



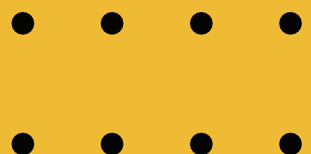
2026 BLACK TEEN EMPOWERMENT SUMMIT

Final Summary Report

Submitted to:

Los Angeles County Department of Mental Health (LACDMH)
Black and African Heritage UsCC
Behavioral Health Services Act (BHSA)

www.bridgeallgaps.com



I. Project Overview

The Black Teen Empowerment Summit (BTES) was a one-day culturally grounded empowerment experience designed to support Black teens ages 13–18 across Los Angeles County.

The Summit centered mental wellness, cultural identity, resilience-building, entrepreneurship, financial literacy, and social-emotional coping strategies.

The Project aimed to:

- Increase awareness of psychosocial stressors affecting Black youth
- Promote culturally relevant coping tools
- Reduce stigma surrounding mental health
- Increase knowledge of how and where to access mental health services
- Foster connection and positive racial identity
- Create an intergenerational space of affirmation, safety, and empowerment

The Summit included:

- Opening keynote
- Eight youth-centered workshops/panels (morning + afternoon rotations)
- Family-style lunch
- Interactive engagement stations (affirmation wall, Next Generation video booth, photo booth, wellness/sound bath)
- Incentivized participation through the Summit Passport system
- Distribution of a BAH-specific Mental Health Resource List including the LACDMH Help Line (800-854-7771) and 988

All activities were provided free of charge. A licensed mental health professional was available onsite for consultation and referrals.

II. Program and Promotional Materials

The following materials were developed and utilized:

Program Materials

- Summit Agenda (room assignments, rotations)
- Summit Passport tracking 4 required sessions + bonus lunch activities
- Information Packet including:
 - ✓ Speaker roster
 - ✓ Notes pages
 - ✓ BAH Mental Health Resource List
- Post-session workshop evaluation surveys
- Retrospective post-then-pre questionnaire (Likert scale format)

The Summit included:

- Approved digital flyer
- Social media posts including:
 - ✓ LACDMH 24/7 Help Line (800-854-7771)
 - ✓ 988 Crisis Line
 - ✓ BHSA, LACDMH, and BAH UsCC logos
- Outreach to schools and community networks across Service Areas

Recruitment exceeded minimum expectations, and the event achieved strong youth turnout.

III. Strengths and Barriers

Key Strengths

1. High Youth Engagement and Satisfaction

Evaluation responses show overwhelmingly positive ratings (primarily 4s and 5s on a 5-point Likert scale)

Common themes included:

- "I really enjoyed this event."
- "I felt relaxed and calm."
- "I learned something that will help my future."
- "I felt connected to other teens."

2. High Youth Engagement and Satisfaction

Youth repeatedly reported:

- Feeling safe sharing
- Feeling connected to "people like me"
- Pride in showing up

The summit clearly achieved its objective of creating a culturally affirming environment.

3. Strong Impact of Wellness Activities

The most frequently cited favorite activity was the sound bath/meditation workshop

Black teen empowerment Summit feedback:

- "Calming"
- "Relaxing"
- "Helped me focus"
- "Stress relieving"
- "Made me feel positive about myself"

This indicates strong resonance with embodied, nervous-system-centered interventions.

4. Financial Literacy Workshop Impact

Many youth identified financial literacy as their favorite workshop

Black teen empowerment Summit feedback

- Learning how to budget
- Feeling more reassured about their future
- Increased confidence about money management.

This aligns directly with career awareness and empowerment objectives

Barriers / Areas for Growth

While overall satisfaction was high, several recurring suggestions emerged:

1. Workshop Timing

- ✔ "Workshops felt rushed"
- ✔ "Speakers didn't get enough time"
- ✔ "Classes could have been longer"

2. Group Organization

- ✔ Requests to separate upperclassmen and

3. Schedule Clarity

- ✔ Desire for clearer group rotations

4. Increased Interaction

- ✔ Requests to separate upperclassmen and underclassmen

5. More Relaxation Rotations

- ✔ Requests for longer or additional meditation sessions

These barriers were logistical, not programmatic — satisfaction remained high overall.

IV. Summary of Evaluation Data

Based on analysis of submitted evaluation responses

Quantitative Findings

- The majority of responses across all Likert-scale categories were 4s and 5s.
- High ratings were observed for:
 - ✓ Feeling safe
 - ✓ Cultural respect
 - ✓ Workshop clarity
 - ✓ Event organization
 - ✓ Increased knowledge of mental health resources
 - ✓ Feeling proud of participation

Impact Indicators

Youth reported:

- ✓ Increased confidence
- ✓ Greater understanding of coping strategies
- ✓ More positive outlook toward their future
- ✓ Increased awareness of mental health services
- ✓ Feeling more prepared to handle challenges

V. Community and Attendee Feedback

Representative themes from qualitative responses

Most Frequently Mentioned Favorites

- ✓ Sound bath / meditation
- ✓ Financial literacy workshop
- ✓ Lunch/social time
- ✓ Photo booth
- ✓ Being around other Black teens

Emotional Themes

- ✓ Relaxation
- ✓ Connection
- ✓ Pride
- ✓ Joy
- ✓ Community belonging

Direct Quotes (Selected)

- ✓ "I felt relaxed and had no worries."
- ✓ "It felt nice to be with my people."
- ✓ "I learned things that will help my future."
- ✓ "I would sign up again."
- ✓ "Please do this again next year."

Youth consistently expressed desire for recurring programming.

VI. Recommendations for LACDMH

Based on evaluation analysis, the following recommendations are offered:

1. Expand Relaxation-Based Interventions

Sound therapy, meditation, and resilience-centered workshops demonstrated strong youth impact.

Consider:

- ✔ Multi-session series
- ✔ School-based follow-ups
- ✔ Youth wellness cohorts

2. Increase Duration of Workshops

Future summits may benefit from:

- ✔ Longer workshop blocks
- ✔ Fewer rotations with deeper content
- ✔ Breakout age-specific tracks

3. Strengthen Intergenerational Engagement

Youth expressed interest in:

- ✔ More inspiring Black professionals
- ✔ More hands-on mentorship opportunities

4. Develop Ongoing Youth Mental Health Cohorts

Given strong engagement and repeated requests for continuation, a quarterly or semester-based youth wellness series may deepen impact beyond a one-day event.

5. Improve Rotation Logistics

Enhancements may include:

- ✔ Multi-session series
- ✔ School-based follow-ups
- ✔ Youth wellness cohorts

VII. Overall Conclusion

The Black Teen Empowerment Summit successfully fulfilled the objectives outlined in the Statement of Work

Evaluation data

Demonstrates:

- ✔ High participant satisfaction
- ✔ Strong cultural affirmation
- ✔ Increased awareness of mental health resources
- ✔ Positive shifts in confidence and future orientation
- ✔ Strong community connection outcomes

The Summit created a culturally grounded, emotionally safe, and developmentally appropriate environment for Black teens in Los Angeles County.

The data suggests meaningful short-term impact and strong demand for sustained programming.