Pressure Turned Precious LLC

Mental Health Advocacy & Coaching
Diamond in the rough



Pressure Turned Precious was birth in 2017 after being accidentally shot. Being that I survived it, as to many things I've survived from my youth up, my original plan was to cater to women after carefully examination of the community and seeing how the uprising of gun violence has been taking over our city, and the recent events in the world, it dawned on me that the need of mental wellness in our youth is a must. I too have dealt with tons of family traumas as a adolescent and teen which causes me to spiral in a place that could have lead me down a very bad path.

PRESSURE TURNED PRECIOUS

Mental Health Advocacy & Coaching

4 WEEK PROGRAM

THE DIAMOND PROCESS

WELCOME & INTRODUCTION

WEEK 1). MINING FOR DIAMOND. (KNOW YOU ARE UNIQUE)

WEEK 2) SORTING & PROCESSING.(BRAINSTORMING & BALANCING).

WEEK 3). CUTTING(DECISION MAKING)

WEEK 4). INSPECTION & SELLING(KNOWINGYOUR WORTH AND VALUE

REGISTER NOW

PRESSURE TURNED PRECIOUS

YOUR MENTAL HEALTH MATTERS

24.7%

of Benton Harbor residents are dealing with mental illnesses, 8% are youth

Specific

Community awareness for mental health reduces stigma. Mental health awareness increases the chances for early intervention, which can result in a fast recovery. Awareness reduces negative adjectives that have been set to describe our people with a mental illness.



Meaningful



Implementing a mental health program to adolescents will be more effective, because the crime that's been happening in our city has been with youth 16-25.
Childhood seems to be responsible for alot of behaviors that affects us as an adult. Bringing this in the schools will be life changing. I see so many kids come to the hospital under suicidal evaluate. This also takes a toll on health care staffing because our mental health patients are on a 1 to 1 supervision status. If we can decrease the amount of ppl that come to the hospital for psychological assistance this will also improve our local hospital patient experience because more staff will be available to work the floor.

Such A Time As This

Why is there a need ?

having a coach will improve communication, self esteem and self awareness, develop conflict resolution and problem solving skills, discover sabotaging behavior, decrease anxiety and depression.
~community resident

How and Why Would the community benefit

Stress is inevitable in life. Learning how to cope is necessary for quality of life. You can't fix everyone circumstances but having a mental health coach will instruct kids on how to process their stresses. Life can literally be changed by a different out look. Moods can be adjusted as quickly as you can assist someone in viewing their circumstances differently. I'm not talking about selling kids lies of " everything is ok". But helping them to face reality and highlighting what they actually have control over. Reiterating the impact of their decisions and coaching them to making sound decisions. This honestly needs to be an elective. Not something quickly mentioned at a pep rally, or script read by the teacher before class starts. Our brain need to be rewired therfore this has to be a subject that is taught multiple times each week.

~local resident

MENTAL health MATTERS

Set goals.

!. Start Wellness Days every month
2.. Implement a wellness day at the schools.
3. Make connection with Spectrum our local hospital, Whirlpool(headquarters is in my city for help with funding). Our local Riverwood who currently works with mentally disabled people and children.



Focus on the action.

I have already started an initiative that will be happening once a month. The only cost would only be for food, literature, and interactive games. I own a event hall to help host these events, but the main goal is to get these wellness days going on around the city.



Statistics

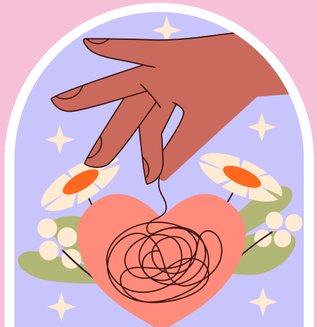




Short but effective

These initiatives that will takeplace monthly will be nice all day event where teens and adults can come in and out through the day to clear their mind, read, listen to music, color, do puzzles, talk, or just sit in silence. This will help teens and adults can our community learn to take different approaches when it comes to dealing with stress, anger, depression and anxiet. The goal is to help every 5 out of 8 individual who come and utilize this event.







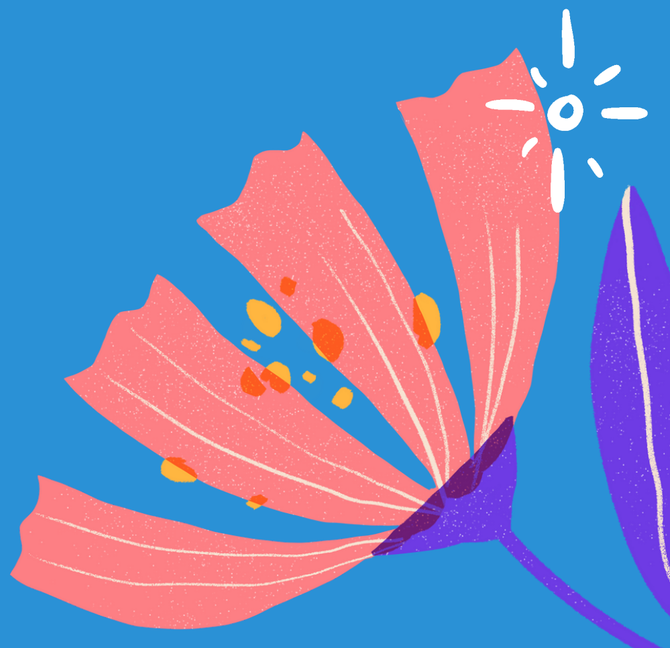






“Criticism, like rain, should be gentle enough to nourish a man’s growth without destroying his roots.”

– Frank A. Clark





Thank You

YOUTH MENTAL HEALTH MATTERS




MENTAL
HEALTH
MATTER

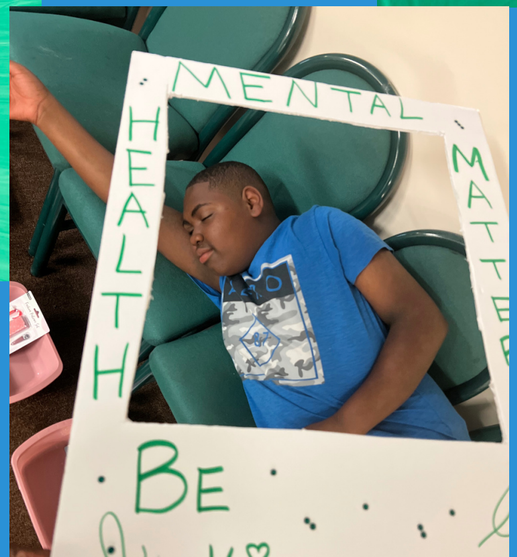

Green foot soak 💚💚


Colored Pencils
12
Colored Pencils
24
COLORS OF THE WORLD




MENTAL
MATTER




MENTAL
HEALTH
MATTER
BE


MENTAL
HEALTH
MATTER

