PART OF THE I'VE GOT YOUR BACK INITIATIVE

Welcome to Healing Conversations

Healing Conversations is an original video series created as a core part of the **I've Got Your Back** initiative—a student-centered social-emotional learning and mental health movement dedicated to building a proactive culture of care across all our schools.

Through student leadership, staff support and school-wide wellness practices, our goal is to promote connection, break down stigma and strengthen pathways to help so every student feels seen, heard and supported. In each episode, we bring students and staff together for real, honest discussions about mental health, creating a safe space where students feel comfortable opening up, sharing their experiences and seeking support.

New Healing Conversation episodes will be published every other week. Subscribe to our **YouTube Channel (http://www.youtube.com/@CharMeckSchools)** to follow along with the Healing Conversation's journey.

Videos provided discuss mental health topics and are provided by Charlotte Mecklenburg Schools for informational and educational purposes only. Videos are not intended to be a substitute for professional mental health advice, diagnosis or treatment.

Charlotte Mecklenburg Schools does not provide clinical mental health treatment and is not responsible for the care, services or actions of third-party resources, including the 988 Suicide & Crisis Lifeline.

If you or a student are struggling with mental health, distress or a personal crisis, please reach out to a trusted professional, a trusted adult or call or text 988 to connect with confidential support available 24/7.

Absent? Let us know.(https://www.cmsk12.org/families/attendance/absent)

Healing Conversations | Episode
Charlotte-Mecklenburg Schools

Watch on

Healing Conversations | Episode 1

When students feel safe, supported, and connected, they thrive.

Welcome to the debut episode of Healing Conversations, a bi-weekly series hosted by Charlotte-Mecklenburg Schools as part of our district-wide "I've Got Your Back" initiative. This student-centered series focuses on mental health, social-emotional learning (SEL) and fostering a proactive culture of care across all our schools.
In this episode, Isaiah Thompson sits down with Noelle, a junior, for an open and candid chat about:
🎭 Finding community and belonging through school theater and electives
🤝 Overcoming back-to-school nerves and making new friends
💡 Practical advice for any student struggling to feel like they fit in

Healing Conversations | Episode
Charlotte-Mecklenburg Schools

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Healing Conversations | Episode 2

Staying organized and managing daily stress isn't always easy, but small habits make a big difference!

Between schoolwork, extracurriculars and personal life, balancing responsibilities can feel overwhelming. In Episode 2 of Healing Conversations, we focus on self-management—how students develop the habits, focus and mindset needed to navigate challenges and achieve their goals.

Host Aunye is joined by Bryce for an insightful discussion on time management, finding motivation through family and big dreams, and practical advice for taking life "one day at a time." Stick around until the end to hear their hot take on the essential role school counselors play in student success!

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Healing Conversations | Episode
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Healing Conversations | Episode 3

Understanding what you're feeling is the first step toward taking care of yourself.

This week, host Isaiah sits down with Juliet, a sophomore and two-sport student-athlete, for an open conversation about self-awareness and emotional identification.
They dive into:
⚽ Managing student-athlete stress and knowing when to take time for yourself
💬 The power of therapy, identifying emotional triggers and shifting perspectives
✨ Finding joy and focusing on the positive when life feels overwhelming
🗓️ Plus, a debate on whether digital calendars actually help or just create clutter!

Healing Conversations | Episode
Charlotte-Mecklenburg Schools

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Healing Conversations | Episode 4

Perseverance isn't about never feeling nervous—it's about knowing how to calm your mind and step out on stage anyway!

This week, host Anya sits down with Liliana, an 8th grader, to explore perseverance, reframing challenges, and making thoughtful decisions.
They dive into:
🧲 Overcoming stage fright and building self-confidence when under pressure
🛑 Staying true to your values and avoiding peer pressure when you see others doing wrong
📈 Learning from past mistakes to shift your mindset and grow as a person
💬 Plus, a hot take debate on whether personal growth is real or if people are "stuck in their ways."

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Healing Conversations | Episode 5

"Our job isn't just to produce test takers. Our job is to produce good people."

This week, host Isaiah sits down with Ms. Carol Knowles—a kindergarten teacher at Starmount Academy of Excellence and an "I've Got Your Back" Ambassador Trainer—for a powerful conversation on self-management, routine building, and educator empathy.
They discuss:

- Teaching young students how to identify "trusted adults" and ask for help from day one
- Understanding the real-world stressors that Gen Alpha students carry into the classroom
- Using restorative practices to handle student conflict and build community
- A passionate hot take on why standardized testing shouldn't define student success

Healing Conversations | Episode 6

"Asking for help isn't a sign of weakness—it's a sign of strength."

This week, host Aunye sits down with Dr. Letanya Love, CMS Mental Health Program Manager, for an insightful and deeply personal discussion on relationship skills, trust, and overcoming the stigma of asking for help.
They discuss:

- How educators and trusted adults build safe spaces and genuine relationships with students
- Breaking cultural stigmas around mental healthcare vs. physical healthcare
- The comprehensive, wraparound resources CMS offers—including school counselors, psychologists, and on-site virtual and school-based therapy
- A powerful discussion on why asking for support is essential to thriving as both a student and an adult

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