

Mental Health and Wellness Strategic Planning



Vision

Our vision is a world where all girls flourish and help communities thrive



Strategy

To bring that vision into reality, GSNETX is committed to the development and delivery of a transformational initiative that will help each girl cultivate her authentic self, educate her on mental health and wellbeing, enhance her experiences of love, work, and play, and help her discover the confidence and resilience to lead a meaningful life and become a change agent in her world



Objectives



Progressive Programs

Enrich Our Programs with Evidence-Based Wellness Curriculum

- ◊ Teach Girl Scouts of all ages about mental health and emotional well-being of self and others through proven, culturally competent, and developmentally appropriate programming
- ◊ Integrate mental health and social emotional learning into each pillar of GSUSA's National Program Portfolio
- ◊ Provide family-friendly programs and resources to address members' mental health and wellness concerns at home and in their communities
- ◊ Create avenues for girls to engage in advocacy and leadership opportunities that focus on reducing stigma, developing emotional intelligence, and exploring mental health careers
- ◊ Develop a workforce pipeline of young women with a high level of emotional intelligence to carry into their future endeavors

Empowered Leaders

Strengthen Our Leaders' Ability to Champion our Girls Lives



- ◊ Enhance and support the mental health and wellness of all GSNETX staff through employee benefits and access to program opportunities
- ◊ Improve organization's overall preparedness by equipping volunteers and staff to respond to mental health crises and concerns in all Girl Scout settings
- ◊ Improve troop leader's access to and integration of mental health and social emotional learning curriculum by using technology to support teaching, learning, and implementation of resources
- ◊ Implement a communication plan to normalize discussions of mental health and wellbeing in a way that demonstrates empathy and de-stigmatizes mental health disorders



Healthy Spaces

Enhance Our Physical & Digital Properties to Foster Resilience of Participants

- ◊ Expand and enhance facilities and infrastructure to incorporate mindfulness, resilience, and relaxation skills
- ◊ Use evidence-based tools and resources that foster safe conversations and build a foundation for healthy relationships among GSNETX staff, volunteers, and girls
- ◊ Create intentional moments for GSNETX staff, volunteers, and girls to engage in reflection and self-discovery during meetings and programs
- ◊ Reimagine and construct outdoor spaces that facilitate innovation and partnerships with community and industry leaders in mental health and wellness

Engaged Partners

Collaborate with Partners to Serve as a Beacon of Wellness



- ◊ Increase giving and grants to reach more girls through mental health program delivery, resources, and tools
- ◊ Encourage existing and prospective GSNETX supporters to embrace the Girl Scout mental health initiative in a way that encourages the investment of time, funding, and other resources needed to sustain effective programming
- ◊ Raise public awareness and expand collaborations to create a network of ambassadors for girls' mental health and wellness
- ◊ Maintain an advisory committee of experts in the field of youth mental health, research, and evaluation are to help GSNETX realize the mental health and wellness initiative
- ◊ Collaborate with GSUSA and other Girl Scout councils to lead the delivery of mental health and wellness programming throughout the Girl Scout movement



Learning Organization

Increase Our Commitment to Continuous Learning and Improvement

- ◊ Learn from experts in youth mental health research and evaluation to ensure that GSNETX provides the most relevant and evidence-based programming for girls
- ◊ Develop mental health and wellness program rubric focused on education, detection, connection, and leadership
- ◊ Increase satisfaction of partners, staff, volunteers, and girls by providing tools to monitor the impact of Girl Scout programming on relevant quality of life indicators
- ◊ Integrate policies and procedures around mental health programming that ensure safety and mitigate risk