

SMILE - Solution to Mental Health Issues Leveraging Empathy

PA/DE: Akash Kapoor, Rishi Kamtam, Aayush Kruthiventi, Anupama Kapoor, Dr. Sachi Kamtam

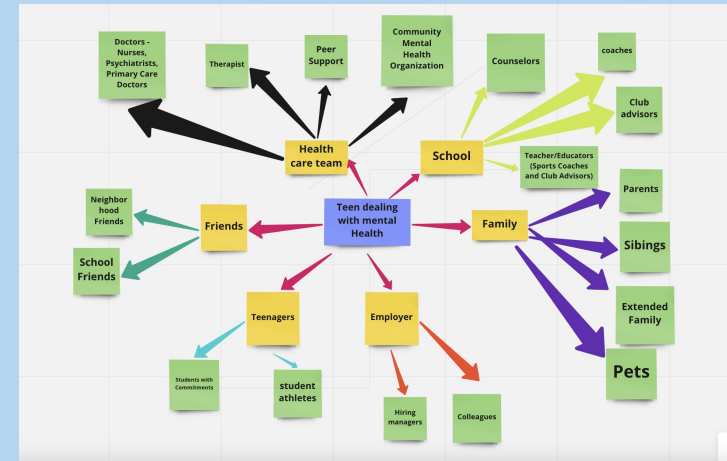


Introduction



Unmet Need: The stigma regarding teen mental health

Need Statement: A way to address the lack of awareness of mental health among families of high school students in the Chester County school district in order to spread the knowledge of mental health illnesses by 10%.



Solution

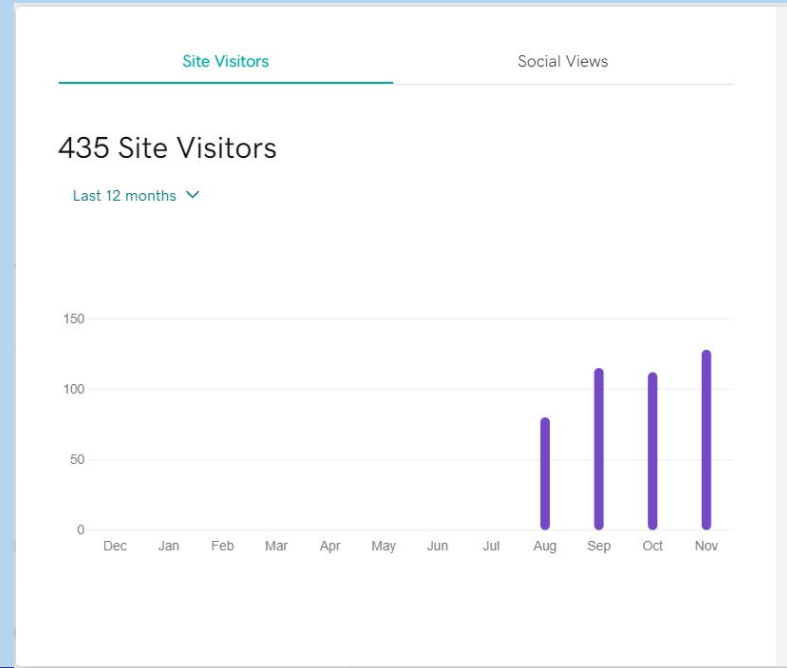
- Solution: Website that address teen mental health issues
- Prototype 1: Host a standalone website
- Prototype 2: Host a website on School Website
- Prototype 3: Host a website on Sewa Organization



Implementation

<https://smileforeveryone.org/>

- Created awareness through website.
- Formed a club in the Shipley school
- Distributed flyer to promote our website
- 400+ site visitors



Future Plans:



- Linking our website with the Sewa Website
- Starting a club in another one of our schools (Downtown S.T.E.M. Academy)
- Involving our local PA/DE chapter to help promote the website
- Working with school counselors to make videos about support mechanisms in regards to mental health
- Working with Doctors/Therapists to create videos guiding teenagers on mental health awareness

Partner Comments

- **What are your thoughts on the solution we are trying to implement?**

It is a workable solution if the plan is implemented as designed. The resources offered are excellent in helping to solve the unmet need but the website needs to be marketed in order to reach a bigger audience and have a bigger impact.

- **What are your opinions of the approach our group is using to solve this problem?**

With the limitations of a budget and personnel, I feel that using a website and club are options that provide the team with a good platform to implement their solution and solve the problem.

- **Do you think this solution will have a lasting impact on the community?**

Yes, as long as the maintenance and the running of the club is carried forward by the coming batches of Sewa volunteers.



Reflection(s)



- **What went well**
 - Introduction to real life problems
 - Planning and Organization
 - Research techniques
 - Team Collaboration
 - Working with Stakeholders
 - In person meetings

- **What could be improved:**
 - Time management