

Jacksonville Author and Educator Gail Carter-Cade Featured on WJCT 89.9's First Coast Connect

Using Poetry to Encourage Understanding of the Challenges Behind Behavior and Learning

JACKSONVILLE, FL, UNITED STATES, August 19, 2026 /EINPresswire.com/ -- Jacksonville author and educator [Gail Carter-Cade](#) was recently featured on WJCT 89.9's First Coast Connect, where she introduced her award-winning poetry book, *Uplifting The Pain of Behavioral and Learning Styles Through Poetry Now*, and its companion spoken-word album, *Uplifting The Pain...Now*. Drawing on more than 15 years of experience in education and her personal journey as the parent of a child with special needs, Carter-Cade shared how her poetry-based framework encourages parents, educators, counselors, and communities to look beyond surface behaviors to understand the emotional and learning challenges that may exist beneath them.



Student Internal/External feelings

Through poetry, spoken word, music, and guided reflection, her resources encourage meaningful conversations that foster empathy, resilience, a personal growth mindset, and stronger relationships by helping readers and listeners recognize the connection between what a person may be experiencing internally and the behaviors, emotions, or physical signs others may observe externally.

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*Uplifting The Pain...Now”
Uncover, Understand, and
Uplift*

The companion spoken-word album, *Uplifting The Pain...Now*, extends the book's message through original performances exploring mental health, father absence, fear, bullying, loneliness, and perseverance. During her First Coast Connect appearance, listeners were unexpectedly introduced to Carter-Cade's poetry when excerpts from "Shaking" aired for the first time. The piece illustrates how poetry and music can express emotions that are often difficult to put into words, encouraging audiences to recognize that emotional struggles may sometimes appear through physical signs and to look beyond outward behavior to better understand what a person may be experiencing internally. WJCT Interview:

https://www.youtube.com/watch?v=GPV-TT_Y8&t=120s

"Behavior is often a form of communication," said Carter-Cade. "When we slow down long enough to uncover the cause, understand the struggle, and uplift the pain, we create opportunities for connection instead of judgment."

The foundation of her work is the Uplifting The Pain™ Framework, which encourages individuals to:

- Uncover the Cause by recognizing the emotions, experiences, and circumstances influencing thoughts and behaviors.
- Understand the Struggle by looking beyond the surface to gain clarity, empathy, and perspective.
- Uplift the Pain by developing strategies that promote resilience, growth, hope, and positive change.

The framework is featured throughout Carter-Cade's poetry collection and companion workbook, providing guided reflection questions that encourage self-awareness, communication, problem-solving, and a personal growth mindset. Rather than focusing solely on correcting behavior, the resources encourage readers to understand the "why" behind actions and use those insights to build stronger relationships.

According to the Centers for Disease Control and Prevention (CDC), mental health challenges among children and adolescents continue to be a significant concern, with many young people experiencing persistent feelings of sadness, anxiety, or hopelessness. Educational and family support systems that promote understanding, connection, and emotional well-being play an important role in helping young people develop resilience and thrive.

Research also supports the value of creative expression. The National Endowment for the Arts reports that participation in literary arts—including poetry, reading, and creative writing—can strengthen communication skills, encourage empathy, and promote social-emotional development. Carter-Cade believes poetry provides a unique opportunity to engage individuals in conversations that traditional methods may not always reach.

Her educational resources are designed for use by schools, counselors, community organizations, youth programs, families, and professionals seeking meaningful ways to

encourage reflection and relationship-building. Through poetry and guided discussions, participants are invited to explore challenges, develop greater self-awareness, and recognize their potential for positive change.

"Every poem is an invitation to begin a conversation," Carter-Cade said. "Sometimes one poem can help someone recognize a struggle they couldn't put into words for help."

Poetry with a Purpose. Music with a Message.

Carter-Cade is also announcing the upcoming Uplifting The Pain...Now Counselor's Guide, a companion to Uplifting The Pain of Behavioral and Learning Styles Through Poetry Now. It's designed to provide school counselors and other student-support professionals with a resource for facilitating conversations and reflection. Uncovering challenging problems, understanding struggles, and uplifting support for students.

About Gail Carter-Cade

Gail Carter-Cade is a Jacksonville author, educator, and creator of Uplifting The Pain...Now. Inspired by her professional experience in education and her journey as the parent of a child with special needs, Carter-Cade develops multimedia educational resources that help parents, educators, counselors, and communities foster empathy, resilience, growth mindset, and stronger relationships.

Gail Carter-Cade

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