

Lifeline Cleveland

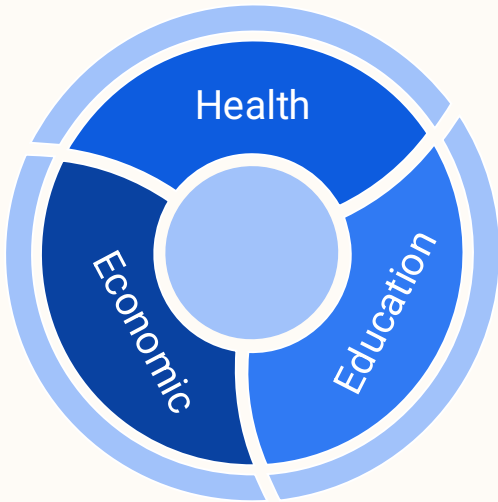
A Journey from Hopelessness to Hopefulness

A Naomi Women of Distinction Project
September 18, 2024



Who Are We?

The Naomi Women of Distinction project supports women of color through health initiatives, economic empowerment, education, and community engagement. The goal is to empower women for success and leadership in society.



Introduction: The Crisis We Face

Alarming rise in suicide rates among women and girls in Cleveland's inner city effects our community.

Challenges:

- Economic hardship
- Social inequalities
- Lack of access to mental health resources

Urgent need for targeted, accessible mental health support.

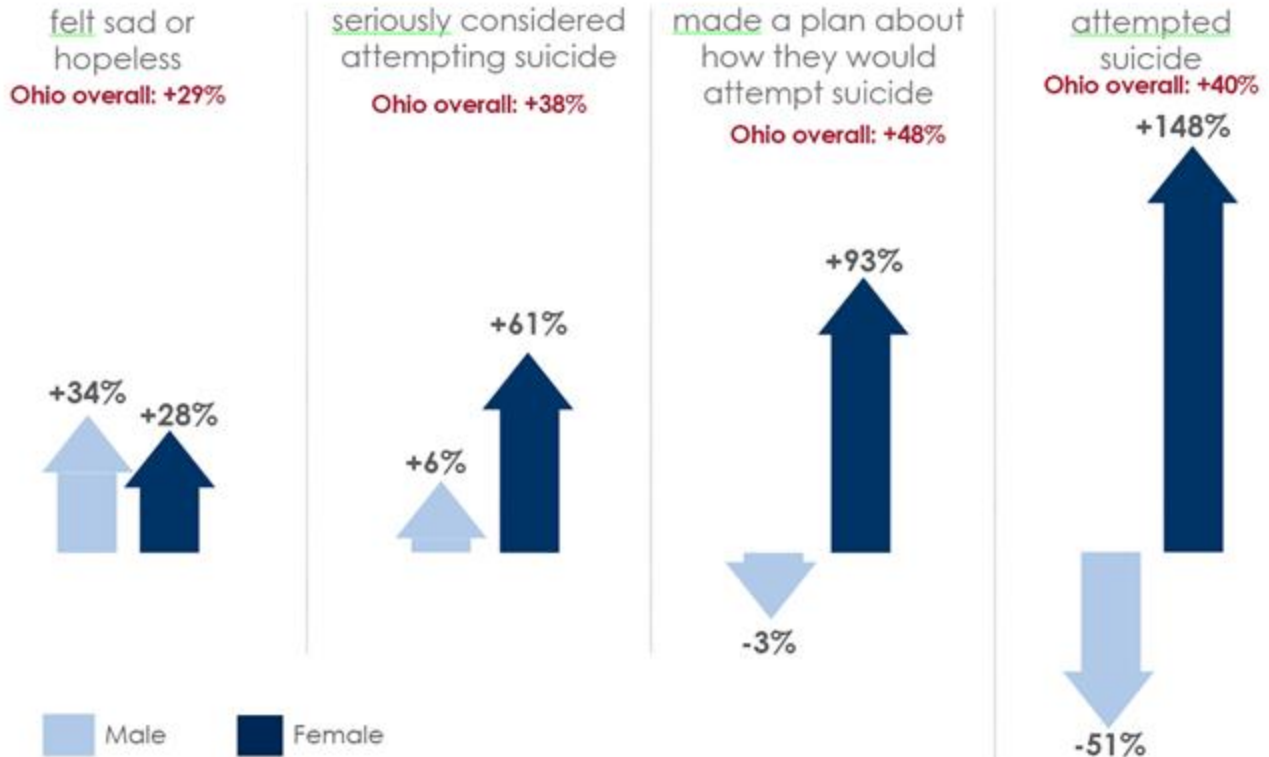
How can we make a difference?



Changes in mental health challenges among Ohio high school students

More Ohio high school students reported mental health challenges in 2021 compared to 2019, but the increase among female students was much higher than among male students

Percent change from 2019 to 2021 of Ohio high school students who...



Source: HPIO data snapshot, "Suicide in Ohio." Data from Youth Risk Behavior Survey

Introducing Lifeline Cleveland



Community-focused project goals to combat rising suicide rates.

- Host art therapy classes
- Distribute 'Chest of Infinite Dreams' boxes
- Empower women and girls with coping skills
- Provide resources and support to individuals who loss loved ones due to suicide

The 'Chest of Infinite Dreams'

Tangible tools for emotional well-being and resilience

Contents include:

- Journals for self-reflection
- Relaxation tools
- Affirmation cards
- Educational materials on coping strategies

. Much More!



Supportive Optimistic Sisterhood (S.O.S.) Art Therapy and Wellness

by Michelle “Starr” Starling

Art Therapy Workshop goals:

- introduce the healing benefits of art therapy
- provide opportunities to utilize artistic expression, mindfulness and positive self-reflection to improve their mental health
- aims to explore personal strengths and creativity through African mask-making
- provide group members with an opportunity to experience and gain a better understanding of art therapy and therapeutic art groups



The Impact of Lifeline Cleveland

- ★ Creating a sustainable model for mental health support.
- ★ Bridging gaps in access to critical mental health services.
- ★ Empowering women and girls with:
 - Coping skills
 - Emotional resilience
 - Support networks
 - Potential for duplication in other communities



Project Timeline: Phase 1

Months 1 - 4

Planning & Partnership Development:

- Finalize partnerships with mental health service professionals, and local entrepreneurs
- Develop detailed project plan
- Assemble 'Chest of Infinite Dreams' contents

Program Launch & Initial Outreach:

- Begin community outreach
- Launch awareness campaign
- Distribute first 'Chests of Infinite Dreams' boxes
- Start initial art counseling sessions



Project Timeline: Phase 2

Months 5 - 7



Full Program Implementation/Midpoint Evaluation:




- Monitor participant progress
- Conduct regular check-ins and surveys
- Adjust program based on the feedback
- Review meeting with partners and committee members
- Make necessary adjustments



Project Timeline: Phase 3

Months 8 -10

Program Expansion & Continued Support:

- Increase community outreach
 - Continue counseling and 'Chest' distribution
 - Focus on sustaining engagement
 - Invite participants to Naomi: Women of Distinction luncheon
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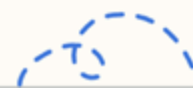

Project Timeline: Phase 4

Months 11 and 12

Future Planning & Sustainability:

- Explore additional funding opportunities
- Research updated and current resources

Final Evaluation & Reporting:

- Analyze participant outcomes and success stories
 - Prepare comprehensive impact report
 - Share results with community partners
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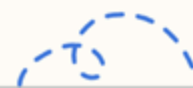
How You Can Help!

Volunteer Opportunities:

- Mentoring
- Assisting with '**Chest of Infinite Dreams**' assembly
- Community Outreach
- Spread awareness about mental health resources
- Donate to support the program's expansion



Conclusion: A Journey to Hope

- Lifeline Cleveland: Transforming lives from hopelessness to hopefulness
 - Every 'Chest of Infinite Dreams' is a step towards healing
 - Together, we can create a supportive community for women and girls.
 - Join us in this crucial mission to save lives and foster perseverance.
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The background is white with several decorative elements: a large orange circle in the top-left corner, a blue dashed spiral in the top-left, a blue dashed spiral in the bottom-right, a pink flower in the bottom-right, and yellow leaves in the bottom-left. The text "Thank you" is written in a black, cursive font in the center.

Thank you