUAL RECRUITMENT

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TIP 2: Social Media is Key

- To get news out about a virtual club, ya gotta put out the virtual word! Utilize platforms that you and your peers use the most. Check out our “Be a BC2M Influencer” section of the guidebook for some detailed tips and tricks on this.



Make sure you have club social media accounts set up. Be super consistent with posting!



Ask other clubs on campus (especially ones that intersect!) to cross promote club meetings and/or activities.



Widen the reach of your information — have club members post about the club on their personal pages (IG stories, Snapchat, TikTok, etc.) talking about the mission of the club, any meetings or online events happening, and directing them to your schools club social accounts.

TIP 3: Partner with other Clubs

- Many clubs already established at your school have missions that intersect with BC2M and can be great to collaborate with and an easy place to find like-minded peers.



Form connections with established clubs to widen your network.

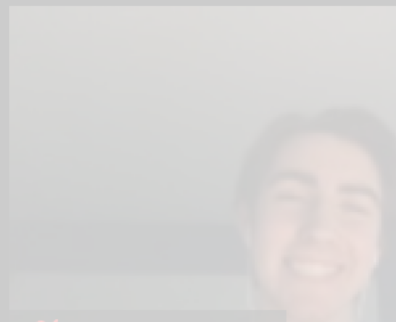
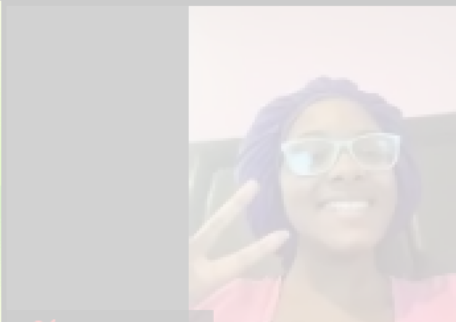
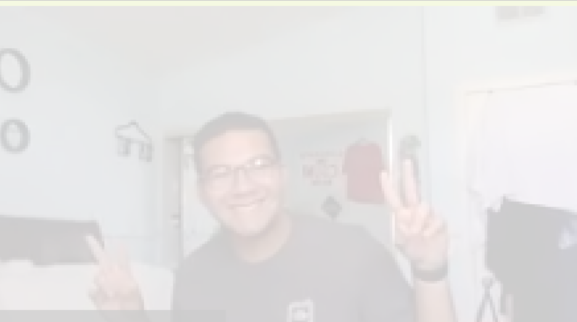
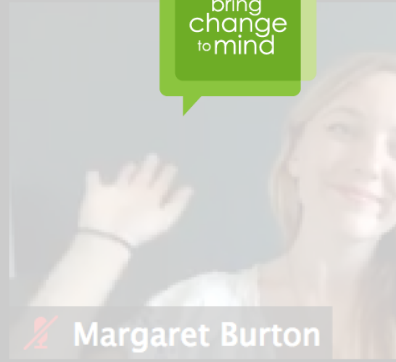
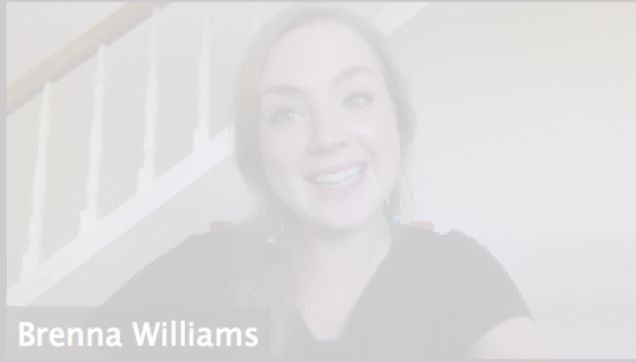
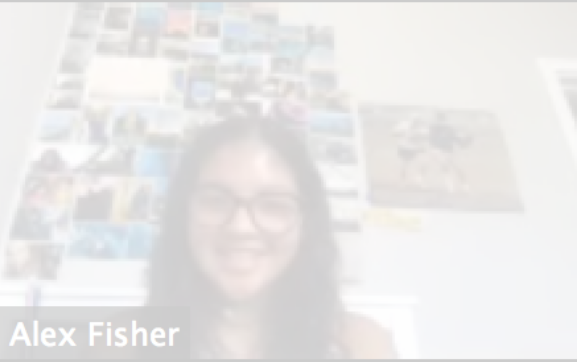


Collaborate and organize online events and/or meetings with other clubs. Share the mission of BC2M through these collaborations and recruit new members!



Connect and partner with Student Council to brainstorm and organize how BC2M can serve as a resource to the entire school community.





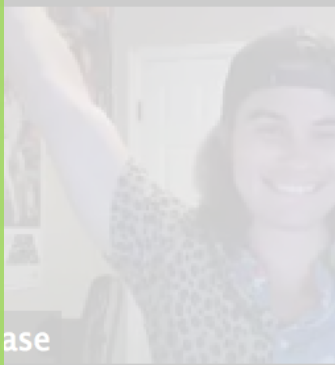
Daniel Carranza

Ashleigh

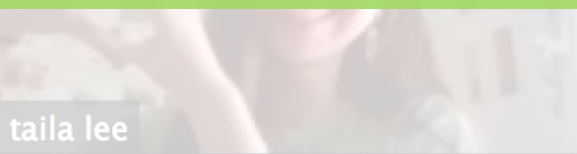
Dylan Cawley

MANAGING YOUR BC2M CLUB

Key steps to getting started, portal info, sample meeting agendas, and handling your school's hybrid model



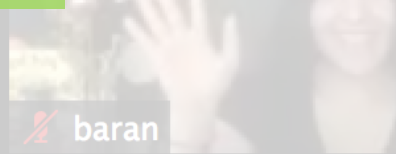
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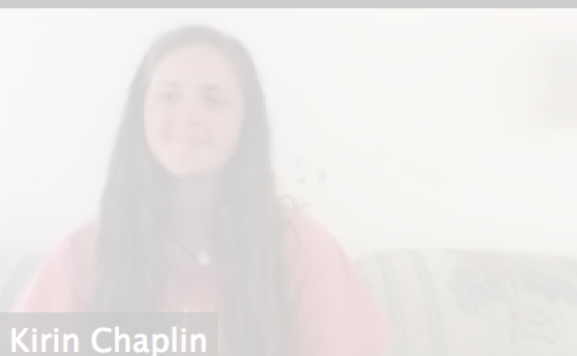
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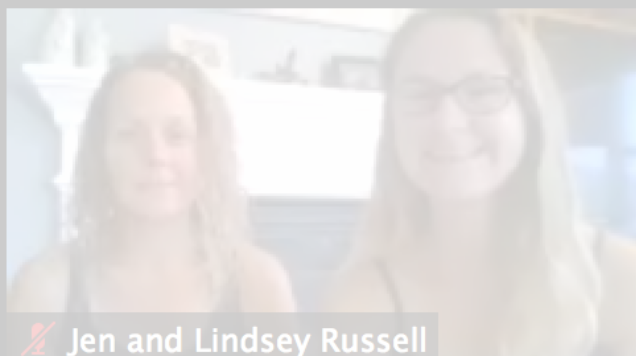
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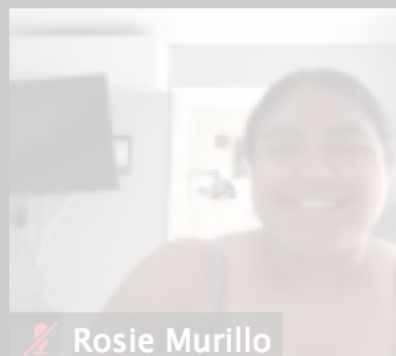
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Kirin Chaplin



Jen and Lindsey Russell



Rosie Murillo

3 KEY STEPS TO GETTING STARTED



Step 1

Schedule First Meeting

Use the first meeting to ensure everyone an opportunity to connect and share what ideas, hopes, and fears they may have for the upcoming school year, and to discuss how they want to participate in their BC2M club this year.

- Use a free service such as "When2Meet" to find a time that works!
- Decide what free **video chat service** you want to hold regular club meetings on (such as Zoom or Google Hangouts).
- Decide **when and how frequently** your BC2M club wants to meet (weekly, biweekly, etc.)
- Appoint a **"technology liason"** or someone with the responsibility of scheduling and starting the online meeting time each week so everyone else can join.

Step 2

Establish Club Meeting Structure and Schedule

Presentation? Activities? There's so many options! Here are some tips for how to keep your club organized and to use your time effectively:

- Start each meeting with a **mental health check-in** and ending each meeting with a brief **check-out** for consistency and routine.
- Writing up a schedule** for each week and sending it to everyone! ex:

- Week 1 (Mental Health Movie Screening and Pajama Hour)
- Week 2 (BC2M Presentation on Anxiety led by Amber)
- Week 3 (Telling our stories: Mental health check in with club members and school community at large)
- Week 4 (Crafts and Snacks Community Event)
- Week 5 (Brainstorming Check in with Club Members about how club is going)

Step 3

Follow School & BC2M Guidelines

- Don't host a meeting **without your advisor OR your BC2M regional manager present**
- Just like before, **BC2M meetings are open to everyone**. Be inclusive, not exclusive!
- Remember, BC2M is **not a form of peer counseling or therapy**. If someone needs support, refer to them to your school support or Crisis Text Line (text BC2M to 741741)
- Stay organized: this is even more important when you are meeting online and it is more difficult to "wing it"! Make **planning a meeting agenda ahead of time** and **sending out regular meeting reminders** a priority.

UTILIZE OUR RESOURCES

bringchangetomind.org



ONLINE PORTAL

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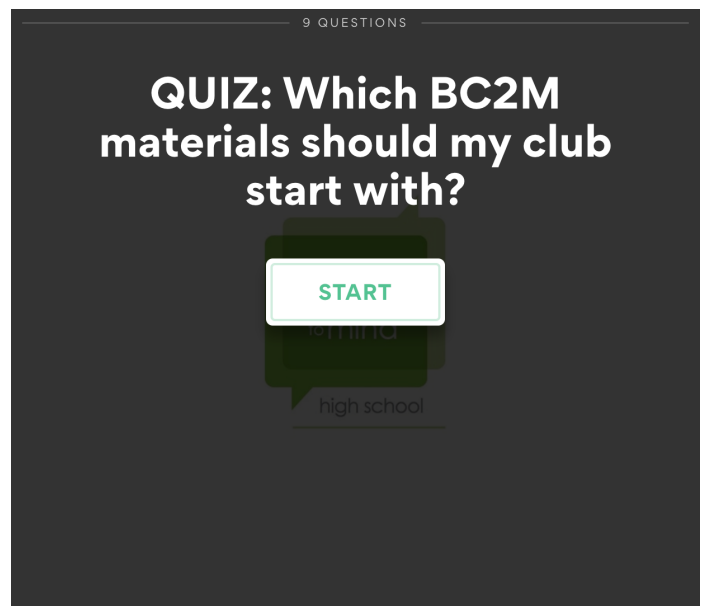
Our online portal provides your club access to all materials and resources related to mental health. All registered club members and advisors have access, and are free to utilize and explore the content we offer. Get access to presentations, forms, regional resources, AND MORE!



POP QUIZ!

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Once you have accessed our portal, a fun BuzzFeed-inspired BC2M quiz will appear. This quiz will help direct your club to the resources that will be most helpful for your club's individual focus and goals. Take this quiz at any time!



CREATING YOUR AGENDA

It can be a bit intimidating to plan and facilitate a meeting with your members, but this is a great way to practice leadership skills. Once you feel ready to meet with your members and dig deep into mental health topics, consider these steps to create an agenda that keeps you organized and prepared.



PRE-AGENDA PLANNING



- ✦ What topic would be beneficial to discuss during your meeting? Consider what is most relevant to your members, school, and community.
- ✦ Would it be best to utilize this meeting to check in with your members? What activities would be helpful to promote mindfulness and/or distress from school?
- ✦ Keep in mind the length of your meeting. Make sure to allot appropriate time for the activities and discussions.

“What mental health needs is more sunlight, more candor, and more unashamed conversation.”
– Glenn Close

AGENDA MATERIALS



- ✦ Check-in question / icebreaker: Consider a fun opener to get the meeting started.
- ✦ Objective + Agenda: Set your goals for the meeting. Decide what activities your agenda will consist of.
- ✦ Action Items: If applicable, remind members what they will need to have prepared or keep in mind for the next meeting.
- ✦ Next Meeting's Agenda: If you and your leaders have a good idea of what your next meeting will consist of, let your members know.

“What keeps me going is that quest for just being able to be present and be myself. Not for people, but for me.”
– Janet Mock

SAMPLE AGENDA #1: SCHOOL & CLUB CLIMATE



BC2M Club Meeting Agenda

Details: Day Month Year | Time | Any additional info

Attendees: Names

Check-In (5 mins; depending on # of attendees)

Icebreaker Question: *What are your favorite things about our high school? (Share out or chat in)*

Objectives + Agenda (50 min)

- Meeting goal(s): Think of ways we can make our school and club climate more informed and stigma-free
- Agenda:
 - Look at *Bullying and Mental Health* presentation (30 min)
 - Discuss how we can start these conversations and find creative ways to address online bullying (20 min)

Action Items (3 min)

- Secretary will send out notes from this meeting
- Members will look at the *Beauty Standards* presentation and come with takeaways to discuss during our next meeting

Next Meeting's Agenda (2 min)

- Talk about the *Beauty Standards* presentation
- Do Open When Letters (Emails) activity

SAMPLE AGENDA # 2: ANXIETY AWARENESS



BC2M Club Meeting Agenda

Details: Day Month Year | Time | Any additional info

Attendees: Names

Check-In (5 mins; depending on # of attendees)

Icebreaker Question: *When did you first learn about the term “mental health”?* (Share out or chat in)

Objectives + Agenda (50 min)

- Meeting goal(s): *Learn about anxiety*
- Agenda:
 - *Watch on Netflix Party, The Mind Explained: Anxiety (20 min)*
 - *Have a discussion about the episode (30 min)*

Action Items (3 min)

- *A member will volunteer to lead the next meeting*
- *[Enter other action items]*

Next Meeting's Agenda (2 min)

- *Look at another mental health presentation*
- *Do Mental Health Trivia activity*

BC2M: THE HYBRID MODEL

We recognize that every school in every region is different and some BC2M clubs will have students both in person and online. Here are some best practices to keep in mind if this is the case for your club in order for everyone to feel included.

Please follow your school's social distancing procedures if meeting in person



Make sure to always include your virtual club members! Using the conferencing platform of your choice to have your virtual members call in during in person club meetings will be important for everyone to feel included and connected to the club and to each other



Communication with everyone is key! Set up a Remind, group text, email, etc. to keep everyone informed of upcoming meetings and include conferencing information



Consider creating a **Virtual Officer position**



Recruitment: you can invite other online friends to join in virtually to your BC2M club meetings and activities



You can still do the virtual **activities** listed in this guidebook together as a whole club in person and virtually. Get creative!



Utilize **social media** (your club's Instagram account, for example) to post updates and awareness posts. You can consider doing IG takeovers with members of your club, or sharing picture/intro's of everyone so everyone can feel connected and get to know each other



Ask if your club can provide resources in your school's **e-newsletter and morning announcements** to reach all students as well (for example, Wellness Wednesday mental health tips)



Create a **Buddy System** and pair up in person and virtual club members to check in on each other



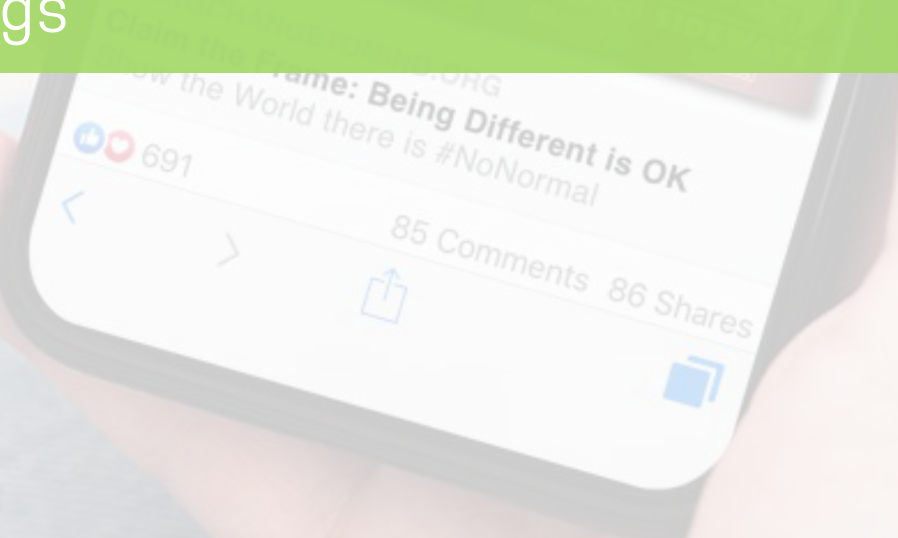
Plan on joining in on the BC2M **monthly national calls** together





ONLINE ACTIVITY IDEAS

Out of ideas to keep your members engaged? Check out this section for activities you can implement during your meetings



ONLINE ACTIVITY IDEAS



We've composed a list of activity ideas to guide and inspire your time with your BC2M club members and fellow students at your school (all from the comfort of your computer or phone!). While social distancing can be really tough on many of us who miss our loved ones, these fun ideas can be utilized to stay physically distancing, while socially connecting in the virtual world!

Tip: Many ideas from the portal can also be adjusted for virtual interactions.

Share the Love: Letter-Writing Workshop

Letter writing is an old, but not lost art. During this time of **social distancing**, there are many folks who are especially isolated and may be struggling with their mental health — such as the elderly and youth in children's hospitals.

Host a BC2M workshop where **you all write letters to those in your local community** (or to your friends and family!) to share the love. Look up your local homes for the elderly or children's hospitals to send the letters to!

BC2M Yogi Hour

Find a student or a teacher who could lead a Yoga Hour over video call for your BC2M club! Alternatively, you might also screen-share an **online YouTube yoga class** by a great free yoga teacher such as YogaWithAdriene!

Make sure to pick a class or flow series that is mindful of and accessible to all bodies and levels of yoga experience.

Online Dance Party

Dance has been used as a therapeutic tool to manage depression and anxiety and has been scientifically demonstrated to aid in social bonding and reducing social anxiety.

Find a dance choreographer who offers **free dance lessons**, and learn a dance with your club! One of our favorites is Ryan Heffington, who has free classes on Instagram!

ONLINE ACTIVITY IDEAS



Virtual Mental Health Trivia or Bingo

Host an online mental health trivia game and invite everyone from your school. Set up a large video conference to host the game and use Kahoot to show live results! Maybe even encourage some friendly competition by forming teams.

Host a Guest Speaker

One of the perks of hosting a **guest speaker online** is that it may actually be easier for them to fit you into their schedule!

Brainstorm with club members about someone you might want to have as a guest speaker (a rep from a local non-profit, an artist who creates around mental health experiences, a counselor or therapist, etc) and reach out via email. **Check in with your advisor or BC2M Rep** before reaching out to someone.

#NoNormal Mental Health Panel and Discussion

Host an online panel with some students and teachers to share **their own mental health stories**. Leave some time open for attendees to open up and share theirs or offer support to the panelists. Consider getting a diverse array of experiences and backgrounds for your panelists.

Remind everyone **not to comment on each other's experiences**, but instead to only offer words of affirmation and support and speak on their own experiences.

For additional virtual activity inspiration,
continue to the next page.

VIRTUAL CLUB ACTIVITY / MEETING IDEAS



- Host a club [Movie Night](#) using [Netflix or other streaming options](#) to explore various mental health related themes ([here's a list](#) of some MH related movies)
- [Happiness Jars](#) - happy reminders for your home or friends
- [Positive Postcards](#) - spread some positivity, send them in the mail or digitally
- [Mindfulness Pebbles](#) - paint and destress together, from afar
- [Open When Letters](#) - write letters for your fellow club members, send in mail or digitally
- [Gratitude Trees](#) - make this tree at your home, a friends home, or school (when possible)
- [Self Love Letters](#) - write messages of love to yourself using what is available at home
- [Affirmation Mirror](#) - use a mirror at home and get creative with whatever materials you have available to you to write nice messages to yourself
- [Instant Comfort Box](#) - create a small trinket to bring you (or a loved one) comfort
- Make your own [PSA Campaign](#) pertaining to any mental health issue
- Host [Mental Health Trivia](#) via video platform or social media
- Organize a [Mental Health Scavenger Hunt](#) via video platform or social media
- Host a [Student Art Exhibit](#) via video platform or social media
- Play a game together on [Kahoot](#)
- Take a [virtual group tour of a museum](#) and discuss various related mental health topics/themes
- Host a [Bob Ross Paint Party](#)
- Guest Mental Health Speaker (like our [National Club Calls](#))
- Club Yoga Call via Zoom or video platform
 - ◆ Check out our BC2M [Yoga Lunch Break](#)
 - ◆ [Energizing Yoga](#) from InspirED
- Mental health book review
 - ◆ [List of YA mental health themed books](#)
- Virtual [Mental Health Walk / Run](#) in place or from each participant's respective neighborhood
- Club baking session
 - ◆ Pick a simple recipe to make together, consider using our BC2M activity [Depressed Cupcakes!](#)
 - ◆ Opt to gift the baked goods to a friend or family member if you don't want them
- Find or create virtual [volunteer opportunities](#) to participate in as a club
 - ◆ Online food and clothing drives for local shelters/drop-ins
 - ◆ Letter writing to isolated populations such as the elderly
- [Mental Health Bingo](#) via video platform or social media
- Watch [YouTube videos](#) to do some creative activities
 - ◆ Example: Watched video on [how to create a 6-page booklet](#) and then make a Quarantine Booklet
- Check out almost [100 uplifting activities you could do virtually from InspirED](#)
 - ◆ [DIY Inspiration Boards](#)
 - ◆ ["Life Just Got Real" small group activity](#)
 - ◆ ["Awe Story"](#)
- Check out [Supportive Schools Resources](#) for virtual check ins / meeting starter ideas
 - ◆ ["Today I Feel..."](#)
 - ◆ ["Pick a Card"](#)
 - ◆ ["Gratitude Adjustment"](#)
 - ◆ ["Color Me"](#)

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LIVE

👁️ 10



BE A BC2M #INFLUENCER

Tips for how to use social media to
keep up your mental health
advocacy work!



brittrhoads
lets do zoom call 😬



ready_set_grow

BEING A BC2M #INFLUENCER



Prioritizing club social media use is a great way to spread useful information and a powerful, positive message to help others.

Here are some ways we thought of that you can use your club's social media platforms to stay active in mental health advocacy.

Instagram

> Use the Question Box

To encourage virtual engagement with club members, utilize the IG question box sticker on your club's IG account to discuss mental health topics. Some question examples:

- What techniques are you implementing to remain calm and centered during this time?
- Let's create a club playlist! Share your favorite uplifting songs!
- Research shows that activity level and movement is correlated with mood. How are you creatively staying active while being mostly stuck inside?

> Follow and #Repost Helpful MH Resources

Post helpful, inspirational, or anxiety-reducing techniques on your club or personal social media accounts. [Click here!](#)

Follow mental-health related accounts and repost their content!

> Post Group Photos & Member Spotlights

Post photos of your group doing online activities or spotlights on students and the ways in which they are #winning at prioritizing their mental health and mental health advocacy!

Tik Tok

> Create Short Mental Health PSAs (Public Service Announcements)

TikTok is a great way to engage people with important content in fun ways! Consider making a TikTok where you share a common myth about mental health followed by the reality! Here are some examples:

- Myth:** It's easy to tell if someone is living with a mental illness.
Reality: There is no singular way that people living with mental illness look!
- Myth:** Living with bipolar disorder means you have wild, uncontrollable mood swings many times per day.
Reality: There are many different types of bipolar that people live with (Learn more in our presentation about living with bipolar disorder!).

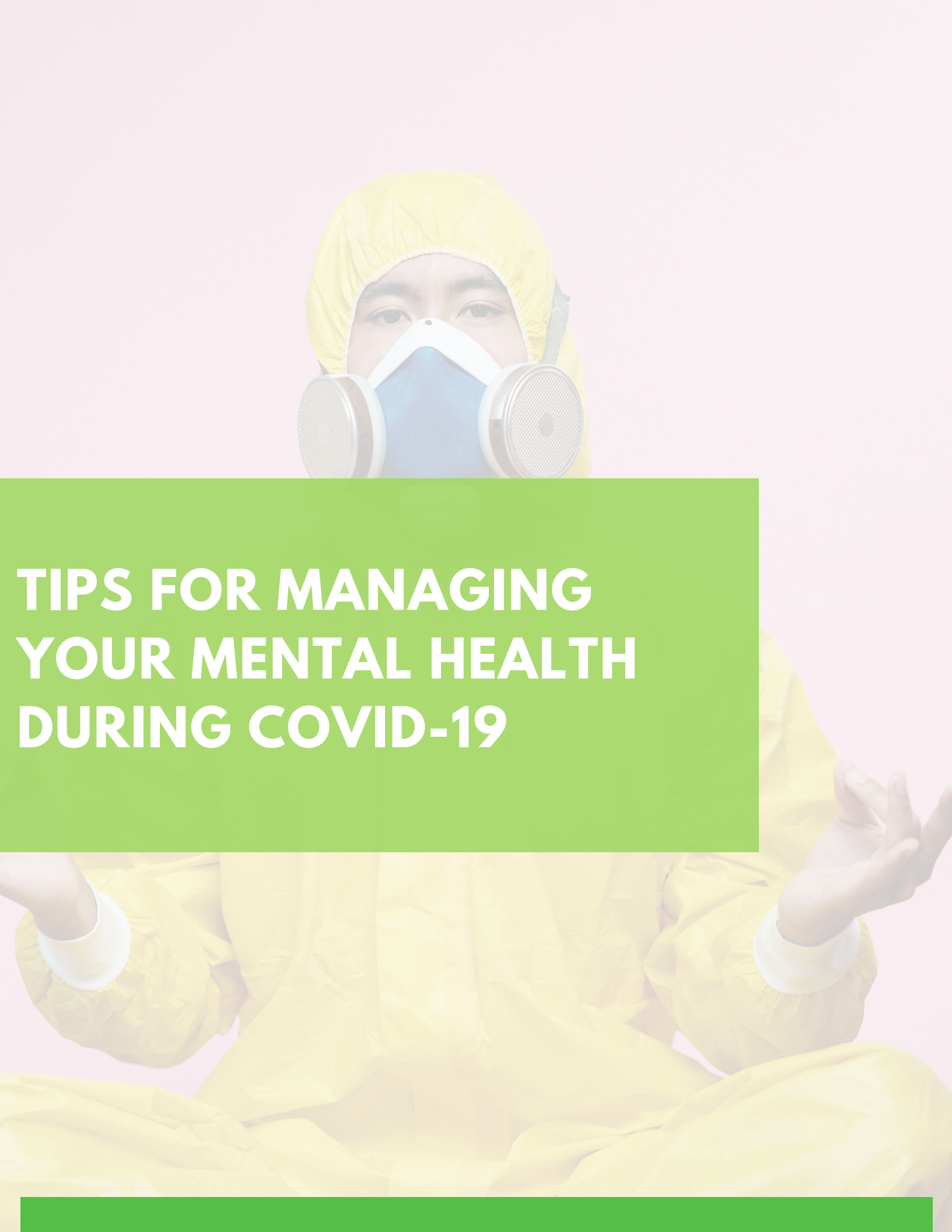
> Post Updates of BC2M Activities You're Doing From Home

Encourage other club members and friends to post fun TikToks of yourselves doing your BC2M club activities so you can check in with each other real-time!

Club Handles should include:

- Your school's name or initials
- "BC2M" or "BringChangeToMind"

Please list the full school name in your account bio.



TIPS FOR MANAGING YOUR MENTAL HEALTH DURING COVID-19

TIPS FOR MANAGING YOUR MENTAL HEALTH DURING COVID-19



Many people are experiencing new challenges with maintaining their mental health and managing life's everyday obstacles. If you are experiencing this, that is OK and you are not alone.



Here are some tips to refer to during hard times. And remember:

You are not alone. You are loved. Your life matters. This too shall pass.

→ Set boundaries with your news consumption

♥ For many, engaging with the news too often can have negative impacts on their mental health and contribute to feelings of anxiety and fear. Many people benefit from setting boundaries with the news, such as **choosing one day where you update yourself instead of checking every day.**



♥ While looking for information, make sure to find **trustworthy, reliable sources**. Stick to information from reputable sources and medical and public health professionals, such as the **CDC** or the **World Health Organization**.

→ Reach out when you need help

♥ If you are feeling like you are going to **hurt yourself**, call the National Suicide Prevention Lifeline at [800-273-8255](tel:800-273-8255).

♥ At any point, if you feel **overwhelmed by your anxiety or negative feelings**, you always have access to **Crisis Text Line** by texting BC2M to 741741



TIPS FOR MANAGING YOUR MENTAL HEALTH DURING COVID-19



→ Focus on what you can control

- ♥ Break down difficult or mundane seeming tasks into small to-dos to increase the number of times you feel a **sense of accomplishment** throughout the day.
- ♥ Inventory your needs. Set a timer for 2 - 5 minutes and do a free-write about everything that makes you feel **comfortable, safe and loved**. This can give you a starting place on setting up your space and schedule to meet these needs and keep you going.



→ Be gentle with yourself and prioritize your wellness.

- ♥ Make a **wellness checklist**. Take out a pen and paper and come up with **5 check-in questions** to ask yourself to assess how you are doing. Write these down and post them somewhere you will see them to remind yourself to take care of your needs.
 - ? Example Q's: When was the last time you had water? When was the last time you ate? When was the last time you talked to someone? How is my breath? How is my heart?
 - ? Use **HALT** if you're feeling icky but don't know why: Am I hungry? Am I angry? Am I lonely? Am I tired?
- ♥ Find some **grounding techniques** to help with distressing thoughts. Here are some examples.



HEALTH RECOMMENDATIONS: PREVENTING THE SPREAD OF COVID-19

bring
change
to mind



Stay home if you're sick.



Wash your hands with soap and water often and for at least **20 seconds**. Use a hand sanitizer if soap and water are not readily available. Here are some more exciting songs to sing while washing than Happy Birthday.



Avoid touching your face with unwashed hands.



Practice physical distancing - if you find yourself near others that you do not cohabitate with, make sure there is at least 6 feet between you.



When you go out in public, remember to **wear a mask!**



Clean and disinfect frequently touched surfaces daily.



DON'T FORGET TO FOLLOW US!



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If you have additional questions or need assistance, check out the rest of our portal or contact your regional manager!

