

MyNKA

My Neighbor's Keeper Alliance Inc.

EYAME YOUTH PROGRAM

IMPACT REPORT

Program Year 2025 – 2026

Empower Youth Through Awareness · Mentorship · Education

175+

Youth Served

10+

Programs & Events

15+

Schools Represented

About This Report

This Impact Report documents the outcomes, activities, and transformative experiences delivered through EYAME — Empowering Youth Across Multiple Environments — MyNKA's flagship youth development initiative for Program Year 2025–2026.

EYAME is built on three core pillars that guide every program, workshop, field trip, and community event we deliver:

AWARENESS

Raising informed, empowered youth voices on issues that matter

MENTORSHIP

Connecting youth to caring adults and peer leaders for guidance and growth

EDUCATION

Delivering impactful, hands-on learning beyond the classroom

PROGRAM OVERVIEW: EYAME AT A GLANCE

EYAME — Empowering Youth Across Multiple Environments — is MyNKA's cornerstone youth development program serving middle and high school students in Prince George's County and the greater Maryland region. Through EYAME, young people gain life skills, health knowledge, creative tools, and mentorship relationships that equip them to navigate real-world challenges and lead with confidence.

175+	10+	15+	6–12
Total Youth Served	Programs & Events	Schools Represented	Grade Levels

Youth Represented From:

Thomas G. Pullen MS	Accokeek Academy	Gonzaga College HS
Walker Mill MS	Academy of Health Sciences @ PGCC	Bishop McNamara HS
Takoma Park MS	Eleanor Roosevelt HS	Suitland HS
Drew Freeman MS	Sherwood HS	Northwest HS
James G. Gholson MS	Thomas Wootton HS	Walter Johnson HS
Benjamin D. Foulois Academy	Don Bosco Cristo Rey HS	Clarksburg HS
Winston Churchill HS	PGCPS Online Campus	Elizabeth Seton HS
CMIT South MS/HS	Richard Montgomery HS	Stephen Decatur MS



PILLAR ONE: AWARENESS

EYAME raises youth voices on the health, social, and community issues that matter most — equipping young people to become informed advocates and change-makers in their schools and communities.

YOUTH DIGITAL AWARENESS CAMPAIGN — Content Creation

Suicide Prevention · Problem Gambling · Mental Health | Ongoing 2025

Program Description

EYAME challenged youth to step into the role of community educators — using their creativity to design and produce original digital content that raises awareness on critical health and social topics. Youth submitted videos and infographics shared across social media platforms and community events.

12

Youth Content Creators

3

Awareness Topics

12

Original Pieces Produced

100%

Original Work

Suicide Prevention

September 2025 · 4 Youth

Problem Gambling

March 2025 · 4 Youth

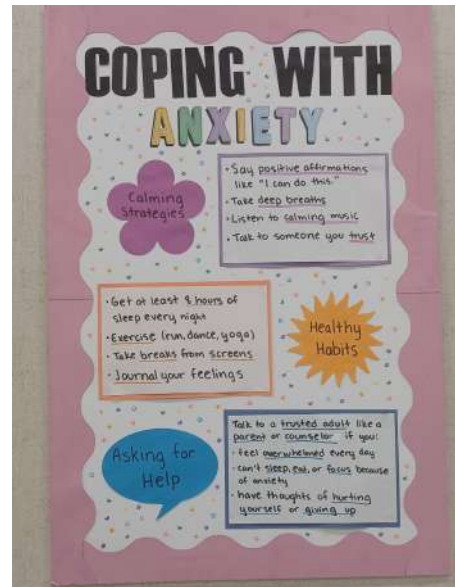
Mental Health

August 2025 · 4 Youth

Youth created short videos identifying warning signs of teen suicide, facts/statistics, coping strategies, and resources such as the 988 Suicide & Crisis Lifeline.

Original TikTok & Instagram videos covered: Get the Facts, Sports Betting & Gaming, Responsible Gambling, and Know the Signs of a Gambling Problem. Partnered with the Maryland Center of Excellence on Problem Gambling.

Youth-designed infographics on topics including self-esteem, social media & mental health, grief, online behavior, and protecting youth mental health online. Printed and distributed at community events.



“The most valuable thing I learned was how important it is to spread awareness about gambling risks. My video helped educate others in my community. I also built skills like research, communication, and creativity, and I felt proud knowing I was helping others.” — **Chelly, 9th Grade — Bishop McNamara HS** ”

"I also learned I enjoy using my creative ability to help raise awareness on certain issues. My infographic helped impact the community by spreading awareness on self esteem and mental health. I learned that I enjoy helping others." — **Cansu, 11th Grade — Northwest HS**

BOO TO BULLYING — BE THE UPSTANDER!

October 17, 2025 · 6:00–8:00 PM · Bowie Community Center · 32 Participants

22	8	1	6+
Youth Attended	Parents / Adults	Bowie Police Chief	Activity Stations

What Happened

EYAME combined the fun and creativity of Halloween with a powerful anti-bullying message, transforming the HallowFest celebration into a meaningful learning experience. Youth arrived in vibrant costumes, engaged with law enforcement, and left equipped to be upstanders in their schools.

Program Highlights

- ◆ Bowie Police Chief delivered insights on bullying types, juvenile bullying rates in PG County, and real-life consequences
- ◆ Youth Advocate provided practical, relatable strategies for safe intervention and peer support
- ◆ Pumpkin Painting & Reflection: small group discussions on psychological effects of bullying and courage
- ◆ Scavenger Hunt: each clue revealed new upstander insights — including how one poor choice can lead to serious consequences
- ◆ Karaoke Fun Zone: youth shared upstander commitments between songs, proving empowerment can be fun
- ◆ Prizes awarded to 'Upstander Role Models' recognized by peers and volunteers

Goals Achieved

- ✓ Youth learned distinctions between bystander and upstander behaviors
- ✓ Bowie PD engagement connected youth with real-world consequences of bullying
- ✓ Youth practiced safe intervention strategies through peer advocate talk
- ✓ Community and family engagement with 8 parents participating
- ✓ Teamwork and leadership developed through collaborative activities



"The most important thing I learned was that bullying is bad to do, and I can help other students who are being bullied by reporting it or being their friend. Communication is a great skill to help me in my future career." — **Phillip, 6th Grade — Thomas G. Pullen MS**

"This event highlights a very key topic among young people, and this conversation needs to happen more frequently. Thank you for organizing such a wonderful event to keep the conversation going." —

Parent Testimonial

"It's important for youth to know that actions have consequences and learn how to stand up to bullying or bullies without getting hurt themselves." — **Parent Testimonial**

MyNKA USA SNEAKER BALL 2025 — Youth Empowerment Gala

December 2025 · ~50 Youth & Community Participants

50+

Total Participants

80%+

Rated Event 'Excellent'

3

Prevention Topics
Covered

1

Silent Auction

Celebration Meets Education

The Sneaker Ball proved that celebration and education are not mutually exclusive. MyNKA created an electrifying environment where youth felt celebrated, supported, and inspired — while gaining meaningful knowledge about the challenges they face daily.

Event Highlights

- ◆ Surprise Grinch appearance created joy, inclusion, and unforgettable moments for youth
- ◆ Red Carpet Sneaker Runway Show encouraged self-expression, confidence, and creative identity
- ◆ Educational stations on mental health awareness, problem gambling risks, and fentanyl overdose prevention
- ◆ Silent Auction with strong community participation — proceeds directly support EYAME programs
- ◆ Dancing, great food, and festive atmosphere reflecting the joy and spirit of the Christmas season

Prevention Topics Addressed

- ✓ Why Mental Health Matters — destigmatizing conversations in a celebratory setting
- ✓ Problem Gambling Risks — reaching youth through trusted messaging
- ✓ Fentanyl Overdose Dangers — critical life-saving awareness
- ✓ Over 80% of youth felt supported, celebrated, and inspired



"I learned that trying drugs — even just one time — can take your life away. This activity added value to the community by giving kids a chance to learn about the dangers of drug use." — **Phillip, 6th Grade — Thomas G. Pullen MS**

"The most valuable thing I learned was 'One pill can kill.' There was a pregnant mother who used fentanyl and died of an overdose. After this event, I made a pledge to myself that I would never try drugs." — **Madison, 8th Grade — Thomas G. Pullen MS**

VOICES OF NOW — Youth Wellness Takeover

Mental Health Awareness Month · Saturday, May 2, 2026 · South Bowie Community Center, Bowie, MD · 50+ Attendees

50+

Community Members

75%

Will Seek Mental Health Support

85%

Would Recommend MyNKA Events

8

Student Volunteers

Event Overview

Voices of Now brought together 50+ community members for MyNKA's Mental Health Awareness Month celebration — a significant increase over the inaugural event. The afternoon created a powerful environment of vulnerability, healing, and action, featuring youth voices at equal standing alongside clinical professionals. Every element of the program was designed to make mental health real, relatable, and actionable for every person in the room.

Program Highlights

- ◆ Opening video testimony created immediate emotional connection — setting a tone of vulnerability and safety that carried through the entire program
- ◆ Panel discussion featured youth alongside clinical professionals at equal standing — a format that resonated powerfully with both youth and parent attendees
- ◆ Panelists used real-life personal examples throughout — making clinical concepts accessible, relatable, and actionable for every person in the room
- ◆ Male youth panelist broke significant ground by speaking openly about young men's mental health — a conversation rarely held in community spaces
- ◆ Financial literacy keynote bridged economic wellness and mental health — a connection that was new for many attendees
- ◆ Spoken word performance became the emotional pinnacle of the event — generating the longest sustained applause of the afternoon
- ◆ Mental Wellness Tree filled completely — every single attendee participated and added a personal pledge
- ◆ Resource tables saw high engagement driven by the Wellness Passport incentive system
- ◆ Closing remarks by MyNKA President powerfully wove together faith, trauma, mental health, and community action into a unified call to serve one another

Goals Achieved

- ✓ 50+ community members attended — significant growth from inaugural event
- ✓ Mental health destigmatized through youth-led peer voices
- ✓ Young men's mental health addressed openly in a community setting
- ✓ Financial and emotional wellness connected for the first time for many attendees
- ✓ 100% attendance participation in the Mental Wellness Tree pledge activity
- ✓ Wellness Passport incentive drove high engagement at every resource table
- ✓ 8 student volunteers executed all roles professionally
- ✓ 75% of attendees committed to seeking or discussing mental health support after the event
- ✓ 85% of attendees would recommend MyNKA events to a friend or family member
- ✓ Event started and ended on time — a major operational improvement



What attendees are taking home — post-event survey responses:

- “ Your feelings are valid, and asking for help is a sign of strength, not weakness.
- “ That parents need to create a safe space for their child to open up.
- “ There's always hope.
- “ Providing a safe space for youth to express themselves is vital.
- “ Be present — just listen. Do not try to fix. Make it safe to share.
- “ Financial independence and mental health importance are connected.
- “ Parents should pay attention and create time to listen to their children.
- “ That mental health is crucial in today's society and needs to be discussed more.
- “ The power of communication.
- “ Community and purpose.

What We Did Well — Attendee Feedback

- ◆ "The panel had very wonderful tips and the discussion was very important. I learned a lot."
- ◆ "Present a platform for youth to be seen and heard."
- ◆ "Making it a safe space for the youth to ask questions regarding finances."

- ◆ "Very welcoming, informative, diverse, open to share."
- ◆ "Panel discussion session and moderator questions were excellent."
- ◆ "The overall organization of the event was very nice."
- ◆ "The activities were very engaging."
- ◆ "Warm welcome — Hospitality and being friendly."

"Mental health matters. The most important thing I learned was that communication and creating safe spaces for youth to express themselves is vital — and that asking for help is a sign of strength, not weakness." — **Voices of Now Attendee — May 2, 2026**

"I learned about the importance of communication and mental health. Parents should pay attention and create time to listen to their children." — **Voices of Now Attendee — May 2, 2026**

"I was happy to learn how mental health and financial independence are connected. That was a connection I had never made before — and it changed how I think about both."

— **Voices of Now Attendee — May 2, 2026**



PILLAR TWO: MENTORSHIP

EYAME connects youth with mentors, peers, and community leaders who guide, inspire, and challenge them to grow. Through structured mentorship experiences, youth build confidence, identity, and a sense of belonging

ART AS HEALING THERAPY — Black History Month Field Trip

February 2026 · National Gallery of Art & Overdue Recognition Art Gallery · 40 Youth

40	80%	100%	95%
Youth Participants	Increased Understanding of Art as Therapy	Engaged in Creative Expression	Strengthened Youth-Adult Relationships

A Transformative Day of Healing, History & Community Connection

Under the leadership of museum curator Paul Richard and artist Jackie Thompson (CEO, Overdue Recognition Art Gallery), EYAME youth embarked on a deeply meaningful journey celebrating Black History Month through the lens of art as healing.

National Gallery of Art, DC

- ◆ Guided tour led by museum curator Paul Richard
- ◆ Explored historic and contemporary artwork focused on visual storytelling
- ◆ Youth critically reflected on symbolism, emotions, identity, and cultural resilience
- ◆ Discussions on protest art, Black history, trauma healing, and representation
- ◆ Sparked meaningful conversations around identity formation and the power of creative expression

Overdue Recognition Art Gallery

- ◆ Facilitated by CEO & Gallerist Jackie Thompson
- ◆ Hands-on: sketching, mixed media, reflective drawing, and expressive exercises
- ◆ Safe, empowering environment to explore emotion, cultural pride, and future aspirations
- ◆ Youth created artwork honoring historical figures, personal growth journeys, and themes of resilience, hope, and healing
- ◆ Therapeutic power of art discussed — creativity as a coping tool for stress and trauma



"The most valuable thing I learned from this event is not to look at the full picture of anything and ignore the details, because sometimes, the picture is made up of just the small details." — **Youssef, 6th Grade — Ridgeview MS**

"I learned about how art has shaped the way the present is right now. Art can calm you down. It teaches people how art can affect your emotions in both good and bad ways — art is a great way to express yourself." — **Hassan, 6th Grade — Thomas Johnson MS & Phillip, 6th Grade — Thomas G. Pullen MS**

"I learned a lot about finding hidden meaning and depth in different pieces of art, and helped me improve my communication skills. Good communication is always applicable when working with others throughout life." – Yilin, 9th Grade – Winston Churchill HS

PEER-TO-PEER WORKSHOPS – Youth-Led Learning Series

March – April 2026 · Three Sessions · Suicide Prevention · AI & Media · Confidence & Self-Worth

3	15–40	100%	1
Workshops Delivered	Youth Per Session	Goal Achievement (Self-Worth)	Youth-Produced PSA

Workshop 1: Suicide Prevention – Asking for Help | March 22, 2026

In this peer-led session, youth guided each other through discussions on the value of speaking up, recognizing warning signs, supporting struggling friends, and connecting with trusted adults. The peer-led debate format proved highly effective – youth were more open to sharing personal experiences when guided by a peer rather than an adult authority figure.

Key Insights

- ◆ Personal stories shared were powerful reminders of challenges young people face daily
- ◆ Confidentiality concerns, fear of overreaction, and worry about judgment identified as real barriers to help-seeking
- ◆ 15% of youth (mostly boys) stated they would not seek help – prompting plans for culturally sensitive future programming around masculinity and vulnerability
- ◆ Key lesson reinforced: asking for help is a sign of strength, not weakness

"I learned to take mental health a different route when things get hard or having a bad day. I built skills like speaking up more than I usually do, and including others when they look like they are left out."

– Skylar, 8th Grade – CMIT South MS/HS

Workshop 2: AI Awareness & Media Entrepreneurship | March 2026 · 15 Youth

Youth explored the intersection of technology, media literacy, and creative entrepreneurship in this experiential learning field trip to Vision & Purpose Studio. A 1-hour student-led presentation on AI misuse preceded a 2-hour immersive media studio experience.

Student-Led AI Debate

- ◆ Youth debated: How is AI helping or harming young people in academics and daily life?
- ◆ Presentation emphasized both harms and benefits of artificial intelligence
- ◆ Critical thinking skills developed through structured argumentation

Media Studio Experience

- ◆ Creative scripting and storytelling techniques
- ◆ Cinematic filming and video editing basics
- ◆ Podcast production and media branding
- ◆ Youth produced a PSA on 'ScamLikely' — phone scam awareness

"We learned many skills like how to use AI in good ways. I learned that I could present a slide presentation in front of an audience in an interactive way — I feel like I built the beginnings of a very important skill." — **Madison, 8th Grade — Thomas G. Pullen MS & Noah, 12th Grade — PGCPs Online Campus**

Workshop 3: Confidence & Self-Worth | April 2026 · 15 Youth

By the end of the workshop, 100% of participants:

- ✓ Understood the difference between confidence, self-esteem, and self-worth
- ✓ Recognized what drains or builds their own sense of value
- ✓ Challenged the idea that worth comes from achievements, appearance, or approval
- ✓ Left with at least one personal tool or habit for strengthening self-worth
- ✓ **100% better understanding of why self-esteem is more important than confidence — confirmed through peer debate**

"When I got praise it boosted my confidence. I learned how to work with a team — communication skills and teamwork make things go faster." — **Erick, 10th Grade — Suitland HS**



PILLAR THREE: EDUCATION

EYAME delivers experiential, hands-on learning opportunities that equip youth with the knowledge and skills they need to navigate health, relationships, and their future — reaching far beyond what the traditional classroom provides.

WOMEN'S DAY HEALTH SEMINAR — STD & HIV Awareness

March 2026 · Partnership with SLK Health Services · 25 Youth Participants

25	8	100%	1
Youth Participants	Health Topics Covered	Left More Informed & Empowered	Healthcare Partner: SLK Health

A Safe Space for Real Conversations

EYAME hosted this powerful Women's Day seminar in partnership with SLK Health Services, providing a safe and educational space for youth — particularly teen girls and young women — to learn about sexual health, personal safety, self-worth, and empowerment.

Health Topics Covered (Jeopardy Format) - Types of sexually transmitted infections (STIs) — viral vs. bacterial - STD rates among youth in Prince George's County - Stigma surrounding HIV and STIs — the importance of empathy and inclusion - Abstinence and healthy decision-making - Self-worth, self-confidence, and protecting personal goals - Dangers of drink spiking and personal safety in social settings - Sexual assault affects both girls and boys — equal awareness and support for all - Safe sex practices — advantages and limitations of prevention methods	Key Outcomes ✓ Youth eagerly engaged through interactive Jeopardy-style game — learning made fun ✓ 100% of participants shared one key lesson learned at the close of the session ✓ Youth left more informed, empowered, and confident about making healthy decisions ✓ Future goals and aspirations reinforced as reason to protect health ✓ Dignity, compassion, and inclusion modeled — zero stigma toward individuals with HIV/STIs
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"I learned about different illnesses — including all of the STIs. I learned that 'no' is a sentence and you shouldn't be afraid to stand your ground in certain situations." — **Jaia, 9th Grade — Elizabeth Seton HS**

"I learned about how the body works when dealing with STIs and I learned STI awareness and prevention. I also learned teamwork skills." — **Chelly, 9th Grade — Bishop McNamara HS**

COLLEGE vs. CAREER PATHWAYS — Debate & Student Leadership Panel

Youth Life Skills & Leadership Programming · 20 Middle & High School Students

20

Youth Participants

2

Program Formats

Debate + Panel

4

Youth & Young

Adult Panelists

6+

Pathways Explored

College · Career · Trade ·
Military · Entrepreneurship

Part 1 – The Debate

"Should Everyone Go to College?"

20 students were divided into two teams to research, build evidence-based arguments, and respectfully defend opposing viewpoints – modeling the critical thinking and communication skills essential for real-world success.

Topics explored through debate:

- ◆ Post-secondary education and college access
- ◆ Financial responsibility and student loan awareness
- ◆ Career readiness and vocational training
- ◆ Entrepreneurship and self-employment pathways
- ◆ Military service as a career and education path
- ◆ Apprenticeships and skilled trades
- ◆ Defining success on your own terms

Part 2 – Student & Young Adult Panel

4 Panelists · Peer-to-Peer Real Talk

High school students and young adults shared authentic reflections from their own educational and personal journeys – creating a safe, honest space for younger participants to learn from lived experience.

Panel discussion focused on:

- ◆ What they wish they had known in middle and high school
- ◆ Biggest mistakes made – and lessons learned from them
- ◆ Challenges faced and how they overcame them
- ◆ What contributed to their success and where they found support
- ◆ What they would do differently if given another chance



Program Outcomes

- ✓ 20 youth actively engaged in leadership, debate, and peer-learning across both program formats
- ✓ Students strengthened public speaking, critical thinking, teamwork, and respectful communication skills

- ✓ Participants gained a broader understanding of college, career, military, apprenticeship, trade school, and entrepreneurial pathways
- ✓ Peer panel created a safe space for authentic dialogue — empowering students to ask real questions and learn from lived experience
- ✓ Students left equipped to make more informed, confident decisions about their future educational and career goals
- ✓ Program fostered peer-to-peer mentorship, encouraged vulnerability, and reinforced the importance of planning, resilience, and seeking guidance

"I learned that there isn't just one path to being successful. You have options, but you have to work hard no matter which path you choose." — **Kendall, HS Graduate Class of 2026, Elizabeth Seton HS**

"Hearing older students talk about their mistakes made me realize it's okay not to have everything figured out yet." — **Azah, 7th Grade - St Mary's Catholic School**

YOUTH VOLUNTEER VOICES — The Power of Service

Across all EYAME programs and events, youth volunteers serve not only as helpers but as leaders, mentors, and community ambassadors. Their reflections capture the transformative power of giving back.

"The most valuable thing I learned was how damaging gambling can be. The guest speaker talked about how Black people often aren't taken seriously and have to fight for everything they achieve. This experience improved my communication and empathy skills, and helping others made me feel more connected and inspired to support positive change." — **Cherish, 11th Grade — Academy of Health Sciences @ PGCC**

"I learned that helping others, even in small ways, can make a big difference. I practiced teamwork, communication, and problem-solving — skills I can use in any future career. Helping others made me feel proud, connected, and motivated to keep giving back." — **Madison, 8th Grade — Thomas G. Pullen MS**

"The main takeaway was that there are many kids who may require assistance with Math and Reading. I used teamwork to deliver the best possible learning environment. Helping others made me feel not only happy but grateful to contribute and give back to the future generation." — **Adiya, 10th Grade — Walter Johnson HS**

"I was able to learn how cared I am in the community of MyNKA. Volunteering with them makes me happy to share my voice and knowledge. Using these skills, I can enhance at any workplace and recommend this wonderful community for a spread of kindness." — **Kailey, 10th Grade — Don Bosco Cristo Rey HS**

"This event is an amazing way to get connected with your community. I felt connected to others around me and had an enjoyable time. I may not be the most vibrant individual but I am always willing to include myself in discussions and conversations." — **Kaysah, 12th Grade — Thomas Wootton HS**

PROGRAM YEAR OUTCOMES AT A GLANCE

AWARENESS	MENTORSHIP	EDUCATION
◆ 12 youth-created digital awareness pieces published ◆ 22 youth educated on bullying prevention with Bowie PD ◆ 50+ youth reached through Sneaker Ball prevention messaging ◆ Awareness campaigns shared across social media and community events	◆ 40 youth experienced mentor-guided healing through art ◆ Peer-to-peer model proven effective across 3 workshops ◆ Youth-adult mentorship relationships strengthened for 95% of field trip participants ◆ Community leadership modeled by student facilitators and volunteers	◆ 25 youth gained health knowledge through SLK Health partnership ◆ 15 youth trained in AI literacy and media production ◆ 100% workshop goal achievement in Confidence & Self-Worth session ◆ Experiential learning delivered across museums, studios, and community spaces

Looking Forward — Our Commitment to Youth

EYAME's work is never finished — it evolves with the needs of the young people we serve. As we look to our next program year, we remain committed to expanding our reach, deepening our partnerships, and creating more life-changing experiences for youth in Prince George's County and beyond. We are grateful to every grantor, donor, community partner, and volunteer who makes this work possible.

To support EYAME's continued impact, please contact us at mynkausa@gmail.com or visit www.myneighborskeeperalliance.org

