

# FCCLA Planning Process Worksheet

---



## IDENTIFY CONCERNS

---



## SET A GOAL

---



## FORM A PLAN

- who
  - what
  - where
  - when
  - why
  - how
- 



## ACT

---



## FOLLOW UP

What could  
have gone  
better/what  
did you  
learn?

# Project summary

## **Purpose of project: Mental Health Awareness in Minority Families**

Our video is designed to promote mental health awareness within minority families, shedding light on the challenges they face and the importance of breaking generational cycles. Through an intimate look at a minority family navigating mental health struggles together, we aim to inspire understanding, more awareness, and positive change.

## **The Connection to Family and Consumer Sciences**

Family and Consumer Sciences (FCS) focuses on improving the well-being of individuals and families through education on topics like mental health, relationships, and personal development. Our project aligns with Family and consumer sciences by emphasizing the need for mental health awareness within families, particularly in communities where mental health is often stigmatized or overlooked. Our video showed a family's journey toward understanding and addressing mental health, we highlighted the role of education, communication, and support systems to create healthier family dynamics.

## **Background and Perspective**

This project is rooted in personal cultural experiences that shape our perspective on mental health. Many minority families face unique barriers—cultural expectations, generational trauma, and lack of access to mental health resources—that make addressing mental health more difficult. Our goal is to challenge misconceptions, encourage honest conversations, and provide a sense of hope for those struggling in silence. Through this video, we hope to spark a meaningful message and empower families to take steps toward mental wellness, ensuring that future generations grow up in environments that support emotional and psychological well-being.

## **Goal of Project**

Our goal is to create a new look on mental health within minority communities and bring a more openness to the topic rather than continuing the stigma that surrounds

mental health. We want families to learn about mental health and the solutions that help their kids and build positive family dynamics.

 Outlook

---

Fwd: 2024-2025 STAR Events Online Project Summary Form

---

From Lobo :p <katherinelobo01@gmail.com>  
Date Thu 1/30/2025 2:15 PM  
To Jessica Raia-Long <Jessica.Raia-Long@hcps.net>

----- Forwarded message -----

From: **FCCLA** <noreply@registermychapter.com>  
Date: Thu, Jan 30, 2025 at 1:47 PM  
Subject: 2024-2025 STAR Events Online Project Summary Form  
To: <katherinelobo01@gmail.com>

Thank you for completing the project summary form for your STAR Event. To receive the point for submission, print this email and have your adviser verify by signing and dating below for inclusion in a display, file folder, or portfolio. **One survey per entry is required.**

Chapter Name: Hillsborough High School FCCLA - 19240

State: Florida

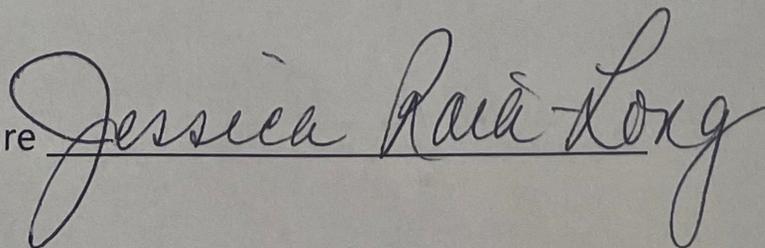
Members: Demetrius Hall, Katherine Lobo

Event Name: Digital Stories for Change

Level: Level 3 (grades 11 and 12)

Project Title: Silent Echoes

Adviser's Signature



Date

1-30-25

# Bibliograph/Citations

## Bibliography on mental health

Panchal, Nirmita, et al. "Racial and Ethnic Disparities in Mental Health Care: Findings from the

KFF Survey of Racism, Discrimination and Health." *KFF*, 23 May 2024, [www.kff.org/racial-equity-and-health-policy/issue-brief/racial-and-ethnic-disparities-in-mental-health-care-findings-from-the-kff-survey-of-racism-discrimination-and-health/](https://www.kff.org/racial-equity-and-health-policy/issue-brief/racial-and-ethnic-disparities-in-mental-health-care-findings-from-the-kff-survey-of-racism-discrimination-and-health/).

KFF conducted a survey to find out how race plays out in the healthcare system. In their "Discrimination and Health Survey highlight barriers to mental health care, including costs and difficulties finding providers, with people of color citing additional challenges such as difficulty finding providers with shared background and experiences, lack of information, and stigma and embarrassment." A quote we chose to use in our video was, "Reported awareness of the 9-8-8 mental health hotline remains low overall, particularly among Black, Hispanic, and Asian adults". We liked this one specifically because it highlights the lack of knowledge on ways to tackle mental health and that minorities aren't aware of the options available. In our personal experience we have seen this firsthand as minorities ourselves, Demetrius Hall, a young black man, can confidently say there isn't much conversation about mental health within his family and he had to learn about it himself. As the newer generations come in, we both realized things need to change. Minority children need a safety net, parents to confide with them when speaking about their mental health and having a parent who knows solutions. With the research KFF did we better understand what holds back minority families and how we can create solutions to bring awareness.

## Photo used in video

App used for photos: Pinterest

Photo of hands together: Moms, Collin County. "How to Be a BIPOC Ally + Support Local Black Businesses." *Pinterest*, 4 June 2020, [pin.it/24PdQGDAj](https://pin.it/24PdQGDAj). Accessed 31 Jan. 2025.

Asian family image: liang, melanie. "Free Photo | Asian Family Eating Together." *Pinterest*, 17 Aug. 2024, [pin.it/4ySGHCfeO](https://pin.it/4ySGHCfeO). Accessed 31 Jan. 2025.

Hispanic Family image: Rivera, Rocio . "Pinterest." *Pinterest*, Rocio Rivera , 2024, [pin.it/1JZ2n6uOD](https://pin.it/1JZ2n6uOD). Accessed 31 Jan. 2025.

South Asian family image : Bosco , Joses. "Pinterest." *Pinterest*, Joses Bosco, 2025, [pin.it/3fNXMJpqt](https://pin.it/3fNXMJpqt). Accessed 31 Jan. 2025.

Indigenous family image: Pizano, Olga. "19 Breathtaking Reasons to Make New Zealand Your next Holiday Destination." *Pinterest*, 26 Mar. 2014, [pin.it/2wBfbkACx](https://pin.it/2wBfbkACx). Accessed 31 Jan. 2025.

Black family image: O.Watts. "Business Couple Aesthetic." *Pinterest*, 12 Aug. 2024, [pin.it/3o3gGSwad](https://pin.it/3o3gGSwad). Accessed 31 Jan. 2025.

Event name: Digital Stories for Change

Project Title: Silent Echoes

Participants: Demetrius Hall and Katherine Lobo

Level 3

Chapter Name: Hillsborough High School Chapter

School: Hillsborough High School

Tampa, Florida