**Partner organization name:** Douglas County Health Department, Project New Lens

**Partner organization website:** <https://www.douglascountyhealth.com/>

**Partner organization’s point of contact name and email:** If interested, please contact Julia Quigley (juquigley@unmc.edu) with a short blurb about yourself and interest in this project.

**Overview of Project New Lens:** Provide the youth of Omaha an opportunity to be educated and experience non-traditional ways of mental health support/therapy in a 6 week program.

**Description of Program:** Each group (6 youth per group) will attend weekly sessions of a different form of non-traditional mental health support (Ecotherapy, Equine Therapy, Cooking Therapy, Art Therapy, Music Therapy, and others depending on the youth we work with), where they’ll engage in the group activities. Participants will listen and learn about the new ways of support. They’ll engage in a sessions to provide insight on how to improve and get mental health support.

**Goals of the Program:**

1. Reduce negative stigma surrounding mental health support and therapy
2. Show youth different types of therapy

**Student Involvement/APEx:** This is an alternative youth mental health program in which we are looking for someone to assist with the evaluation. We are currently looking at the pre and post evaluation forms to ensure we are able to gather credible data for identifying any necessary changes to the program and data for future funding requests.

**Timeframe of proposed activities:** Summer 2025