

Community Programs

Let Grow

www.letgrow.org

Centerville Noon Optimists supports Let Grow's observation that "When Adults Step Back, Kids Step Up."

We support growth opportunities for kids in our community, safe spaces and events where kids can both make mistakes and accomplish great things.



The Anxious Generation

www.anxiousgeneration.com

In our programs and in collaboration with community partners, Centerville Noon Optimists bring into real world programs and events the core observations of Jonathan Haidt's widely read work, *The Anxious Generation*.

These include: a play-based childhood is essential to learning; a phone-based childhood is harmful to both learning and growing; we've become over-protective in the real world; we're not protecting our kids in the on-line world; and even the harmful content on the internet is greatly outweighed by how the *operation* of social media and intensive on-line gaming *rewire* developing minds.

Mission, Vision, and Purpose of Optimist Clubs

By providing hope and a positive vision, Optimists bring out the best in youth, our communities, and ourselves.

Optimist International will be recognized worldwide as the premier volunteer organization that values all children and helps them develop to their full potential.

To develop optimism as a philosophy of life utilizing the tenets of the Optimist Creed; to promote an active interest in good government and civic affairs; to inspire respect for the law; to promote patriotism and work for international accord and friendship among all people; to aid and encourage the development of youth, in the belief that the giving of one's self in service to others will advance the well-being of humankind, community life, and the world.

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Centerville Noon Optimist Club

Youth Mental Health Initiative MISSION STATEMENT

Championing youth mental health in our local and surrounding communities, our goal is to foster awareness, remove stigma, educate on available resources, and provide resources that will benefit their mental health, so they can grow and succeed.

Through mental health collaborative efforts, we strive to create an environment where every young individual feels heard, supported, and empowered.



CENTERVILLE NOON OPTIMIST CLUB

Youth Mental Health Initiative



For more information scan the QR code or visit <https://centervillenooptimist.com/youth-mental-health/>

Community Programs

Wait Until 8th

www.waituntil8th.org

The Wait Until 8th pledge empowers parents to rally together to delay giving children a smartphone until at least the end of 8th grade.

Banding together helps decrease the pressure to have a phone at an early age.



On Our Sleeves

www.onoursleeves.org

On Our Sleeves helps you start conversations with kids to build their mental health. They help to break stigmas and start conversations to take action. A national crisis is hiding in plain sight and is one of the least talked about issues until now. If things do not feel right, please contact a trusted adult.

Players Box

www.playersbox.org

Players Box is a non-religious program run by Southbrook Community Church designed to help students perform under pressure. The coaches at Players Box strive to mentor students and parents on how to thrive, not just survive functioning at high levels of excellence.

Peer Programs



Hope Squad Suicide Prevention

www.hopesquad.com

The Hope Squad is a peer-to-peer suicide prevention program located in high schools and some middle schools. Hope Squad members are nominated by their classmates as trustworthy peers and trained by advisors. The program reduces the risk of youth suicide through education, training, and peer intervention. There are 43 states and provinces, 1600 schools, 45,000 Hope Squad members, and more than 8000 students referred.

TJ's Place of Hope

www.tjsplaceofhope.org

TJ's Place of Hope is a safe place for both teens and young adults to gather in a confidential environment for recovery from addictions. TJ's provides a safe, confidential, peer-reinforced environment to restore hope to young people caught in destructive behaviors.



Mental Health Assistance

South Community Behavioral Health

www.southcommunity.com

South Community is a private, not-for-profit corporation providing mental health and substance use care in the greater Miami Valley. We are an Equal Opportunity Employer and an Equal Provider of Services.

South Community is an innovative, creative, and flexible leader with continuum of care in behavioral health for children, adults, & families working in partnership with schools, health care, courts, law enforcement, clients, and families.



National Hotline for Mental Health Crisis and Suicide Prevention

www.nami.org

NAMI believes that public policies and practices should promote access to care for people with behavioral concerns. NAMI supports a nationwide, toll-free hotline that can adequately respond to people experiencing mental health crises.

800-273-TALK Or Call or text 988

Modeled after 911, the 988 Suicide and Crisis Lifeline is designed to be both memorable and quick to connect people with suicidal or any other mental health issues.

Optimist Programs

OWLS Optimists working for Learning Success

Optimist Clubs sponsor school programs to support the basic needs of the students: nutrition, clothing (coats, hats, mittens, socks, underwear, etc.), personal hygiene products (deodorant, etc.) and school supplies not supplied by the school.

Volunteers work to assist basic reading and math needs for kindergarten to grade 3.

Optimists volunteer as reading buddies, math tutors, mentors, school trip chaperones or teacher aids.

For more information about OWLS or our YMHI committee – please reach out through our website at centervillenooptimist.com/contact-us