

# The Effects of Isolation on Teens' Mental Health

**The Pink Starfish**

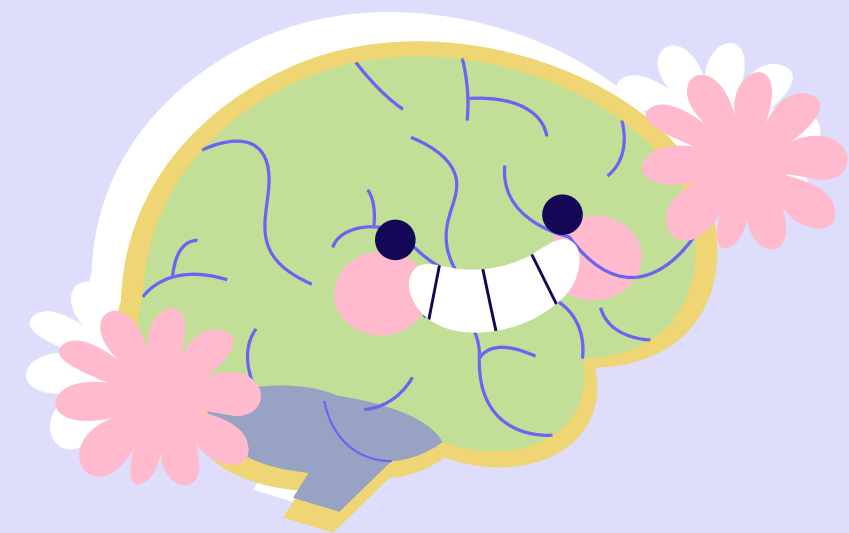
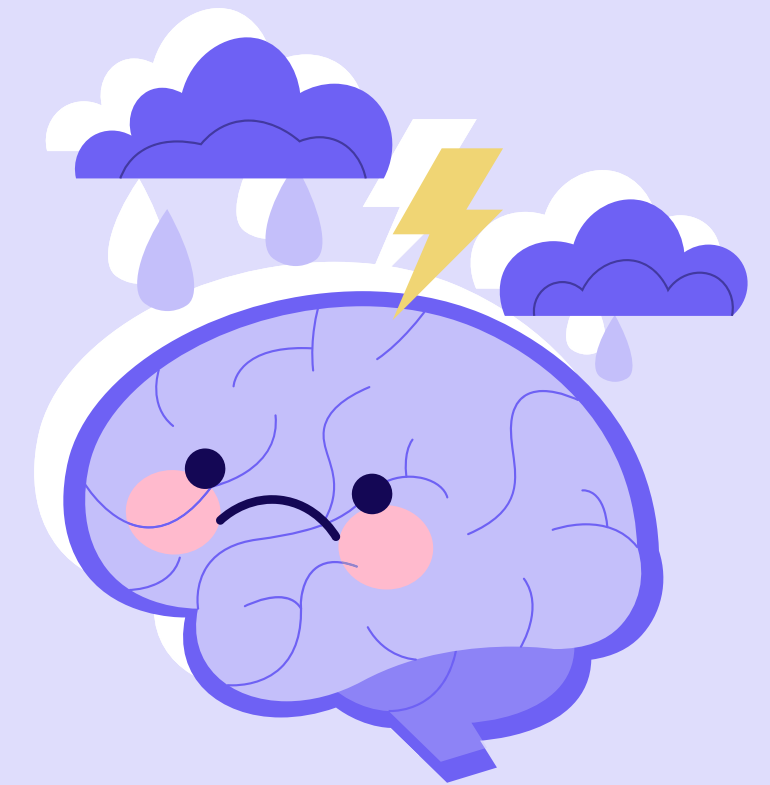
**Project C.A.R.E**

**C: Connection**

**A: Awareness**

**R: Resources**

**E: Education**





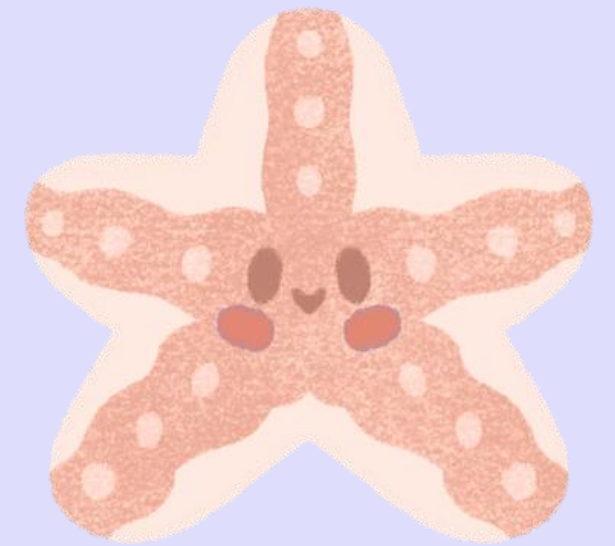
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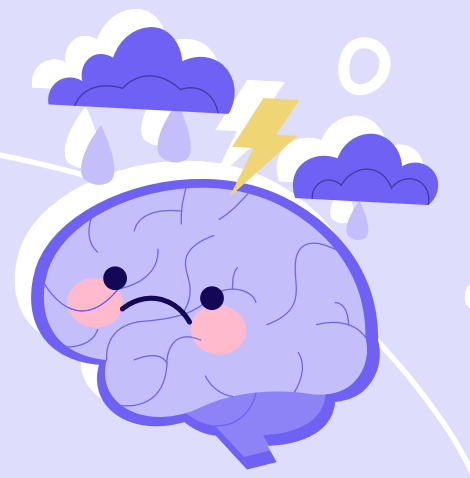
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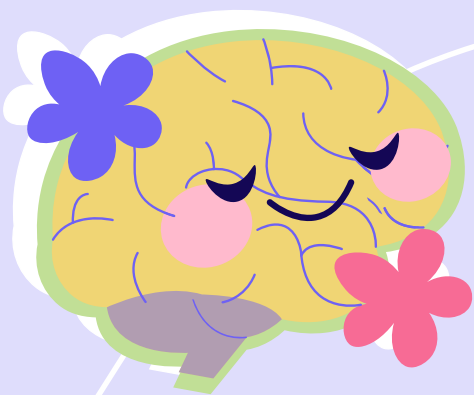


# Problem



- Isolation levels have **increased** since the pandemic
- In Sacramento, about **1 in 5** kids are dealing with a mental health disorder
- **~71,800 teens** feel isolated, live in unstable homes, and have unhealthy habits
- Without enough support or connection, these problems can worsen and cause teens to fall back in life





# Solution

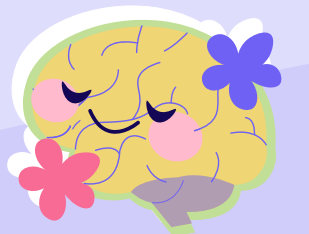
- Create a **FREE** youth-led peer support group that incorporates the 4 core values of **C.A.R.E** by:
  - gaining funding through **Measure L** to create positive youth development and violence prevention
  - using **Measure U** to rent out long-term spaces for the youth peer support group



# The Benefits



- **Socialize** with the ones who truly understand them
- **Reduce risk** in teens of gaining mental illnesses
- Teens **would not** participate in risky behavior



# YOUTH VOICES



“that we aren’t just doing it for **attention**.”

“It is vital for a space to be created where teenagers can openly **express** themselves.”

“I wish they understood better that there is more than **one** reason.”

“Isolation **hurts** more than some adults realize”

“Teen mental health isn't just about stress, it's also about feeling **heard, connected, and supported** in a world that often overlooks our voices.”

“That social media is **not** just the only reason”

“Age doesn’t **determine** maturity”

“we get have a lot of **problems** but parents think we just have fun all day”

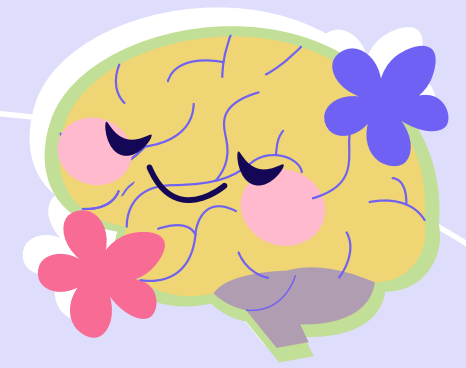
“teens need more areas to feel **safe** and **comfortable** without having their guard up all the time.”

“Our environments can make us feel **ashamed** or **scared** to ask for help.”





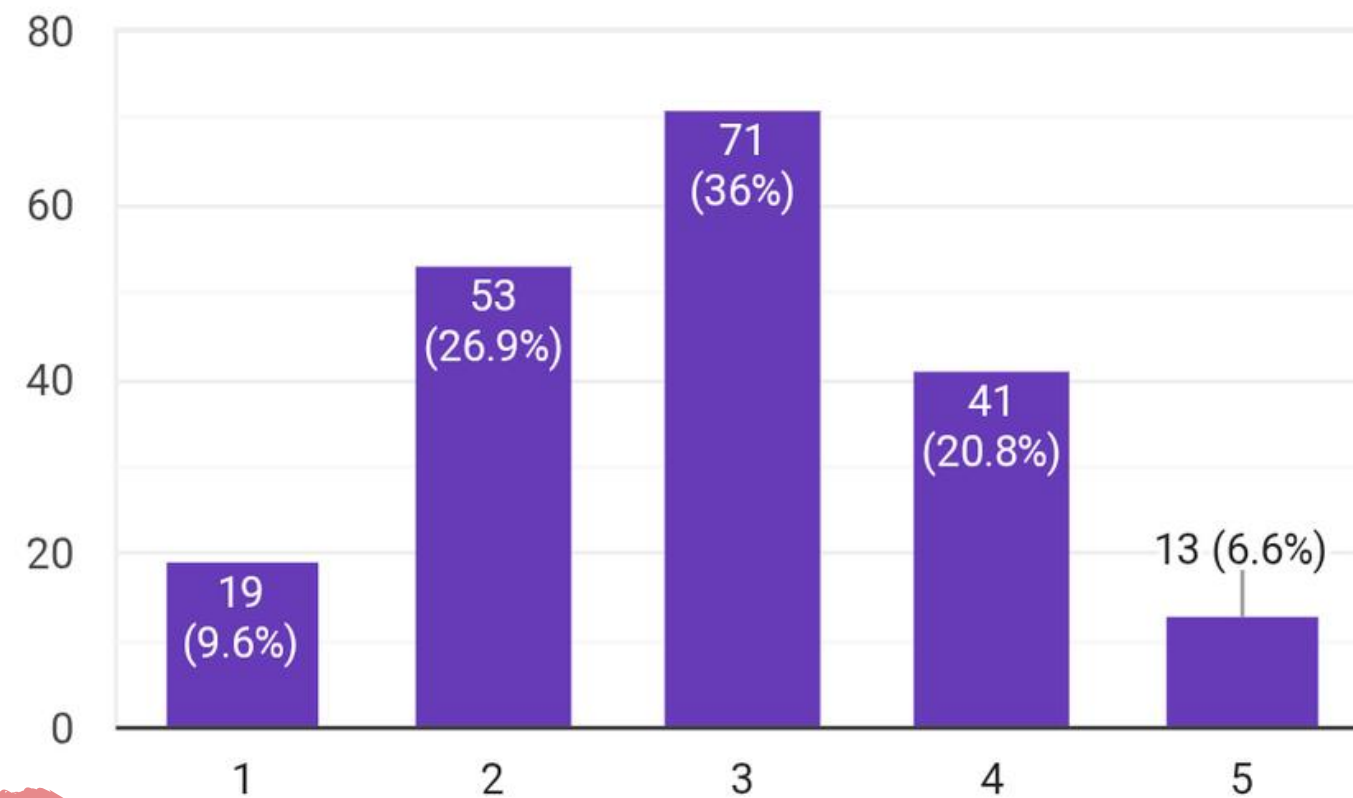
# Data



On a scale of 1–10, how often do you feel lonely or isolated?

197 responses

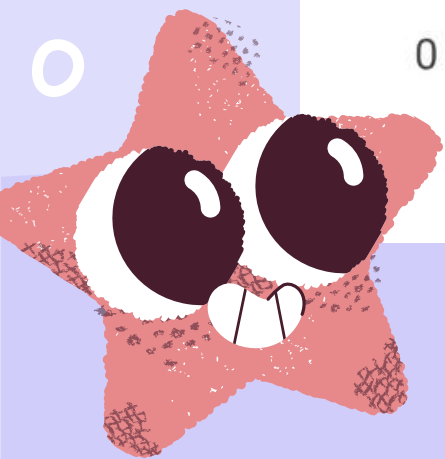
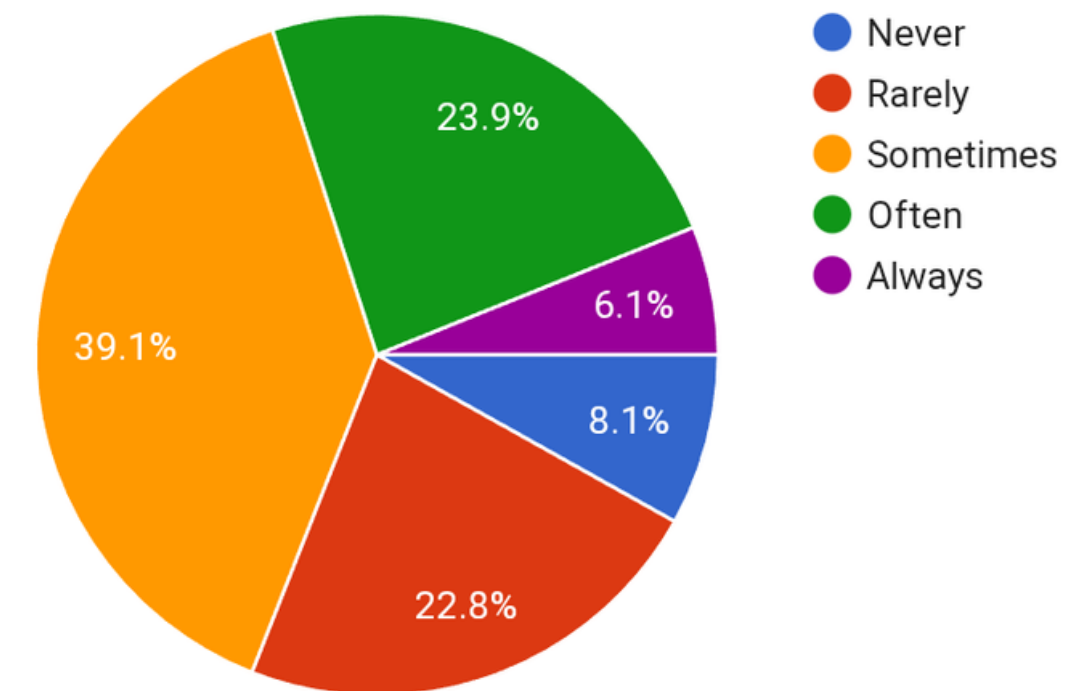
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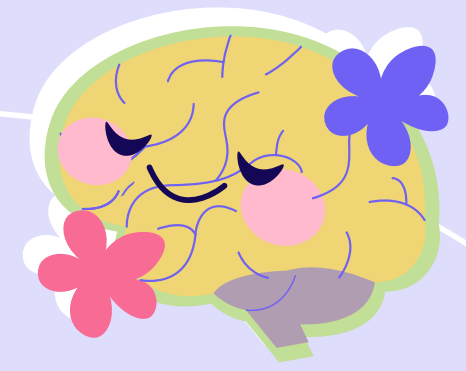
In the past month, how often have you felt: Disconnected from others?

197 responses

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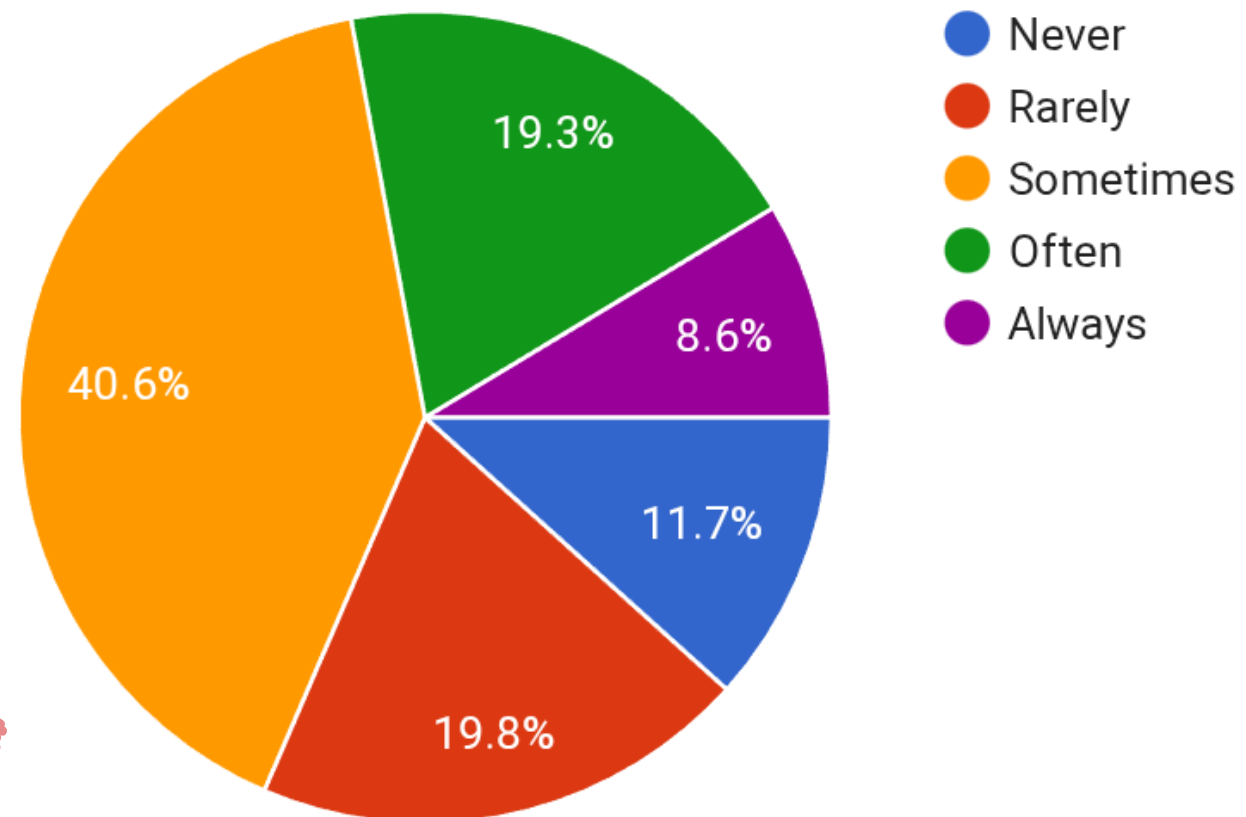
# Data



Do you ever feel like you have no one to talk to about your problems?

197 responses

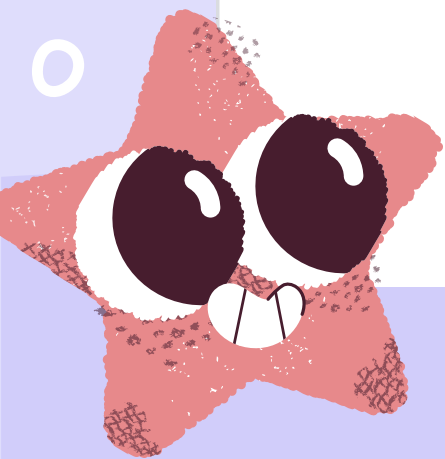
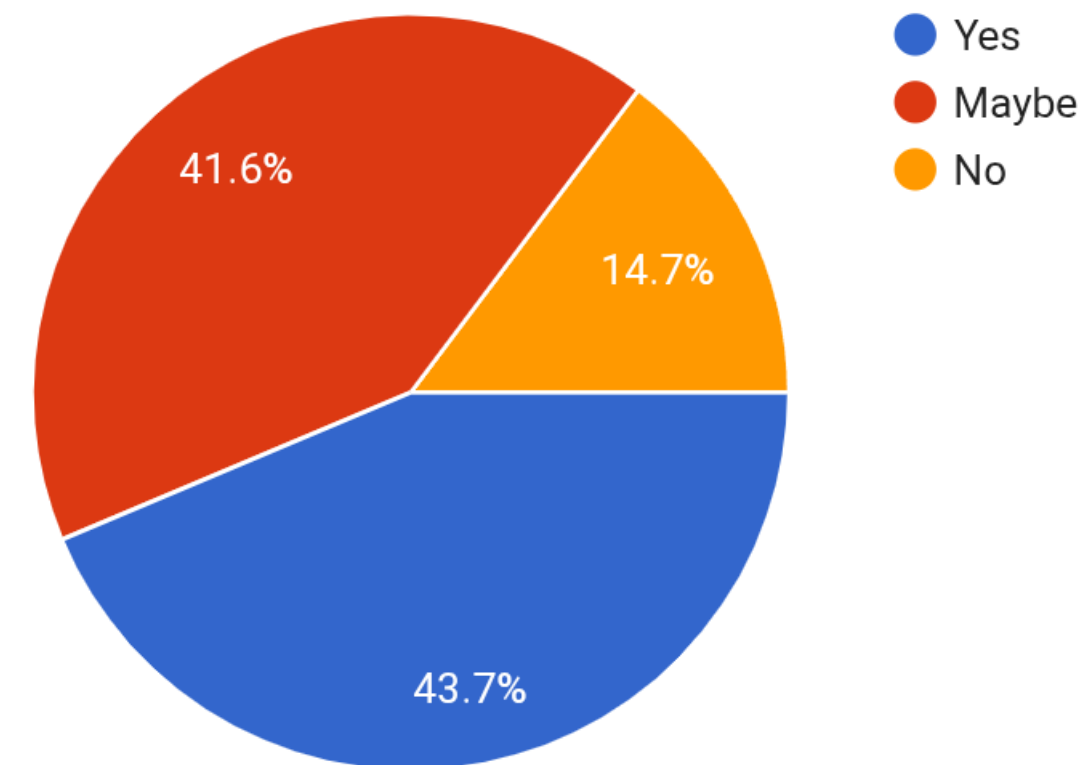
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If there were a safe space in your city for teens to hang out, learn, or get support, would you go?

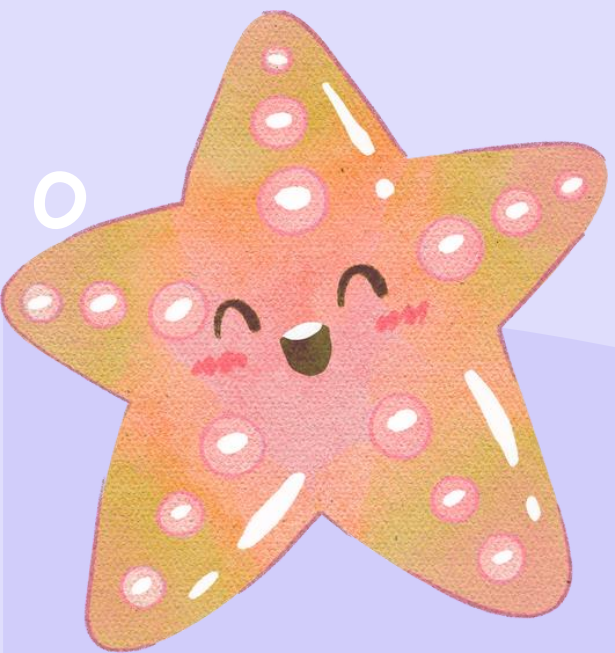
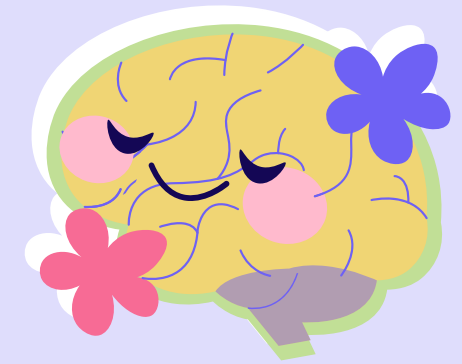
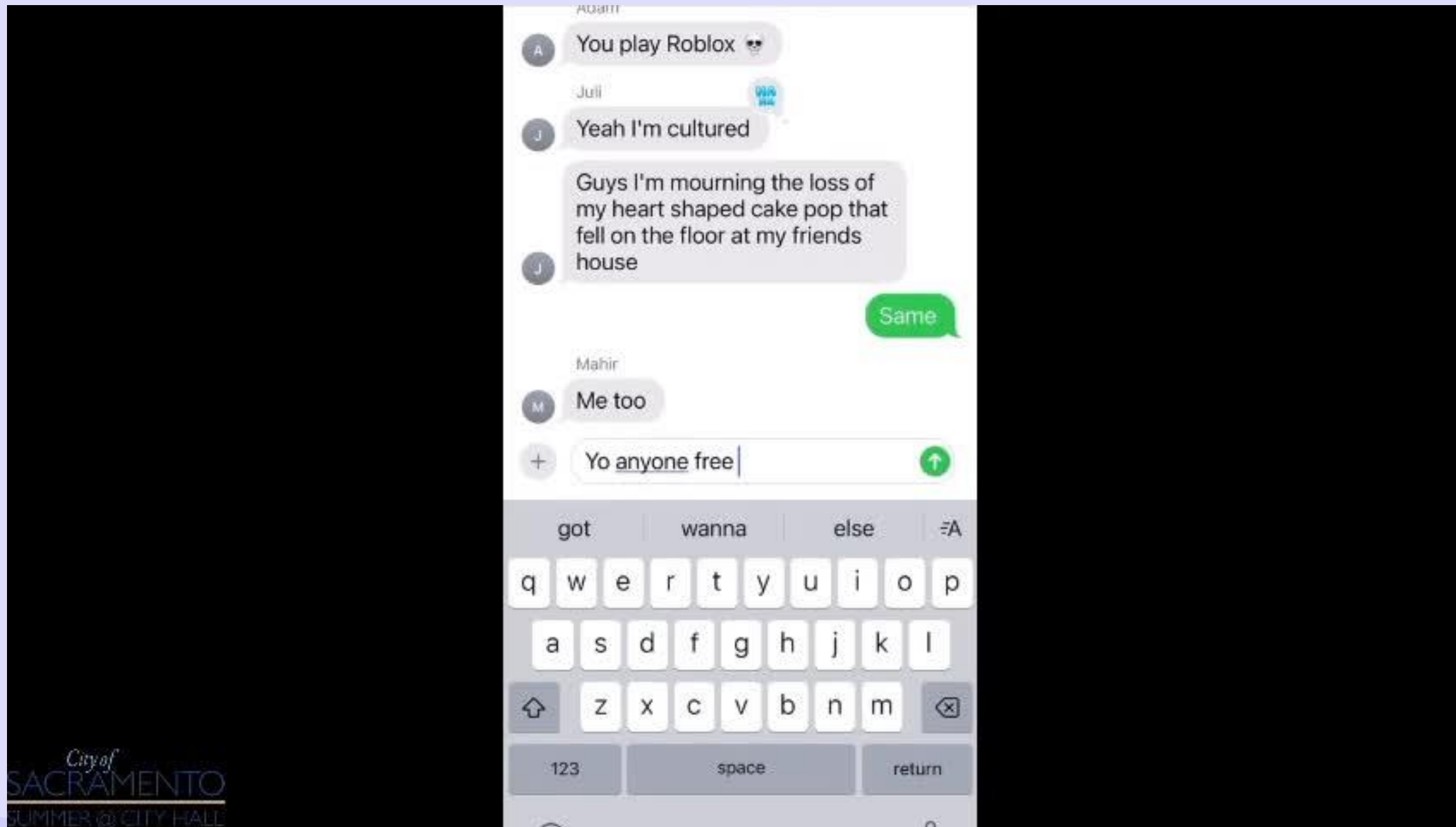
197 responses

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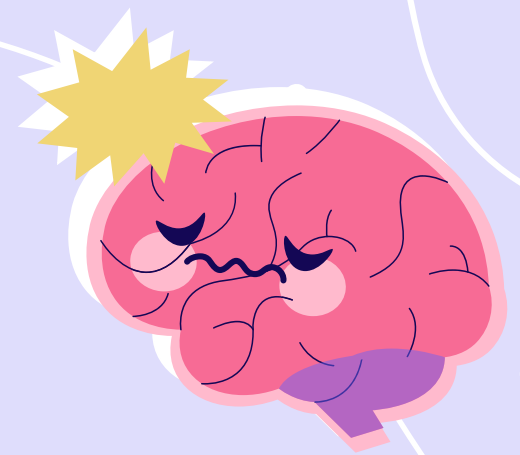




# PSA Video



# Billboard



## Project C.A.R.E

**C:** Connection

**A:** Awareness

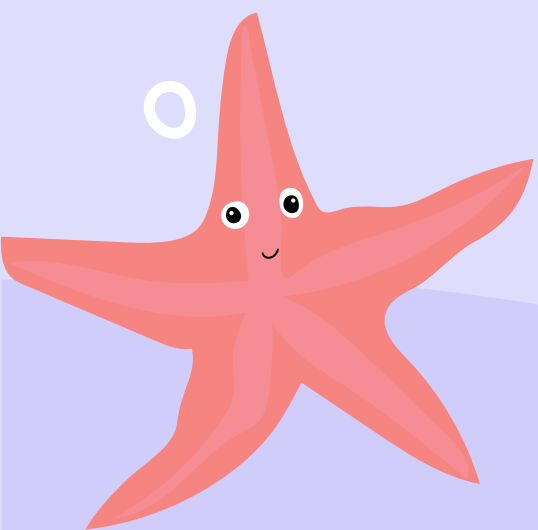
**R:** Resources

**E:** Education

*City of*  
**SACRAMENTO**  
SUMMER @ CITY HALL



Reach Out to our Instagram  
Page: [proj3ct.care](https://www.instagram.com/proj3ct.care)





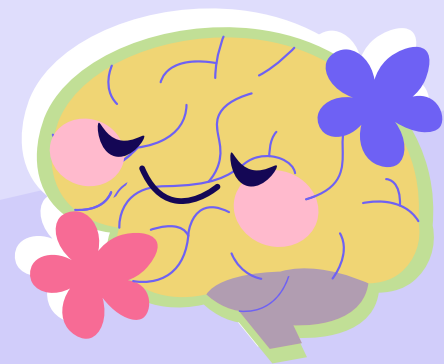
# Flyer and Stickers/Buttons



Stickers/Buttons



Flyer

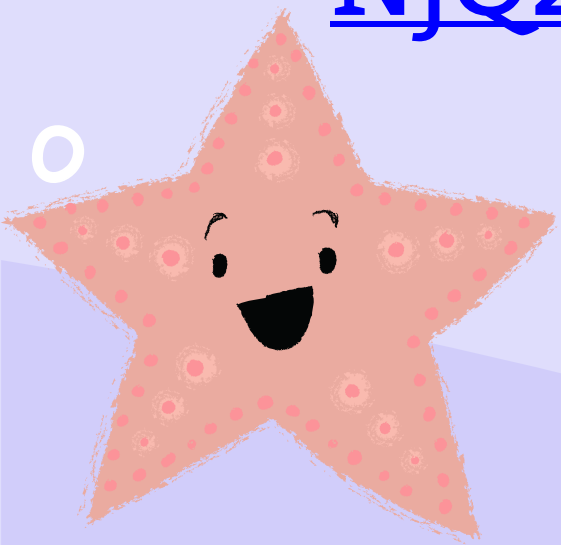


# Website/Social Media

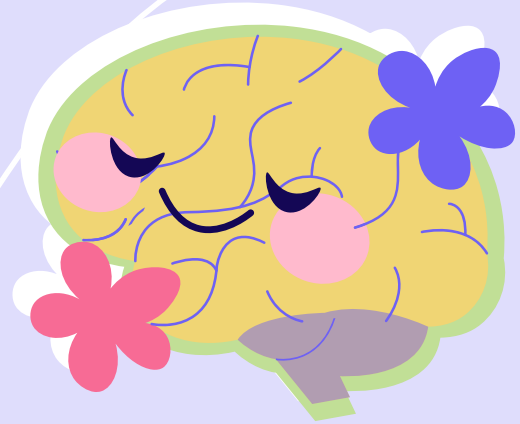


**Website Link:** <https://sites.google.com/view/projectcare-/home>

**Instagram:**  
<https://www.instagram.com/proj3ct.care?igsh=NjQ2YQ==>



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# THANK YOU!!



Feel free to ask  
any questions!

