

Garrett's Space Barrier Busters Presentation

February 23, 2022

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Garrett's Space

Hope, Healing and Connection

Garrett's Space

- Established by Julie & Scott Halpert after losing their son Garrett to suicide.
- Garrett's Space is dedicated to reducing suicides and filling critical gaps in support for young adults ages 18- 28 facing significant mental health challenges. We are working to restore hope and perspective in this population by promoting connections, self-worth and resilience.

Mission & Vision

- **Mission** – A suicide prevention program providing hope, healing and connection to young adults, ages 18-28, experiencing significant mental health challenges.
- **Vision**- Create a groundbreaking, holistically focused residential center where young adults feel safe and supported. Services will include individual and group therapy, support for families, peer support, and a variety of holistic activities focused on improving mood, teaching healthy behaviors and promoting wellness.

The Need: Young Adult Suicide & Mental Health

- Suicide is the second leading cause of death among Young Adults.
- Prevalence of suicide attempts in 2019 was highest among YAs 18-25 years.
- A [CDC survey](#) taken during the COVID-19 pandemic found 25% of respondents ages 18- 24 seriously considered suicide in the 30 days before completing the survey.
- A national survey from December 2021 by the Harris Poll and an Ann Arbor organization, Kumano, found that 70% of young adults 18- 24 reported feeling moderately or severely depressed.

Garrett's Space Wellness Groups

- Participants meet two days a week (currently meeting virtually) for a Support & Connect group and a Mood & Movement group.
- Support groups are free to participants. Groups are open and ongoing and currently meet weekly on Tuesday and Thursday evenings. Additional groups will be added in the future (day and time to be determined).
- Groups are led by peer and professional facilitators.
- Participants are also eligible for and strongly encouraged to enroll in our YST (Young-Adult Nominated Support Team) intervention.

Who Is Eligible to Participate?

- The Wellness Program is designed for young adults (ages 18- 28) who could benefit from support in addition to regular therapy and psychiatric support.
- Participants in the Wellness Group should be seeing a therapist or other mental health provider on a regular basis.
- The Wellness Group is an ideal supplemental option for individuals who would benefit from continued intensive support after discharge from an inpatient or partial hospitalization program.

How Garrett's Space Can Help

- Groups are a safe, confidential space to be with others who "get it".
- Provide structure and support to share and process feelings and challenges.
- Participants learn that others have had similar experiences and feel less alone.
- Gain helpful skills and strategies to manage difficult days.
- Develop hope for the future.

What Participants Can Expect

- A community of warm and welcoming peers and facilitators.
- An environment that offers positive social interactions, feelings of connection and friendship.
- A safe space to share stressors, fears, and losses.
- Helpful discussions and healing activities to provide support and help participants cope.

A Typical Group

- **Welcome**
- **Mood and mental health check in**
- **Share a current challenge/ something on their mind.**
Would they like group input?
- **Activity-** Focus on managing mental health and developing coping skills. We offer a variety of activities such as discussion prompts, brief videos, journaling, and movement activities.
- **Closing-** Set a goal or intention for the upcoming week, do a mood- mental health “check out”.

How You Can Support Someone Who Is Struggling

- Don't be afraid to bring up the topic.
- Reach out, check in, ask how they are **really** doing. Listen with empathy.
- Ask how you can best support them.
- Help with daily tasks (laundry, grocery shopping...); these can feel overwhelming.
- Show up, be present. Let them know you care.
- Connect them to a crisis line/ professional support when needed.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Crisis Text Line: Text "HOME" or "Start" to 741 741

Referral Information- Garrett's Space

- **If you are a Health Care provider** referring a young person, please complete this referral form: [Garrett's Space Referral Form](#)
- **If you are a young adult seeking support for yourself**, please contact Peggy (Peggy@garrettsspace.org or 734.212.6890).
- **If you are someone seeking support for a young person**, please contact Peggy (Peggy@garrettsspace.org or 734.212.6890).
- www.garrettsspace.org

Questions?

