

COHEN STRONG MENTAL HEALTH



Cohen Strong Mental Health (CSMH) is an innovative youth development program that empowers high school students (grades 10-12) to become leaders in mental health awareness, education, and advocacy. Through skills-based training, including teen Mental Health First Aid certification, participants develop a deep understanding of mental health topics. Students engage in both virtual and in-person learning experiences, working with peers to implement student-led community projects. This program enables participants to make meaningful impacts in their schools and communities while developing valuable leadership and advocacy skills that extend beyond the program year.

School Information Session:

September 18, 3:00-4:00 PM

<https://northwell.zoom.us/j/95415134662>

For more information, email Anne Van der Veer avanderveer@northwell.edu



Program Components

- Monthly virtual large-group sessions focusing on mental health education
- Regional meetings supporting student collaboration and community projects
- teen Mental Health First Aid certification
- Mental Health Matters Day advocacy trip to Albany
- Student-led community project development and implementation
- End-of-year project showcase

Time Commitment

- Program runs October 2025 through June 2026
- Virtual meetings twice monthly (November-May)
- 3-4 in-person events throughout the year
- Additional time for community project planning and implementation

School Commitment

- Identify school advisors
- Support student recruitment
- Facilitate student participation in virtual and in-person events
- Assist with community project implementation