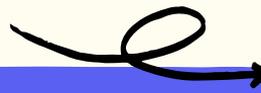
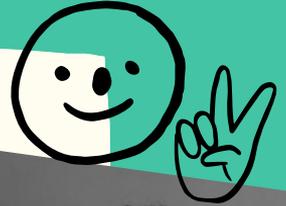
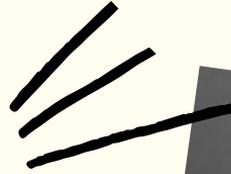
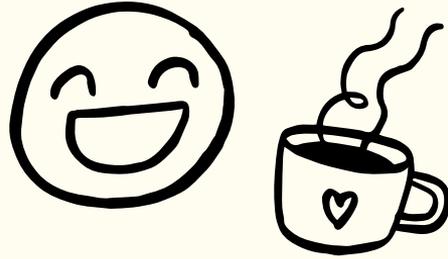


Hello!!

I am Sage Cibula,
Miss Wolcott's
Teen 2023



Get to Know Me



- ♥ I am a junior at Bristol Eastern High School
- ♥ I've been a dancer for 8 years at Nutmeg Performing Arts Center
- ♥ My community service initiative is Mental Health Communications
- ♥ This is my first year with the Miss America Organization!



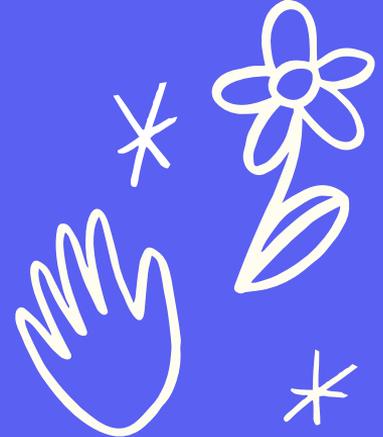
The 4 points of Miss America are....

- Service
- Success
- Scholarship
- Style

**As well as Sisterhood;
the circle at the
bottom of the crown!**

* The organization is a great opportunity to make friendships for a lifetime, earn scholarships, and learn lifelong skills. *

About the Miss America Organization



Let's talk
mental health...

My journey...



Once the pandemic hit, I began to struggle with my mental health. Luckily, my family is therapy friendly and helped me get the professional help I needed, but not all students have that at home. These students may also struggle to find or seek out resources at school.





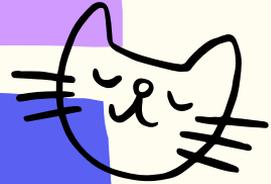
Eastern students
have said:



"Give us opportunities to have
discussions about our feelings"



"Reach out to a student you
are worried about, i know that
would help me in my bad times".



What's happening in schools right now?

A.) Access to the resources where students can get help is not always visible or promoted around the school.

As a student myself, I did not know of any of the resources my school provides.

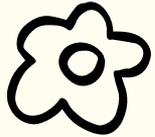
B.) There still seems to be stigmas around mental health in school.

Mental health is nearly not talked about enough, and is still a very quiet topic in schools.



What has to be done?

This is where my community service initiative comes into play!



These issues sparked my development of the Mental Health Communications (MHC) Project- A program to ensure all students have easy access to the resources that can help them, advocate for mental health awareness, and break the stigmas around mental health in schools.

The Mental Health Communications Project:

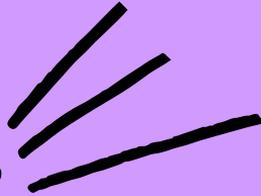
- Using results from data I collected through surveys conducted, I plan to:
 - Advocate for mental health awareness within schools through forums such as assemblies, advisory activities, and social media
 - Working with BE school resources to create a digital platform where students can find help
 - Visiting schools in local communities to educate students about the MCH Project

What should I do if I'm struggling with my mental health?

Talk about it! There is no shame in struggling; it happens to all of us

Use other resources. My goal is to make sure all students know where and what to go to.

Reach out to your school counselor. The guidance office is a safe space

Thank you for 
listening today!

