



August is Teen Mental Health Month

Empowering Youth. Strengthening Communities. Saving Lives.

As backpacks are packed and students prepare to return to the classroom, August reminds us that academic success begins with something just as important as school supplies—mental wellness.

Teen Mental Health Month shines a spotlight on the emotional well-being of young people and encourages communities to reduce stigma, promote open conversations, and connect youth with the support they need before a crisis occurs.

Today's teens are navigating unprecedented challenges, including academic pressure, social media, bullying, anxiety, depression, trauma, substance use, and uncertainty about the future. While difficult emotions are a normal part of growing up, no teen should feel like they have to face these struggles alone.

One caring conversation can change—or even save—a life.

What is Teen Mental Health First Aid?

Teen Mental Health First Aid (tMHFA) is an evidence-based training designed to teach adolescents in grades 10–12 how to:

- Recognize signs and symptoms that a friend may be experiencing a mental health or substance use challenge.
- Respond safely and appropriately without taking on the role of a counselor.
- Encourage their peers to seek help from a trusted adult.
- Practice healthy coping skills and self-care.
- Build confidence in supporting friends while protecting their own well-being.

The goal isn't to make teens mental health professionals. It's to help them recognize when something isn't right and know what to do next.



Building a More Resilient Arkansas

Research Solutions, Inc. believes prevention starts long before a crisis. By increasing awareness and equipping youth with practical skills, we can create schools and communities where asking for help is viewed as a strength—not a weakness.

As a certified Teen Mental Health First Aid Instructor Trainer (tMHFA TOT), Kenisha Powell, M.S. Psychology, is available to partner with:

- Public & Private Schools
- School Districts
- Youth Organizations
- Faith-Based Organizations
- Community Coalitions
- After-School Programs
- Community Agencies

Whether you're interested in hosting Teen Mental Health First Aid for students or exploring future implementation opportunities, Research Solutions, Inc. is ready to help your organization build a culture of support, resilience, and hope.

Bring Teen Mental Health First Aid to Your School or Organization

Research Solutions, Inc. is currently scheduling Teen Mental Health First Aid presentations and training opportunities.

Whether you're looking to educate students, support educators, or strengthen your community's prevention efforts, we'd love to partner with you.

Contact:

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Prevention Coordinator

Certified Teen Mental Health First Aid Instructor Trainer (tMHFA TOT)

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"Together, we can create communities where every young person knows they matter, every conversation has purpose, and every life has hope."



Meet Ember: The RSI Guardian of Prevention

If you've noticed a new face around Research Solutions, Inc., allow us to introduce Ember—our official mascot and Guardian of Prevention.

Ember represents the heart of our mission: protecting communities through prevention, education, resilience, and hope. While dragons are often portrayed as fierce protectors, Ember reminds us that true strength comes from using our voice to help others, standing up for what's right, and looking out for those who may be struggling.



You'll find Ember appearing throughout our educational materials, community events, youth conferences, social media, and outreach campaigns. Whether he's encouraging healthy choices, promoting mental wellness, teaching prevention strategies, or celebrating community success stories, Ember is here to make learning engaging and memorable for youth and families alike.

His signature purple and orange colors symbolize strength, resilience, hope, and the spark of positive change that exists within every individual and every community.

As Research Solutions, Inc. continues to expand prevention efforts across Northeast Arkansas, Ember will serve as a friendly reminder that prevention isn't about reacting to problems—it's about building stronger communities before challenges become crises.

Keep an eye out for Ember throughout future newsletters and events. He'll be sharing prevention tips, wellness reminders, educational resources, and maybe even a few surprises along the way!

After all, every hero starts with one small spark... and together, we can ignite lasting change.



Save the Date: Two Conferences. One Mission. Stronger Communities.

At Research Solutions, Inc., we believe prevention begins with education, connection, and community. This fall, we're excited to host two impactful conferences designed to empower individuals of all ages with the knowledge, resources, and support needed to build healthier, more resilient lives.

Whether you're a parent, educator, youth leader, community member, or advocate, we invite you to join us as we continue our mission of **Impacting Communities. Empowering People.**

Stronger Than Silence: Men's Mental Health & Prevention Conference

September 23, 2026 | Clover Bend Historic District | Hoxie, Arkansas

Men often carry the weight of life's challenges in silence. This conference is dedicated to changing that narrative.

Stronger Than Silence will bring together mental health professionals, prevention specialists, community leaders, and individuals with lived experience for a day of meaningful conversations focused on mental health, substance misuse prevention, resilience, and overall wellness.

Attendees can expect:

- Inspiring keynote speakers
- Expert panel discussions
- Practical wellness and prevention strategies
- Community resources
- Opportunities to connect with others and break the stigma surrounding men's mental health

Because asking for help isn't a sign of weakness—it's a sign of strength.





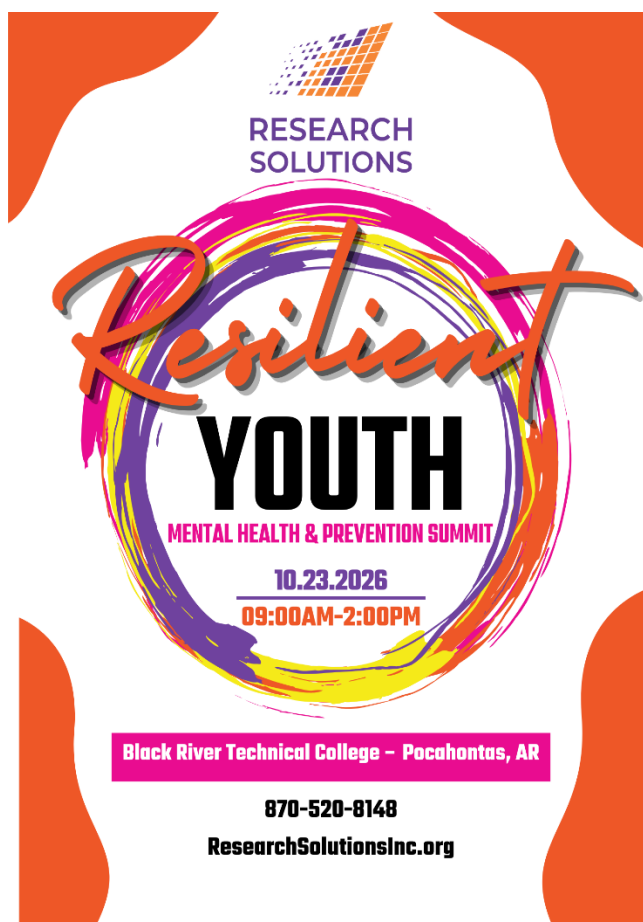
RESEARCH SOLUTIONS



Resilient Youth Mental Health & Prevention Summit

October 23, 2026 | Black River Technical College | Pocahontas, Arkansas

Today's youth are tomorrow's leaders. By investing in their mental health and well-being today, we create stronger communities for generations to come.



The **Resilient Youth Mental Health & Prevention Summit** is an engaging, interactive event designed specifically for youth, educators, school personnel, and community partners. Through dynamic presentations and hands-on learning experiences, participants will explore topics including:

- Mental wellness and resilience
- Substance use prevention
- Healthy coping strategies
- Building positive relationships
- Leadership and decision-making
- Protective factors that support lifelong success

With this year's theme, **"You Matter. Your Choices Matter. Your Future Matters."**, the summit will encourage every young person to recognize their value, embrace healthy choices, and discover their potential.



Join the Movement

These conferences are more than events—they're opportunities to strengthen our communities through education, prevention, and collaboration. Whether you're looking to gain valuable knowledge, connect with others, or become a champion for mental wellness and prevention, we invite you to be part of these transformative experiences.

Registration is now open!

Stronger Than Silence: Men's Mental Health & Prevention Conference

Register today: <https://forms.gle/ykpvigxZtT7fHAUL6>

Resilient Youth Mental Health & Prevention Summit

Register today: <https://forms.gle/dC8MqChJpH9D3ds27>

Space is limited for both events, so we encourage you to reserve your spot early. We look forward to welcoming you as we continue building stronger communities—one conversation, one connection, and one life at a time.