

Garfield High School: *Our Project*

WHO WE ARE: We're the L.E.T.S. Club. L.E.T.S., Lets Erase the Stigma, is a new club aimed at erasing the negative perception of mental illness. The goal is to make mental disabilities a comfortable subject among students, so that judgment will no longer be based on stigmas. You may ask yourself, how will they change the perception of mental health? Well it's easy; the club will follow a three-step process

Information, experience, and change. Members are given information on a specific mental disorder and how it effects teens. We then experience what it feels to have that mental disability through guest speakers, videos, or personal stories. Finally, members will attempt to make a difference in the life of people suffering with that mental disorder by fundraising for an organization, volunteering at a mental health facility, or being a part of an awareness walk.



Unity can only be accomplished if everyone has the opportunity to be involved, therefore anyone can join. This is not only a club for people with mental disabilities.

What drove us?

The LETS club came up with this project. We wanted to continue fighting against stigma, while bringing everyone the attention of services that are available to students. What will make students feel more comfortable is to go and seek services, for things like mental health when they need it. Can it be at the Garfield Wellness Center on campus? That is the question that drove us, what we wanted to see is things that will drive students to seek services that they might need.

How we sought this information?

Students apart of our LETS program went out and asked students. Through a mini survey, we asked students during lunch and passing period: What will make students feel comfortable to go and get services at the Garfield Wellness Center on Campus?

Why I did it:

The results [from this survey] is important to the school because a lot of children expressed how they feel in this school, providing their input.

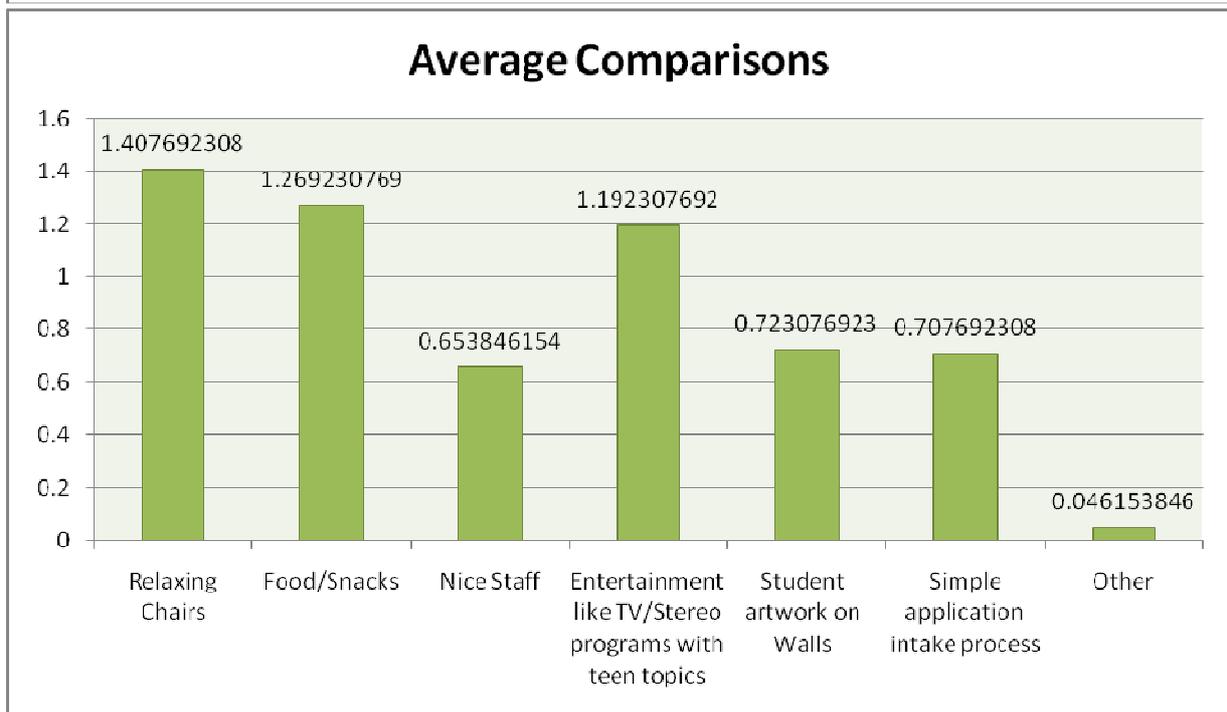
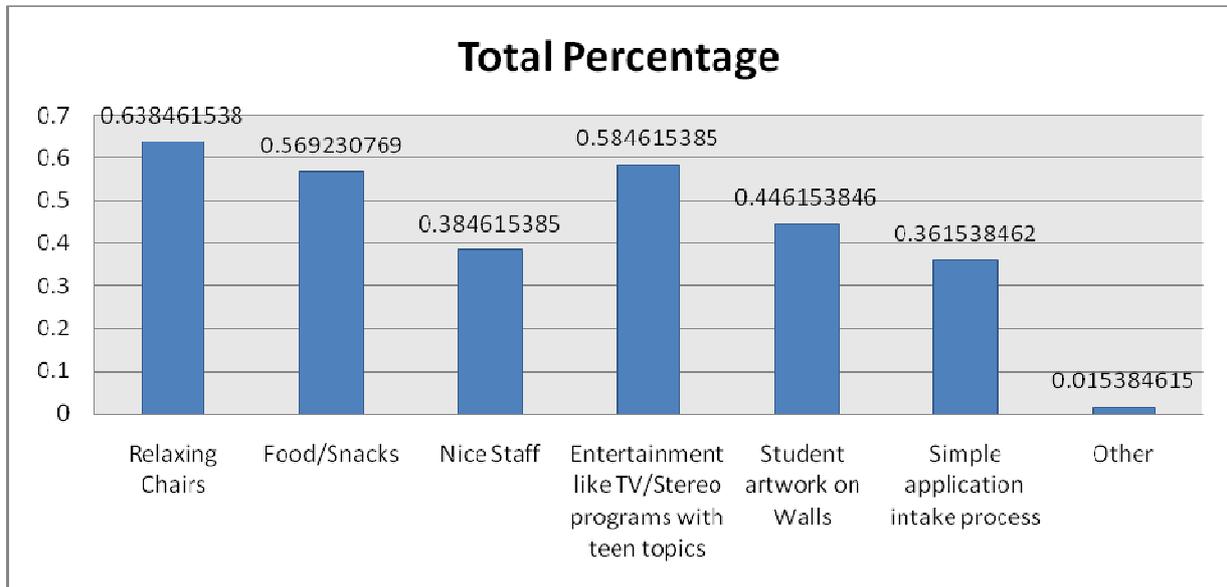
- *Diana Carreto, Junior*

Our Findings:

Out of 130 surveys, we found that the top three choices that students wanted were:

1. Relaxing Chairs

2. Entertainment like TV/Stereo programs with Teen topics
3. Food and Snacks



What we found most common:

“I want a safe health center at school and for the comfort”

- **Garfield High School students and Friends**