

# Nurses Dedicated to Your Child's Wellbeing

## Reimagine Social and Mental Wellness Kids Want

We understand the concerns you have as a parent/legal guardian in today's digital world. The constant barrage of misinformation, unrealistic beauty standards, and online dangers can overwhelm any child. For instance, social media often promotes inappropriate ideas and products, like anti-aging skincare, and children as young as 8 years old are buying into it<sup>1</sup>. Boys may feel anxiety from viewing muscle-ripped gym influencers<sup>2</sup> and then take unregulated protein powders and supplements, which can cause serious side effects<sup>3</sup>. That's why we created TAMMIRA®, a unique wellness telehealth app to help kids aged 10-22 navigate these challenges. **We're working with California school districts to offer our Wellness Program at no cost to your family<sup>4</sup>.**

## Creating Community

It's a non-stigmatized space where your children can express their concerns, ask questions about their changing bodies and minds, get accurate, age-appropriate information, and connect with peers experiencing similar changes. Our nurses talk about body dysmorphia, eating disorders, cyberbullying, gender and sexual orientation, sextortion, and more. Meet our inclusive nurses who reflect the communities they serve.



**Mary Balle**  
Nurse Program  
Director



**MistyDawn Patterson**  
Assistant Nurse  
Program Director



**Ashley Kelly**  
Registered Nurse  
(BSN)



**Rayna Bowen**  
Registered Nurse  
(MSN)



**Abigail Ann Abella**  
Registered Nurse  
(MSN, RN, PHN, PRMT)

## Impact Online and Offline

TAMMIRA offers the best of both worlds—accessible, online interaction paired with real-life skill-building, enhancing engagement in the classroom and at home. Our nurses help kids build self-advocacy and interpersonal skills, which is important since kids missed practicing these skills during the COVID pandemic. Our personalized program employs a “calling on” rather than a “calling out” approach, creating a supportive environment. Discussions led by our nurses lead to fewer school disruptions and relieve teachers and parents from addressing topics they might feel unprepared for. We help children manage external pressures, which improves their grades and productivity in class, sports, and other activities, leading to a better quality of life.

## Your Child's Safety and Privacy Are Our Top Priorities

Our program features robust security measures and user privacy. Our nurses assess, triage, and refer urgent behavioral needs, including screening for potential suicidal thoughts and escalating red flags as they arise.

## How It Works

Our multi-week program combines research-supported techniques and holistic information to build resilience, internal strength, and awareness. With two nurses at each event, we aim to empower your child with real-life skills and meaningful connections. We don't prescribe medication or give direct diagnoses. Our evidence-based program is informed by pediatric medical knowledge (dermatology, beauty, psychiatry, nutrition, and preventative care) and therapeutic approaches, including CBT\*, DBT\*\*, mindfulness, and others.

TAMMIRA offers support and guidance as you handle raising a child in the digital age. **You don't have to go it alone.** There's not a one-size-fits-all solution for mental health. It requires a community with various expertise. With the right care that meets them where they are, children can thrive in health and joy throughout their lives. If your child is using a mental health app, that's great! If not, or if it's not working for them, let our nurses help your child build a happier self.



[tammira.com](https://tammira.com)

[wellness@tammira.com](mailto:wellness@tammira.com)

<sup>1</sup>Preteens and skincare: What parents should know

<sup>2</sup>Social media is giving men "bigorexia," or muscle dysmorphia

<sup>3</sup>A muscle-building obsession in boys: What to know and do

<sup>4</sup>California Youth Behavioral Health Initiative

\*Cognitive behavioral therapy (CBT) \*\*Dialectical behavior therapy (DBT)

