

ELEVATE YOUR WELL-BEING

The mental health & well-being of young people is impacted by social media & the COVID-19 pandemic.

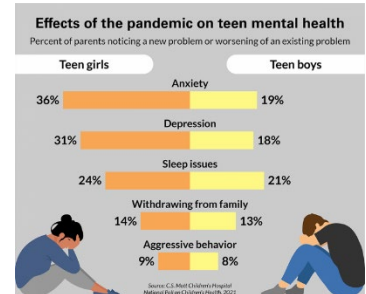


People who used social media the most were about **2.7 times** more likely to be depressed than participants who used social media the least.

Young adults using social media are likely to suffer from **depression/increased suicide risk**.

Suicide rates among teens increased **87% in females aged 15-24 and 30% in males** since 2000.

Teen brains **aged roughly 3 years** during just **10 months of the pandemic**, mirroring the effects of **trauma**.



MISSION

"Elevate Your Well-Being" aims to address these mental health challenges by **fostering resilience** and **promoting healthy habits to manage stressors** for all Scouts in a supportive environment. This program will be a key feature of the 2026 National Jamboree for Scouting America, focusing on mental, emotional, and behavioral flexibility to help teens adapt to life's challenges.

VISION

We aim to reinforce positive self-talk, mindfulness, and alignment with Scouting's core values - **our Oath & Law** - to equip young people with the tools they need to navigate adversity and thrive.

VALUE PROPOSITION

Scouting America disconnects kids from their devices but recognizes the need to use them in a healthy way to stay connected to the world and each other. **By becoming the leader among youth-serving organizations in offering its members tools and learnings to build resilience and healthy habits**, Scouts will be equipped to understand online safety and recognize mental health concerns while placing increased value on emotional well-being in themselves and their peers. Scouting America is needed more than ever to guide young people through these challenging times.

KEY PARTNERS AND SPONSORS IDENTIFIED (OR IN PROGRESS)

US Department of Homeland Security's (USDHS) Project iGuardian, Know2Protect

USDHS Cybersecurity and Infrastructure Security Agency (CISA) School Safety Task Force

WVU Schools of Health Sciences

National OA Shows Team

National Safe Scouting Committee & Medical Subcommittee, Scouts BSA Committee

In Progress - Kaiser Permanente (Foundation Health Plan), American Foundation for Suicide Prevention

MAIN PROGRAM AREA (AT&T Arena Rim) - PEAK WELLNESS (Rich Whitney, Ph.D., Lead)

1. Mindfulness and Meditation: Guided sessions to manage stress and anxiety.
2. Resilience Education and Training: How to build mental and emotional resilience.
3. Physical Wellness/Yoga: Yoga sessions to promote overall health.
4. Mental Health Awareness: Interactive sessions with mental health professionals.
5. Sleep Hygiene: Educational stations on improving sleep quality.
6. Nature Therapy: Information on the benefits of nature, or a recorded nature walk.
7. Goal Setting and Time Management: Workshops on setting realistic goals.
8. Social Media Literacy: Education on safe social media use (consider social media company partners)
9. Gratitude and Positivity Practices: Activities to cultivate gratitude and a positive mindset.
10. Introspection Labyrinth: Focus on self-reflection and introspection.

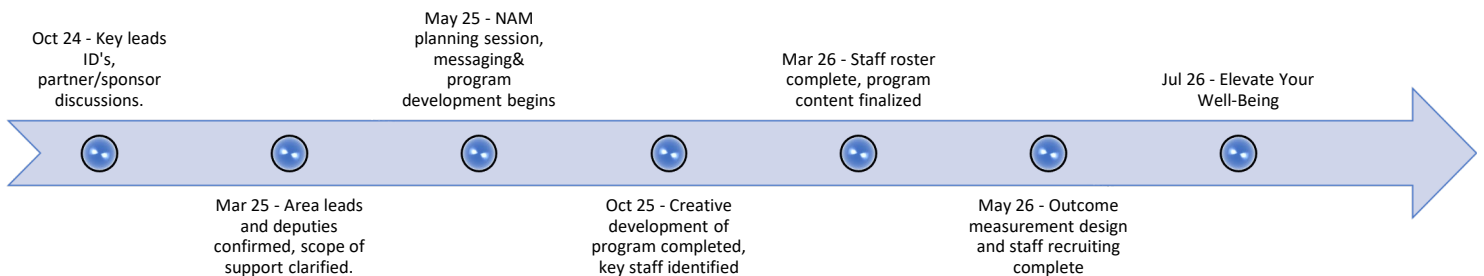
ALTITUDE ADJUSTMENT AREAS (Base Camp & Program Medical Clinics, Aaron Langlois, RN, Lead)

Previously sparse hydration/cooling/self-care areas at medical clinics will become designated areas to disconnect from devices and engage in face-to-face interactions. Activities to include conversation starters, board games, collaborative arts and crafts, and nightly wellness themes (aromatherapy, mindfulness, etc.).

ADDITIONAL JAMBOREE INITIATIVES

- Messages about belonging, wellness, & detaching from social media as safety moments and in the Jamboree app
- Council MESH activation, Mental Health First Aid training (scalable to all JST/staff)
- Suicide Prevention and Awareness initiative(s)
- Consider rank advancement requirements and Mental Health & Wellness MB (exact name TBD) activation (Kaiser Permanente – potential sponsor, SMEs through WVU Dept of Psychology/Stephanie McWilliams Ph.D.)

TIMELINE



OUTCOME MEASUREMENTS

Develop a strategy with academic partners and sponsors to measure the impact on Scouts' mental health and well-being using post-baccalaureate level researchers and scientists. (Partners - DHS, WVU, LaVerne College)

ADDITIONAL KEY JAMBOREE STAFF

Joe Barton, MD, MHMS – Jamboree Chief Medical Officer, Health & Wellness Pillar Lead

Tim Hindes – Chief of Staff for Wellness and Medical Administration

Stephanie McWilliams, Ph.D. – Mental Health Lead

BOTTOM LINE

These program areas aim to provide Scouts with the tools and knowledge they need to elevate their mental health, wellness, and overall well-being, aligning perfectly with the theme "Elevate" for the 2026 National Jamboree.