



Amy Montalbano

Parkville, MO



Soothe Away Stress

Amy Montalbano has been a Girl Scout for 13 years as a member of Troop 84 in Service Unit 605. She is currently a senior at Park Hill South High School.

Amy's Gold Award project addressed the issue of increased stress levels for victims of domestic abuse. By providing the clients of Synergy Services the education and materials to pamper themselves and relieve stress, Amy hopes to improve the quality of life for victims in their most difficult time. Trauma and long-term stress can have detrimental effects on a person's health, so coping mechanisms to relieve stressors can improve the health of a population already struggling. Since many escape their abuse with nothing, providing supplies for them to reduce stress allows them to focus limited financial resources elsewhere.

Amy worked with Synergy Services, Hillcrest, Dillards, Sephora and other donors to obtain supplies and provide the training for self-pampering services. She created recycled, drawstring bags with supplies and instructions to give out to the women after educating them on the pampering techniques. By encouraging these women to take care of themselves, Amy provided an outlet for them to reduce stress, gain confidence and start the next chapter of their lives with strength.

Because of Girl Scouts... I have gained confidence, found my passion, made friends, and developed lifelong skills.