

M A Y 2 0 2 2



MONTH OF MAY

MENTAL HEALTH
AWARENESS MONTH



END THE STIGMA



**MY BROTHER'S &
SISTER'S KEEPER**
WAKE COUNTY

WHAT'S GOING AT EVOLVE MENTORING?



A Movement Inspired by Trayvon Martin unleashing the Power of Communities to work together.

President Barack Obama launched My Brother's Keeper (MBK) in February 2014 to address the persistent opportunity gaps boys and young men of color face and to ensure all young people can reach their full potential. Today, the MBK Alliance works to unleash the power of communities working together to solve problems for boys and young men of color, at a level to improve real-life outcomes. The MBK Alliance organizers believe communities are the unit of change to realize improved life outcomes for our boys.

MBSK Wake County

Founded in 2011, EVOLVE Mentoring Inc. has served youth and young adults in the Triangle area to help with their transition to holistic adulthood through life skills, mentoring, and collaboration with partner organizations area the Triangle. Over the years EVOLVE has served thousands of young men and women through partnerships that foster collective impact and have answered the call to lead the My Brother's & Sister's Keeper (MBSK) initiative to help youth and young adults of color in Wake County.

MBSK Wake County Focus Areas

Through the My Brother's and Sister's Keeper initiative, local area cities, towns, businesses, foundations, and nonprofit organizations are taking important steps to connect young people to mentoring and support networks to help our youth gain the skills needed to find a good job or access college subsequently graduating to the world of work or a career leading to a clear pathway to the middle class.

MBSK Milestones

MBK's work is rooted in six key life milestones that research shows are especially predictive of later success, and where interventions can have the greatest impact. Although the factors that influence success at each stage are complex and interdependent, by focusing on these milestones, doing what works, and removing or avoiding roadblocks that hinder progress, we can provide young people the opportunity and the tools to get ahead.

WHAT'S GOING AT EVOLVE MENTORING?

THE SIX MILESTONES



Getting a Healthy Start and Entering School Ready to Learn

All children should have a healthy start and enter school ready – cognitively, physically, socially, and emotionally.



Reading at Grade Level by Third Grade

All children should be reading at grade level by age 8 – the age at which reading to learn becomes essential.



Graduating from High School Ready for College and Career

All youth should receive a quality high school education and graduate with the skills and tools needed to advance to postsecondary education or training.



Completing Postsecondary Education or Training

Every American should have the option to attend postsecondary education and receive the education and training needed for the quality jobs of today and tomorrow.



Successfully Entering the Workforce

Anyone who wants a job should be able to get a job that allows them to support themselves and their families.



Keeping Kids on Track and Giving Them Second Chances

All youth and young adults should be safe from violent crime; and individuals who are confined should receive the education, training, and treatment they need for a second chance.

FEATURED PARTNER



Nathaniel Branscomb
President

WHAT IS 100 BLACK MEN OF TRIANGLE EAST?

100 Black Men of Triangle East is devoted to improving the lives of Black youth in the North Carolina communities we serve. The organization comprises Black men devoted to modeling success and excellence and improving the lives of Black youth in our communities.

WHAT IS THE MISSION OF 100 BLACK MEN OF TRIANGLE EAST?

100 Black Men of Triangle East is a nonprofit organization that was founded in December 1997 with a mission to improve the lives of Black youth in North Carolina (particularly in the counties of Wake and Durham). We aim to uplift future generations by promoting achievement and wellness while addressing issues that disproportionately affect members of the Black community. Our trained mentors serve as role models for youth in grades 6–12, ushering them through programs that focus on health and wellness, education, and economic empowerment. We aspire to be a beacon of leadership by utilizing our diverse talents to create an environment where our children can thrive. Our goal is for young Black individuals to become successful, self-sufficient shareholders in the economic and social fabric of the communities we serve.

SHOP LOCAL



Azurelise Chocolate Truffles

702 N Boylan Ave

Raleigh, NC

A gourmet chocolate shop that's all about creating unique taste experiences.

For More information:

azurelisechocolate.com

Crema

421 Fayetteville St

Raleigh, NC

Crema is a delicious cafe offering gourmet coffee and ice cream, homemade soups, freshly made salads, and sandwiches

For More Information:

downtownraleigh.org/go/crema-at-city-plaza



One of One Lab Boutique

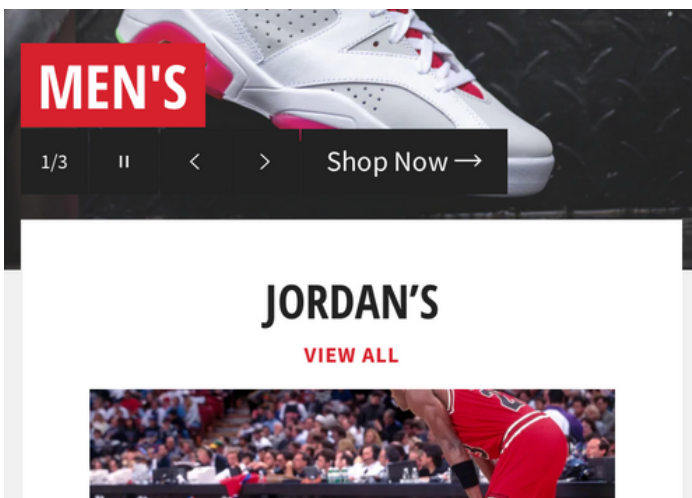
207 E Cabarrus St

Raleigh, NC.

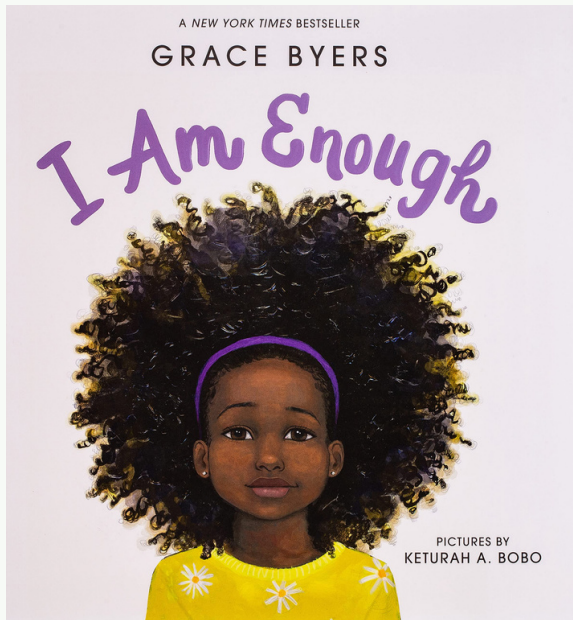
Trendsetting boutique offering brands such as Jordan & Yeezy and has custom clothing products created by talented local designers.

For More Information:

www.oneofone919.com



BOOK HIGHLIGHTS

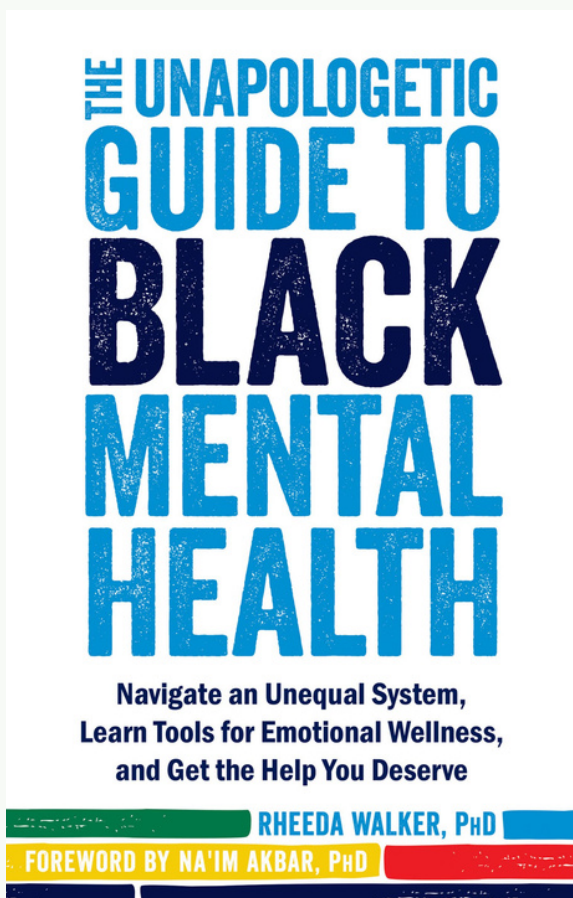


I am Enough

By: Grace Byers

#1 New York Times bestseller and Goodreads Choice Awards picture book winner! This is the perfect gift for mothers and daughters, baby showers, and graduation.

This gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another comes from Empire actor and activist Grace Byers and talented newcomer artist Keturah A. Bobo



The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve

By: Rheeda Walker

In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheeda Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in a system steeped in racial bias.

This breakthrough book will help you:

- *Recognize mental and emotional health problems*
- *Understand the myriad ways in which these problems impact overall health and quality of life and relationships*
- *Develop psychological tools to neutralize ongoing stressors and live more fully*
- *Navigate a mental health care system that is unequal*

WHAT'S GOING ON IN WAKE COUNTY



Peace of Mind - Mental Wellness Event

We offer you a day of skilled and talented presenters who are passionate about helping people achieve mental, emotional and physical wellness. Our goal is to educate and empower you to help yourself holistically and naturally. You will learn simple practices that require no tools, sessions will be no more than 30 minutes long to avoid feeling overwhelmed, and you'll receive one-page instruction sheets for easy reference.

Peace In The Forest

701 N. Main Street
Wake Forest, NC

Sunday, May 22 | 1-5 P.M.

FOR MORE INFORMATION

peaceintheforest.com/calendar/peace-of-mind-mental-wellness-event

Youth Mental Health First Aid Training

Youth Mental Health First Aid training is an eight-hour course. It is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people

RC3

2860 Ward Blvd Suite C
Wilson, NC

Wednesday, May 25 | 8:30 A.M - 5:30 P.M

YOUTH MENTAL HEALTH FIRST AID TRAINING

Training course held at RC3 on May 25th, 2022, 8:30am-5:30pm (1 hour lunch)

trainers are Wes Rider and Stacey Harward from the
North Carolina Department of Health and Human Services.



for more information contact RC3 at (252)991-7267 or visit our Facebook or website at www.willcoprevention.org

FOR MORE INFORMATION

eventbrite.com/e/youth-mental-health-first-aid-training-tickets-321344198147



Faith & Mental Health

Morning

GUEST LEADER: Chris Shelton, Local Missions Pastor at Westover Church

5.24.22

Faith and Mental Health Morning

JOIN RESTORATION PLACE COUNSELING (RPC)
FOR A COMMUNITY PASTORAL BREAKFAST
MEETING ABOUT FAITH AND MENTAL HEALTH.

Carolina Theatre

310 South Greene Street
Greensboro, NC

Tuesday, May 24 | 7:15 - 8:30 A.M.

FOR MORE INFORMATION

eventbrite.com/e/faith-and-mental-health-morning-tickets-330850371367

MENTAL HEALTH TIPS

- Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you were able to accomplish each day.
- Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
- Set up a getaway. It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!
- Work your strengths. Do something you're good at to build self-confidence, then tackle a tougher task.
- Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60 and 67 degrees Fahrenheit.
- "You don't have to see the whole staircase, just take the first step." - Martin Luther King, Jr. Think of something in your life you want to improve and figure out what you can do to take a step in the right direction.
- Experiment with a new recipe, write a poem, paint, or try a Pinterest project. Creative expression and overall well-being are linked.
- Show some love to someone in your life. Close, quality, relationships are key to a happy, healthy life.
- Boost brainpower by treating yourself to a couple of pieces of dark chocolate every few days. The flavanoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.
- "There is no greater agony than bearing an untold story inside of you." -Maya Angelou. If you have personal experience with mental illness or recovery, share on Twitter, Instagram, and Tumblr with #mentalillnessfeelslike.
- Sometimes, we don't need to add new activities to get more pleasure. We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
- Feeling anxious? Take a trip down memory lane and do some coloring for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect.
- Take time to laugh. Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.
- Go off the grid. Leave your smartphone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.
- Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).

MY BROTHER'S & SISTER'S KEEPER

WAKE COUNTY

Community Collaborator Collective

Policy Change Initiatives

Capacity Building for Leaders of Color



Youth Voting Caucus

Life Skills Program

Community Awards Banquet

Youth Advocacy Initiative

Leaders of Color Restorative Retreat

Our Supporters & Community Partners



LEGAL AID
of NORTH CAROLINA



Scan the QR code to donate
to the evolution today!

