



## *Music, Dance, Spoken Word*



Elevated Grounds (EG) a youth-led, elder-mentored organization that educates, elevates and entertains by using creative and informative theatrical based performances. Our mission is to utilize the performing arts to increase awareness and understanding of mental health particularly among youth.

### **Our objectives are to:**

- (1) Promote mental health through the use of music, drama, dance, spoken word performances, and interactive “talk-back” presentations using an anti-stigma approach especially geared to youth.
- (2) Elevate mental health as an integral part of an individual’s overall well-being and wellness.
- (3) To advocate for mental health services and programs that are accessible, de-institutionalized, culturally-sensitive, youth-centered and offer holistic treatment.

The Elevated Grounds Youth Performance Group is passionate about increasing awareness and breaking down barriers about mental health by exploring the challenges of how our society and communities perceive, feel about and cope with mental disorders. Of equal importance, performances portray and promote the critical aspect of mental health and the community’s overall health and wellness.

<http://www.elevatedgrounds.com>