



SHEILYN ARAGON
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4 Steps Ahead

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Our Mission

We are 4 Steps Ahead. Our team will apply critical thinking, communication, teamwork, and organization to solve mental health in the city of Norwalk. We will advocate to support individuals in learning coping skills, understanding how to prioritize a healthy lifestyle, and practicing self-care so everyone can thrive.

Our Skills

1. Time management
2. Adaptability
3. Creativity
4. Detail-Oriented

Target Audience

The city of Norwalk, John Glenn High School, and high school students who are struggling with mental health challenges

The Challenge

Mental health problems can cause anxiety and depression. It can also affect anyone but is commonly seen within teens and those facing tough situations such as family/relationship issues, workplace problems, and finding a sense of belonging. These problems can make life harder in all aspects, including families, schools, and workplaces. Mental health challenges can be caused by stress and trauma. If the mental health issues are not addressed, they can lead to worsened health, substance abuse, and even self-harm. Solving this challenge is important because it helps people live healthier lives, reduces pressure on those struggling with mental health problems, and creates a safer and more supportive community. Everyone deserves help and care for their mental well-being.

Our Plan of Action

- Fundraising/Money Source: Community events, sponsorships, and GoFundMe.
- Resources/Materials Needed: Educational materials, space, professional support, and technology.
- Potential Partnerships: Local schools, nonprofits, and businesses.
- Communication/Promotional Ideas: Flyers, TED Talks, workshops, and outreach to sponsors and schools.
- Call to Action: Encourage teens, parents, and anyone in need to use the mental health app 4 Steps Ahead. An app to track mood, access experts, and build healthy habits. Users can select how they're feeling and get self-care activities tailored to their emotions. If more support is needed, they can connect with a mental health representative through the app.

Evaluating Success

Our team will assess results with our app by the amount of downloads and positive feedback from the community. We will track our results by conducting monthly surveys asking how the app is working, if it's helping and how we could improve. We will also check our amounts of downloads monthly and tracking if downloads have decreased or increased during the time our app has been up.