



Mental/Behavioral Health Strategy:

Girl Scouts of Northern Illinois is an advocate for mental health for girls, women, and communities. We collaborate with experts in the field of mental/behavioral health to access high-quality resources and align with best practices. Positive mental health encourages girls to fully embrace our mission and grow into their leadership potential. Our goal is for all members (girls, volunteers, alumnae, and staff) to embrace mental health wellness.

Girl Scouts of Northern Illinois is proud to introduce our **“Flourish” initiative**, part of an ongoing strategy to embrace positive mental and behavioral health.

This strategic initiative is designed to fully embrace and enhance Girl Scouts of Northern Illinois’s mission and vision:

Mission

Girl Scouts builds girls of courage, confidence, and character, who make the world a better place.

Vision

Girl Scouts of Northern Illinois will be every girl’s first choice for developing her own leadership potential through meaningful opportunities and relationships.

Through the **Flourish** initiative, we approach **mental/behavioral health** in **3 critical ways**:

Awareness & Education	Positive Practices & Healthy Habits	Response & Support
<p><i>What it means to us:</i></p> <ul style="list-style-type: none"> • Members understand basic mental health wellness concepts, and basic signs of mental health challenges and disorders. • Members know that mental health is a priority for our communities. 	<p><i>What it means to us:</i></p> <ul style="list-style-type: none"> • Members participate in mental health wellness practices - both individually and through their participation in Girl Scouts. • This includes (but is not limited to) healthy living and healthy relationships programming. • Girls are achieving Outcomes: <ul style="list-style-type: none"> Strong Sense of Self Positive Values Challenge Seeking Healthy Relationships Community Problem-Solving 	<p><i>What it means to us:</i></p> <ul style="list-style-type: none"> • Guidelines, resources, and procedures are in place for staff and volunteers to follow in the event that mental health concerns require action/response. • Members know where to connect to professional resources and support in their local community. • In Girl Scouts, all girls feel safe, welcome, and supported.

Flourish resources are designed to support:

- Girls in grades K-12
- GSNI volunteers
- GSNI staff
- Girl Scout alumnae
- The Northern Illinois community at-large

Learn more at
www.girlscoutsni.org/flourish