



BLACK BELT NEWS NETWORK

SHS, City Blocks Wellness Center to launch mental health initiative for teen girls

- [Nathan Prewett](#) Feb 7, 2025 Updated Mar 31, 2025

Selma High School (SHS) and partner City Blocks Wellness Center will launch "Fixing Your Crown," a new mental health initiative for teenage girls on Tuesday, Feb. 11, from 12:30 to 2:30 p.m.

A press release from SHS cited data from the National Center for Education Statistics (NCES), stating that while middle- and high-school females exhibit less physically aggressive behavior than boys, they tend to engage in "relational" aggression, such as spreading rumors and excluding others from social groups.

"Fixing Your Crown" aims to promote emotional well-being among girls, the press release said.

"We understand that adolescents and teens encounter significant social, emotional, and academic pressures today," said Dr. Rose Irby Wilkins, Founder and President of City Blocks Wellness Center.

"This collaborative initiative with Selma High School provides young women with the space and resources they need to develop a positive mindset, navigate challenging emotions, and cultivate a healthy sense of self. By focusing on emotional wellness and resilience, we are laying the foundation for future leaders who will confidently face any challenges."

The program seeks to help teen girls through interactive workshops, counseling sessions, wellness coaching, peer support networks, and digital resources.

The program highlights these features:

- Social-Emotional Learning Workshops: Evidence-based seminars focused on mindfulness, emotional intelligence, healthy relationships, and stress management.



- Individual and Group Counseling: Professional guidance in a safe, supportive environment to help participants explore emotions and develop healthy coping strategies.
- Wellness Coaching Programs: A supportive community of professionals and peers fostering connection, open communication, and shared experiences.
- Digital Resources and Tools: Access to online platforms, a mobile app for daily stress management, and wellness tracking tools for continuous support beyond the school environment.
- Reports for School Leaders- Monthly data metrics and program impact data highlighting progress.

"Our scholars confront many challenges that can impact their daily mindset and engagement with peers and adults," said Dr. Alisa Smiley, Mental Health Coordinator at Selma City Schools. "This program will empower them with tools to navigate difficulties, build confidence, and support one another."

To learn more about the initiative, contact:

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