

RER CONSULTING ENTERPRISE /
AMPLIFY COMMUNITY RESOURCES

TEEN TALK
DIALOGUE SESSIONS
WHITE
PAPER



Leading with Vision, Inspiring Success



At RER Consulting and Amplify Community Resources, our commitment has always been to create meaningful, community-rooted programs that support youth as they navigate life's challenges.

The Teen Talk Dialogue Sessions reflect that commitment—offering teens a safe space to grow, reflect, and build the tools they need for long-term success. Through our trusted partnerships and shared values, we're able to reach young people at a pivotal stage in life. Teen Talk is more than a program—it's a connection point, a conversation starter, and a catalyst for change.

We know that real transformation doesn't come from one-off efforts—it comes from consistency, community, and care. That's why we're continuing to grow this initiative, because every child deserves the opportunity to thrive.

Looking ahead, we remain committed to what matters most: delivering programs that reflect our values, adapt to real-world needs, and make a lasting difference in the communities we serve. We see real opportunity ahead to deepen our impact and strengthen the systems that support youth and families.

If you're reading this white paper, you're already part of that effort. We invite your continued interest, your partnership, and your belief in what's possible when we invest—together—in the next generation.

Sincerely,

Ruban Roberts

Founder and Chief Executive Officer

Building a Legacy, Embracing the Future



Teen Talk Dialogue Sessions is our signature initiative of RER Consulting and Amplify Community Resources, designed and delivered exclusively by our team.

This award-winning program supports the overall well-being of teens and young adults (ages 13–21) by equipping them with practical tools and real-life strategies for personal growth, decision-making, and healthy living.

Sessions are built around structured, evidence-informed modules that cover topics critical to youth development. TTDS is delivered in partnership with like-minded local stakeholder share a commitment to helping youth build positive habits and strong support networks within their communities .

Executive Summary

Teen Talk Dialogue Sessions (TTDS) addresses the growing mental health challenges facing today's youth through an evidence-based approach that builds resilience and promotes well-being. Designed for adolescents ages 13-21, the program develops resilience and crucial life skills.

Our recent evaluation in Miami-Dade County Public Schools demonstrates significant positive outcomes:

- More than half of participants showed increased mindfulness following program completion
- Students reported feeling happier, having better mental health, and experienced greater present-moment awareness
- Notable improvements were observed in emotional regulation, attention control, and self-acceptance

TTDS effectively engaged 369 diverse adolescents, with particularly strong participation from middle school students who are navigating critical developmental transitions. The program's structured curriculum addresses a pressing need, as recent studies indicate one in five adolescents experiences depression.

With proven results and a flexible implementation model, TTDS integrates seamlessly into existing youth services across schools, community organizations, and municipal programs. This white paper outlines how TTDS offers partners a practical, effective solution for supporting youth mental health and building essential life skills, increase depression risk, and cause neurobiological changes with long-term consequences for development.

Teen Talk Dialogue Sessions addresses these challenges by integrating mindfulness training into youth programming. Mindfulness—the ability to focus on moment-by-moment experiences in a non-judgmental, open-minded manner—has been linked to numerous positive outcomes including reduced symptoms of depression and anxiety, improved well-being, and enhanced emotional regulation.



Executive Summary

Our preliminary evaluation with 369 adolescents (52.2% girls, 2.9% Gender Queer; 60.1% Black/African American, 23.9% Hispanic/Latine) in Miami-Dade County Public Schools demonstrated significant improvements in mindfulness. Using the validated Child and Adolescent Mindfulness Measure (CAMM), we found:

- A statistically significant increase in mindfulness from pre- to post-program assessment ($p = .005$, Cohen's $d = .403$)
- 55.56% of participants showed improved mindfulness scores
- Greatest improvements were seen in emotional self-regulation, cognitive self-regulation, and self-acceptance
- Participants self-reported feeling happier about life (44.7%), having better mental health (47.3%), and being more present (51.4%)

These findings highlight Teen Talk's effectiveness as an intervention that builds resilience and promotes positive youth development through mindfulness training. The program offers community-based organizations, schools, and municipalities an evidence-based approach to addressing the growing mental health challenges facing today's youth.



The Challenge: Adolescent Mental Health in Today's World

Adolescence is a period of intense biological, cognitive, and social-emotional changes. Youth today face unprecedented stressors:

- Pressure to make life decisions about education and career paths
- Increased academic demands
- Peer acceptance challenges
- Changing family relationships
- Social media navigation
- Lingering impacts of COVID-19

These challenges disproportionately affect ethnic/racial minoritized youth and can significantly impact mental health.



THE REALITY:
20.1% of adolescents
aged 12-17 reported
at least one major
depressive episode
within the last year
(National Institute of
Mental Health, 2023)

Research shows that chronic exposure to stress can impair memory, increase depression symptoms, and cause neurobiological changes with long-term effects on brain development and functioning.

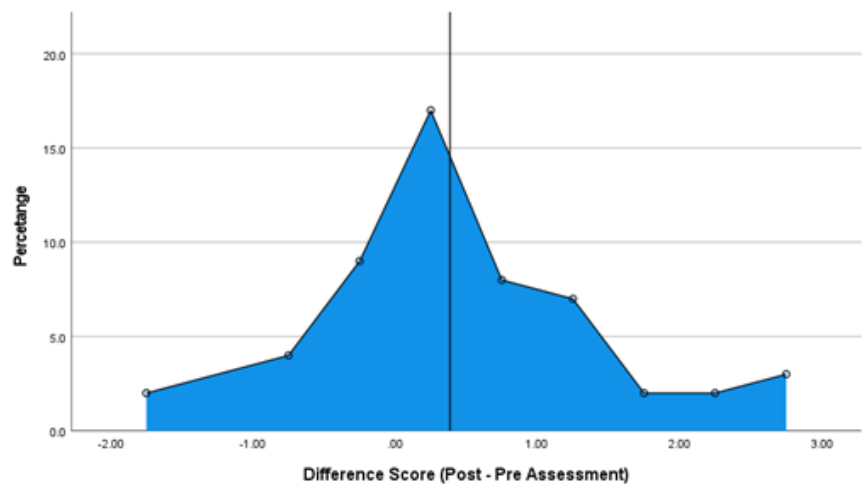
Why Mindfulness Matters for Youth

Mindfulness—the ability to focus on moment-by-moment experiences in a non-judgmental, open-minded manner—has been linked to numerous positive outcomes:

- Lower symptoms of depression and anxiety
- Improved overall well-being
- Decreased cell phone dependence
- Reduced substance use and risky behaviors
- Enhanced emotional regulation
- Better attention and cognitive functioning
- Improved problem-solving abilities

Mindfulness helps young people respond more effectively to stress rather than simply reacting to it, creating better coping mechanisms that can last into adulthood.

Figure 1. Distribution of Difference Scores



The Child and Adolescent Mindfulness Measure (CAMM)

This tool is a validated 10-item assessment for measuring mindfulness in youth, developed by Greco, Baer, and Smith (2011). It evaluates skills such as present-moment awareness, non-judgmental acceptance, and emotional regulation. The CAMM demonstrated strong internal consistency in pre-test ($\alpha = .883$) and post-test ($\alpha = .884$) assessments. Improvements were noted in emotional self-regulation, cognitive focus, and self-acceptance. This evidence-based tool provides reliable data on the impact of Teen Talk on participants' emotional management, attention focus, and self-awareness development.



Teen Talk Dialogue Sessions

A Program That Works

Teen Talk integrates mindfulness training with proven youth development practices. The program helps adolescents develop:

- Self-awareness
- Present-moment focus
- Emotional recognition and regulation
- Better mental health practices
- Social-emotional learning skills

Our Impact

Between February 2023 and June 2024, Teen Talk served 369 adolescents in Miami-Dade County Public Schools, primarily middle school students (70.3%), demonstrating the program's effectiveness in large, diverse urban districts and provides a replicable model for similar educational systems nationwide.

Demographics:

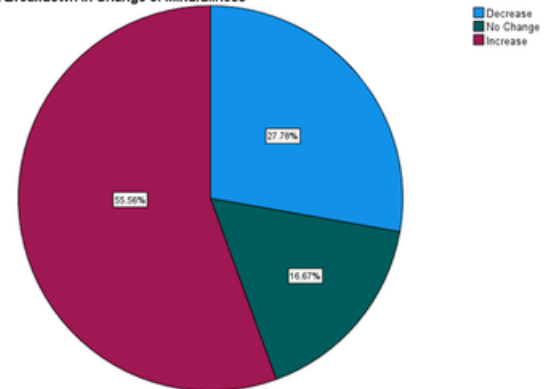
- 52.2% girls, 2.9% Gender Queer, 44.9% boys
- 60.1% Black/African American
- 23.9% Hispanic/Latine
- 16% Other

Evidence of Effectiveness

Our rigorous evaluation used two approaches:

1. Pre- and post-test assessments measuring mindfulness
2. Participants' self-reported perceptions of program impact

Figure 2. Breakdown in Change of Mindfulness



Key Finding:

Our comprehensive analysis uncovered a statistically significant increase in mindfulness scores among participants after they completed the program. The data analysis showed a p-value of .005, which indicates a strong likelihood that the observed improvement in mindfulness scores is not due to random chance. This suggests that the program effectively enhances mindfulness, providing participants with measurable benefits.

Teen Talk Dialogue Sessions

A Program That Works

“YES! The program is good for mental health you also get some comedy out of it. And the people that are teaching what we do each time are great to know and talk to. its just that for some people like me it's hard to earn trust of communication.”

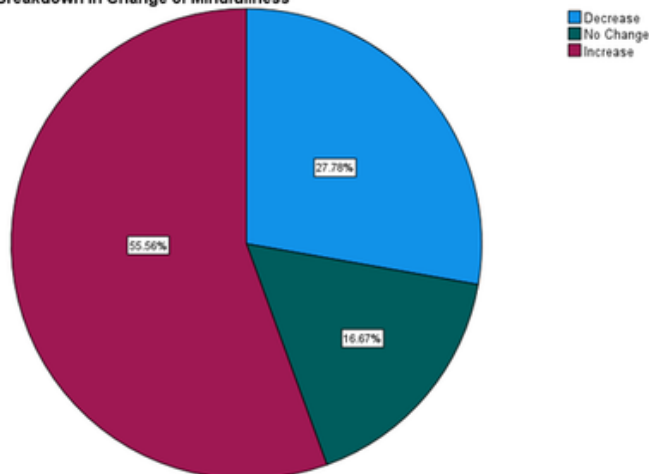
Male, Black/African American,
15 years-old



Key Finding:

Our comprehensive analysis uncovered a statistically significant increase in mindfulness scores among participants after they completed the program. The data analysis showed a p-value of .005, which indicates a strong likelihood that the observed improvement in mindfulness scores is not due to random chance. This suggests that the program effectively enhances mindfulness, providing participants with measurable benefits.

Figure 2. Breakdown in Change of Mindfulness



Teen Talk Dialogue Sessions

A Program That Works

The program is designed to meet young people where they are—cognitively, emotionally, and socially. The program, using evidence-informed methodologies, helps youth form strong peer connections, develop prosocial habits, and build effective communication skills with adults. This approach helps teens feel seen, heard, and supported across multiple sessions.

The proprietary structure allows each TTDS cycle to be tailored to the specific needs of the setting and participants, ensuring relevance across school districts, community-based organizations, and juvenile justice systems. This allows the program to maintain fidelity to our exclusive delivery model, which combines structured facilitation with youth-centered engagement practices developed over a decade of fieldwork.



Final Reflections

The Teen Talk Dialogue Sessions demonstrates what's possible when structured facilitation, research-informed practice, and trusted community collaboration come together. Across diverse settings—from school classrooms to juvenile justice programs—TTDS has helped young people reconnect with themselves, navigate their environments with more confidence, and cultivate the skills that support long-term well-being.

The TTDS model works because it is grounded in lived experience, tailored delivery, and a consistent respect for youth as capable, insightful, and deserving of care. The results speak for themselves: when young people feel genuinely seen and supported, they develop the resilience and skills needed to thrive.

Ready to Collaborate?

If your institution, district, or organization is committed to improving youth mental health, we're ready to help you get started.

Stay connected with our work by following us on social media for program updates and insights, or join our newsletter community to receive resources and partnership opportunities directly in your inbox.



About Us

RER Consulting Enterprise, LLC (RER) is a community-focused consulting firm that works with local governments and grassroots leaders to co-create scalable, evidence-informed solutions. RER specializes in program development, evaluation, training, and strategic planning designed to build capacity, improve outcomes, and strengthen community infrastructure.

Amplify Community Resources (ACR) is a 501(c)(3) nonprofit organization committed to delivering inclusive, trauma-informed, and culturally responsive programs that meet real-world needs. ACR leads implementation of community-based wellness, youth engagement, and prevention initiatives across South Florida.

Together, RER and ACR co-develop and deliver signature programs like Teen Talk Dialogue Sessions, which reflect their shared commitment to accessible, data-driven, and community-grounded approaches to mental health and youth development.



AMPLIFY
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