



National Alliance on Mental Illness

nami

Coastal
Virginia

WINTER 2026



YOUTH AND YOUNG ADULT NEWSLETTER

Upcoming Events:

February 10th: Ending the Silence presentation

February 20th: Mental Health Awareness Night with the
Admirals @ The Scope

March 18th: Say It Out Loud Presentation at our
Community Meeting

April 30th: Coastal Voices Gala

May 1- 31st: Mental Health Awareness Month - calendar of
events coming soon!

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



Mary T., a student from **Grassfield High School**, collaborated with NAMI Coastal VA to promote mental health awareness. On January 16, she set up a resource table during lunch blocks to inform students about NAMI and its support services.

An interactive poster invited students to share their stress levels using post-it notes, along with reasons for their worries. After tallying the responses, Mary was thrilled to see that the outreach reached 151 students.

“This was way more than I had expected”- Mary ❤️

BAYSIDE HIGH SCHOOL GRIEVES THE LOSS OF A BELOVED COACH

NAMI COASTAL STUDENT AMBASSADOR HARLEIGH SHARES

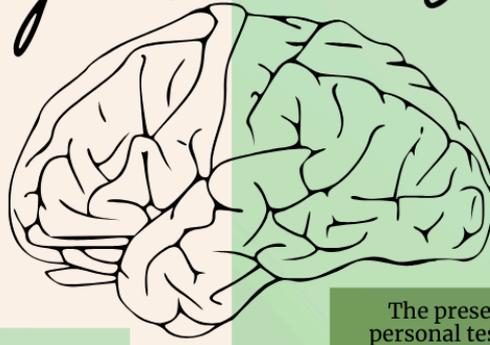
Bayside High School faced a heartbreaking loss with the passing of our beloved teacher and coach, Johnathan White, who meant so much to our community. Not only was Coach White a leader and very important part of our school, he was a 1999 graduate from BHS and he had been coaching our football team to victory for 12 seasons. His impact reached far beyond the classroom and the field, and his absence has been deeply felt by students, staff, and families.

After the days of his passing, our school came together to grieve and support one another...

see full text at link below

Ending the Silence

February 10th
6:30 - 7:30 pm
Virtual or
In- person
(snacks and water
provided)



Through dialogue, we can help grow the movement to end the stigma.

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.

The presentation will include personal testimony from a youth or young adult with lived experience. The presentation's message of empathy and hope encourages all to actively care for themselves and their loved ones.

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

<https://forms.gle/A7MLryDnzwJSNpz26>



Meet Our Presenters



Susannah Uroskie
Mental Health Advocate



Harleigh D.
Mental Health Advocate
&
NAMI Student Ambassador

MENTAL HEALTH AWARENESS NIGHT

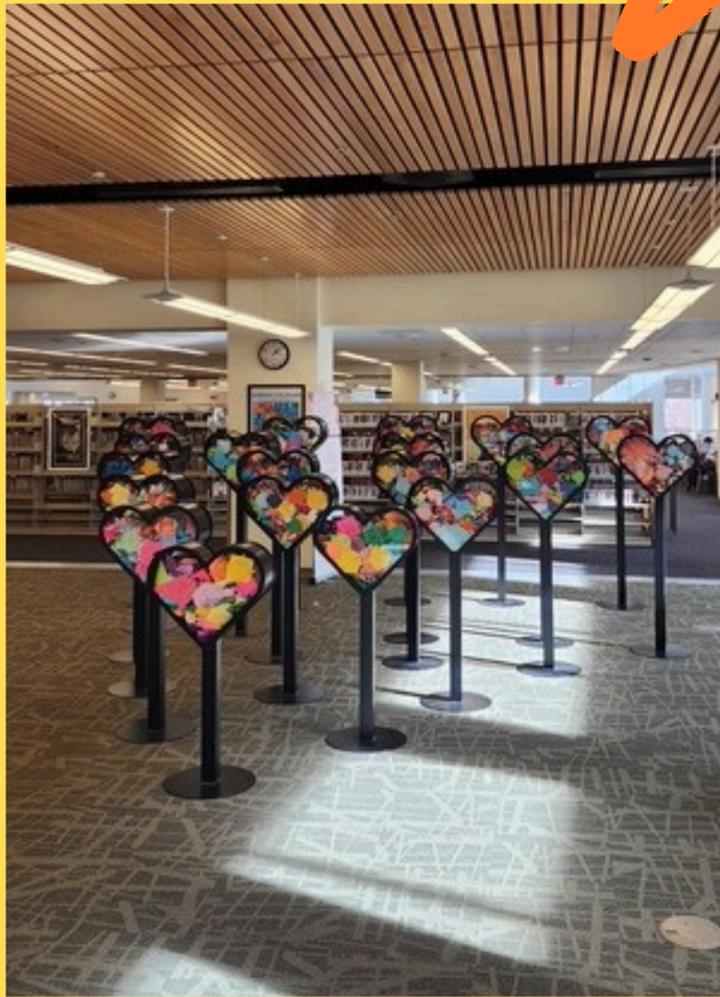
Friday, February 20
7:05pm Puck Drop

NAMI Coastal Virginia has teamed up once again with the Norfolk Admirals to raise awareness for mental health by creating a memorable night of hockey for our community to enjoy. We hope it will be a game-changer to silence stigma and promote the benefits of incorporating sports and physical activity with mental wellness.



Let's face-off to end the stigma

say it **OUT** **LOUD**



We invite you to join our community presentation. **Enjoy** a complimentary light dinner, **engage** in a mental health discussion with dedicated advocates, and **explore** the WithLove NAMI exhibit now on display at TCC-VB Library.

Panel Moderator:

Kirstyn Andino

Panelists:

Miyah Williams

Tevin Clark

Riley Mooney

REGISTER AT THE LINK BELOW

March 18th

5:00 - 6:45 PM

TCC VB Library- 1700 College Crescent

LATEST NEWS

full 13NewsNow
article linked
below

VBCPS is launching free, unlimited teletherapy for grades 6–12,

Virginia Beach City Public Schools is expanding access to mental health care for thousands of students. The division is rolling out a free, unlimited teletherapy program that is built to reach kids who need help outside the traditional school day.

The program, in partnership with student mental health and wellness platform Uwill, is available to students in grades 6 through 12.

According to a recent report from the Centers for Disease Control and Prevention, nearly four in ten high school students in the U.S. said they experienced persistent feelings of sadness or hopelessness.

RESEARCH

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 an article about social media use and suicidal thoughts in youth, which was led by her colleague at Rutgers who is conducting wonderful work examining the impact of social media on youth mental health.

Reference: Hamilton, J. L., Dalack, M., Boyd, S. I., Jorgensen, S., Dreier, M. J., Sarna, J., & Brent, D. A. (2024). Positive and negative social media experiences and proximal risk for suicidal ideation in adolescents. *Journal of child psychology and psychiatry*, 65(12), 1580-1589.

Summary: Social media has received considerable attention as a potential risk factor for adolescent suicide. Few studies, however, have examined adolescents' daily negative and positive experiences on social media and its impact on suicidal ideation. In this study, adolescents were recruited using social media across the United States and participated in an 8-week intensive monitoring protocol. This study found that on days when teens endorsed more frequent negative social media experiences than usual, they were more likely to report suicidal ideation. However, more positive social media experiences than usual were associated with a lower likelihood of having suicidal ideation. There were no significant effects of social media use ('screen time') on suicidal ideation. Taken together, these results indicate that social media experiences may be dynamic and modifiable risk and protective factors for suicidal ideation in adolescents, whereas there is no effect of social media screen time on suicidal ideation. Findings highlight that targeting negative social media experiences and augmenting the positive experiences on social media may be critical targets to improve teens' mental health and prevent suicide, rather than focusing on limiting social media screen time.

FULL ARTICLE linked below

10 RULES FOR RAISING THRIVING KIDS IN A HIGH-TECH WORLD

Brett & Kate McKay • Nov 10, 2025

full article linked below



1 You're in Charge

first rule is the foundation for all the others: parents — not kids, not peers, not tech companies — set the terms for how technology enters the home. Don't default to giving your kid a screen just because everyone else is.

2 Delay Smartphones and Social Media

3 Create Tech-Free Zones and Times

...boundaries aren't just about how much tech your kids use but where and when they use it. Bedrooms, mealtimes, and family gatherings should be screen-free.

4 Use Parental Controls and Clear Rules

5 Encourage Real-World Freedom and Independence

6 Talk About Online Behavior, Risk, and Self-Control

7 Model Good Tech Habits

8 Recognize That Time Is Limited

... screen time doesn't just eat hours — it replaces them. Every hour online is an hour not spent sleeping, reading, playing, or developing real-world skills.

9 Be Consistent and Clear About Consequences

10 Stay Flexible but Firm

Depression, anxiety, and sleep issues have all climbed, while dating, hanging out with friends, and even driving have decreased as screen time has gone up.