

Partnering for Youth Wellness

Reimagine Social and Mental Wellness

Welcome to TAMMIRA®, a unique wellness telehealth app designed to help youth navigate mental health (MH) challenges and combat misinformation. We support kids in being their whole, authentic selves, enabling discussions on sensitive topics and informed self-care decisions. This improves the overall MH, productivity, and long-term health of California's youth.

Our platform connects students with nurses and peers, engaging them in fun, virtual groups, and evidence-based programming to prevent MH issues and substance use. Parents can trust our nurses for real-time early detection and intervention for suicidal youth and other undetected MH concerns.

Creating Community

Our staff nurses lead monitored Collective Wisdom Circles where students can feel heard and understood, ask questions and access accurate, age-appropriate information. Our inclusive nurses reflect the diverse communities they serve.



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How It Works

The TAMMIRA Wellness Program is a livestream platform for youth aged 10-22 years old. While not providing clinical diagnoses or medical prescriptions, our program is informed by pediatric medical knowledge (dermatology, beauty, psychiatry, nutrition, and preventative care), sound sexual education, and therapeutic approaches (CBT, DBT, mindfulness, and others). Kids can interact at their desired level, whether visible or anonymous.

Multi-week programming combines research-supported techniques and holistic information to increase resilience, internal strength, emotional awareness, and healthy communication. Safety is our main priority, with two nurses in each event to assess, triage, and refer for acute behavioral needs, including screening for suicidal ideation (ASQ).

Impact Online and Offline

We partner with schools to extend their support staff, easing the burden on busy school systems by assisting students with MH in an engaging and educational way while protecting their privacy.

Kids benefit from both online engagement and real-life skill-building, which enhances critical thinking, self-esteem, and self-regulation without disrupting their education. This leads to improved classroom behavior and engagement.

Schools face challenges from declining MH among students (e.g., eating disorders, body dysmorphia, cyberbullying, academic stress) and often lack resources (e.g., licensed professionals, funding) to meet these demands. Partnering with community MH services like ours can boost academic success, reduce truancy, and improve graduation rates.

You refer, and we take it from there. Let us assist you in providing equitable access to quality health services for all students.



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