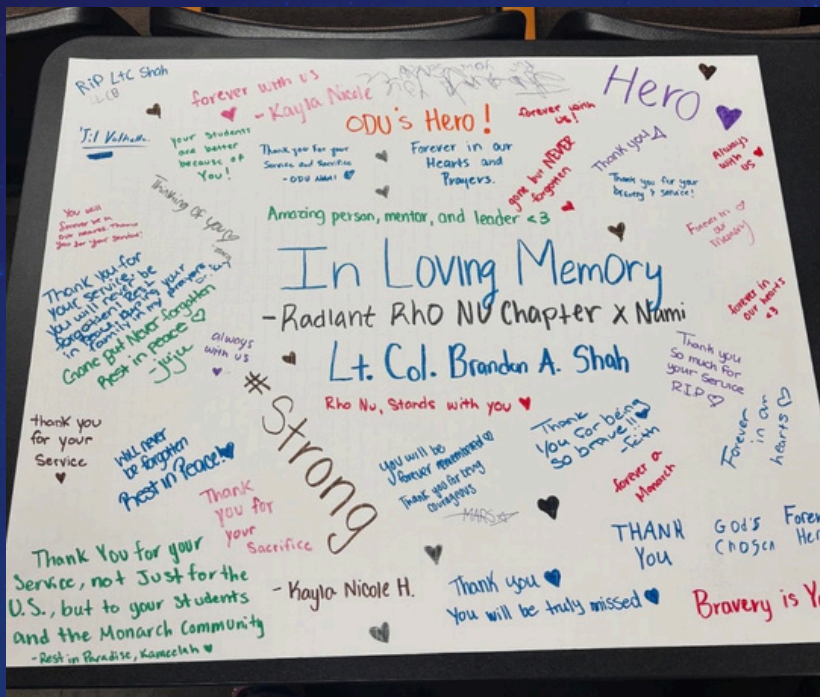




ODU Students from
Radiant Rho NU Chapter
and
NAMI on Campus
create a supportive
poster
in memory of
Lt. Col. Brandon Shah

YOUTH AND YOUNG ADULT NEWSLETTER

Upcoming Events:

- April 30th:** Coastal Voices Reception
- May 4th:** *The Good Side of Bad: A film and discussion*
Educational Series with the Counseling Center of VWU
6:30pm-9:00pm Virginia Wesleyan Blocker Hall
- May 21st:** Youth Using AI for Mental Health Support:
Research Presentation by Conner Smith
- May 28th:** Ending the Silence for Teens and Families
- May 31st:** Strike Out Stigma Tides Game 1:05 pm

**Are you interested in helping with our youth and young adult outreach?
Do you or your teen/young adult have the lived experience and want to
share your story?**

**Do you want to bring a presentation to your school/church/group?
Please fill out the interest form below**

ODU AND HAMPTON ROADS GRIEVES THE LOSS OF LT. COL BRANDON A. SHAH

Dear Members of the Old Dominion University Campus Community:

Following the horrific tragedy and senseless act of violence that occurred in Constant Hall on the morning of March 12, 2026, we pay tribute to one of our very own, Lt. Col. Brandon A. Shah '07, a dedicated Monarch, public servant, and true hero.

Above all else, Lt. Col. Shah embodied what it means to be a devoted family man, a revered leader, and heroic protector even in his final moments. He was a shining example for his students and all Monarchs.

Lt. Col. Shah was a beloved and respected leader at Old Dominion University. He personally guided students in the Army ROTC Monarch Battalion through his caring spirit and combat experience.

With Deepest Sympathy,
Brian O. Hemphill, Ph.D.
President



President Hemphill's full letter linked below



Ending the Silence

Thursday, May 28th
6:30 - 7:30 pm
Virtual or In- person
snacks and water provided

This program is **FREE** and open
to the public.
To register visit the link below
or scan the QR code.

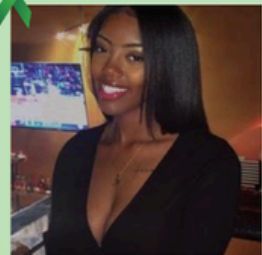


Join us for an engaging
presentation and interactive
discussion that helps the
community learn about the
warning signs of mental
health conditions and what
steps to take if you or a loved
one needs help or support.

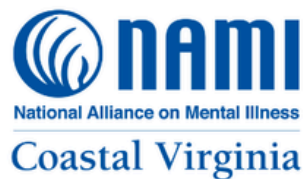
Meet Our Presenters



Susannah Uroskie
Mental Health Advocate



Miyah Williams
Mental Health Advocate



STRIKE OUT THE STIGMA

Come join us on
May 31st 1:05 PM

KEY DIFFERENCES BETWEEN 988 & 911

Knowing when and how to communicate the distinctions between 988 and 911 is critical .

People may not always know when to reach out for behavioral health support versus emergency services.

988

A Resource for Behavioral Health Crises

911

A Response System for Medical, Fire, or Police Emergencies

DESCRIPTION

The 988 Lifeline connects people with counselors who are trained to provide emotional support, crisis de-escalation, and local resources, without relying on law enforcement or emergency medical intervention unless necessary.

911 is the primary contact for medical emergencies, fire, crimes in progress, or other situations requiring immediate physical intervention. Although 911 is highly effective for emergencies involving physical harm, it is not specialized to manage behavioral health crises.

KEY FEATURES



Skilled, Caring Support 24/7:

988 counselors are trained to provide emotional and mental health support and crisis intervention.



Minimal Law Enforcement

Intervention: Most crises are managed without involving law enforcement, reducing the likelihood of escalated responses.



Connection to Local Resources:

People are referred to local mental health and/or substance use treatment services for follow-up care, ensuring continuity of support.



Immediate Intervention for Physical

Danger: 911 dispatches police, fire, or EMS to address urgent threats to life or safety.



Law Enforcement Involvement:

Law enforcement officers are typically dispatched in crises involving potential violence or criminal activity.

Summary: Both 988 and 911 provide critical support but focus on different crisis types. 988 specializes in behavioral health crises and offers crisis counseling and emotional de-escalation; 911 addresses physical dangers needing police, fire, or EMS. Understanding the distinction is essential to ensuring the appropriate response and care.

April 16th at Cox High School



Almost 100 students participated in our initiatives to inspire hope and comfort in our community, spread awareness about our resources, and encourage and thank our volunteers. Many students also participated in an **anonymous survey** asking them to describe the mental health initiatives available at their school, their preferred coping skills, and their level of comfort in asking for help.

- **More than half of the students indicated that they would go to a trusted adult if they were worried about their mental health.**
- Students were more likely to cope with stressors by talking to friends, staying busy, or implementing strategies such as meditation, exercise, or being creative.
- **Just over half of the students said they were both aware of and comfortable using the 988 crisis line if necessary, whereas 30% of students said that this survey was their first time hearing about 988.**
- Only 22% of students reported feeling either "Very Comfortable" or "Comfortable" telling a teacher or staff member talking about their mental health. **Of the students who felt neutral, uncomfortable, or very uncomfortable talking to school staff, some common reasons included:**

- Dislike for talking about their feelings
- Fear of judgment
- Fear of being misunderstood
- Not trusting staff

THANK YOU, GOX !





THE ALEXA PROJECT



Breaking the Stigma

Podcast

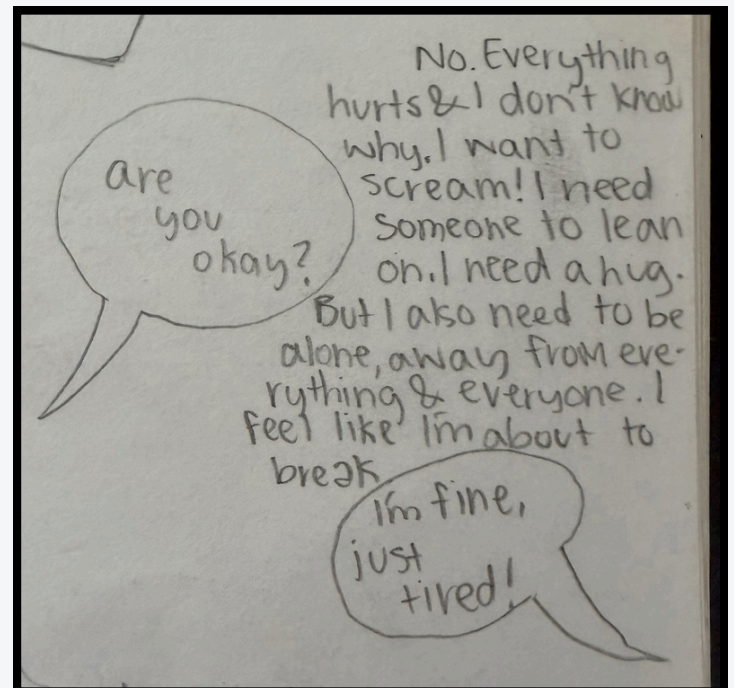
March 2026

Frances Waalkes shares her struggles with substance abuse and depression

The Alexa Project recognizes all who live with mental illness and their courageous journeys.

This initiative honors Alexa, who in the face of stigma, spoke out courageously about her journey with bi-polar disorder.

Each month a new conversation will be posted to the Breaking the Stigma Podcast. We will talk with people whose lives have been affected by mental health conditions with the hope that these discussions will help others realize they are not alone.



If you would like to take the pledge for #TheAlexaProject send your video to:

namicoastalvideo@gmail.com

Community leader and partner, Dr Cassie Glenn, Associate Professor of Clinical Psychology and Director of the Youth Risk & Resilience Lab (YR₂Lab) at Old Dominion University, shared a resource which outlines recommendations for Hospitals, Schools, and Families in supporting youth following Psychiatric Hospitalization or Suicide-Related Crises. [LINK TO PDF BELOW](#)



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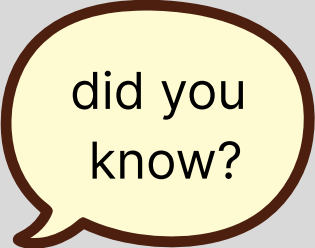
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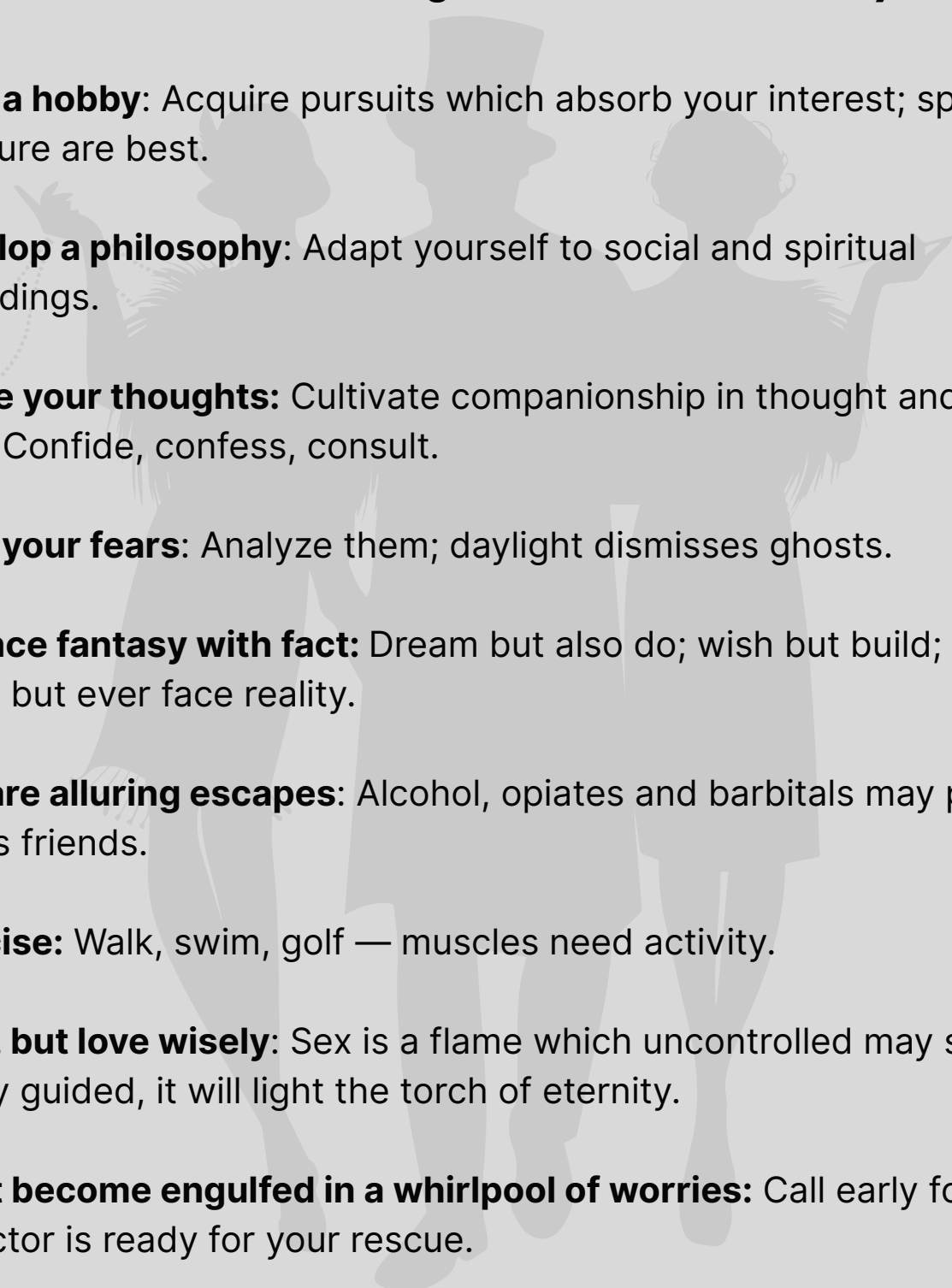
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did you
know?

In the 1930s, the Cleveland Academy of Medicine held a contest asking for the best ten rules for mental health.

Here was was the winning submission- do you think this is still a good set of rules for today?

- 
- 1. Have a hobby:** Acquire pursuits which absorb your interest; sports and nature are best.
 - 2. Develop a philosophy:** Adapt yourself to social and spiritual surroundings.
 - 3. Share your thoughts:** Cultivate companionship in thought and in feeling. Confide, confess, consult.
 - 4. Face your fears:** Analyze them; daylight dismisses ghosts.
 - 5. Balance fantasy with fact:** Dream but also do; wish but build; imagine but ever face reality.
 - 6. Beware alluring escapes:** Alcohol, opiates and barbitals may prove faithless friends.
 - 7. Exercise:** Walk, swim, golf — muscles need activity.
 - 8. Love, but love wisely:** Sex is a flame which uncontrolled may scorch; properly guided, it will light the torch of eternity.
 - 9. Don't become engulfed in a whirlpool of worries:** Call early for help. The doctor is ready for your rescue.
 - 10. Trust in time:** Be patient and hopeful, time is a great therapist.

**Dr. Joseph Fetterman in The Bulletin of the Academy of
Medicine of Cleveland.**