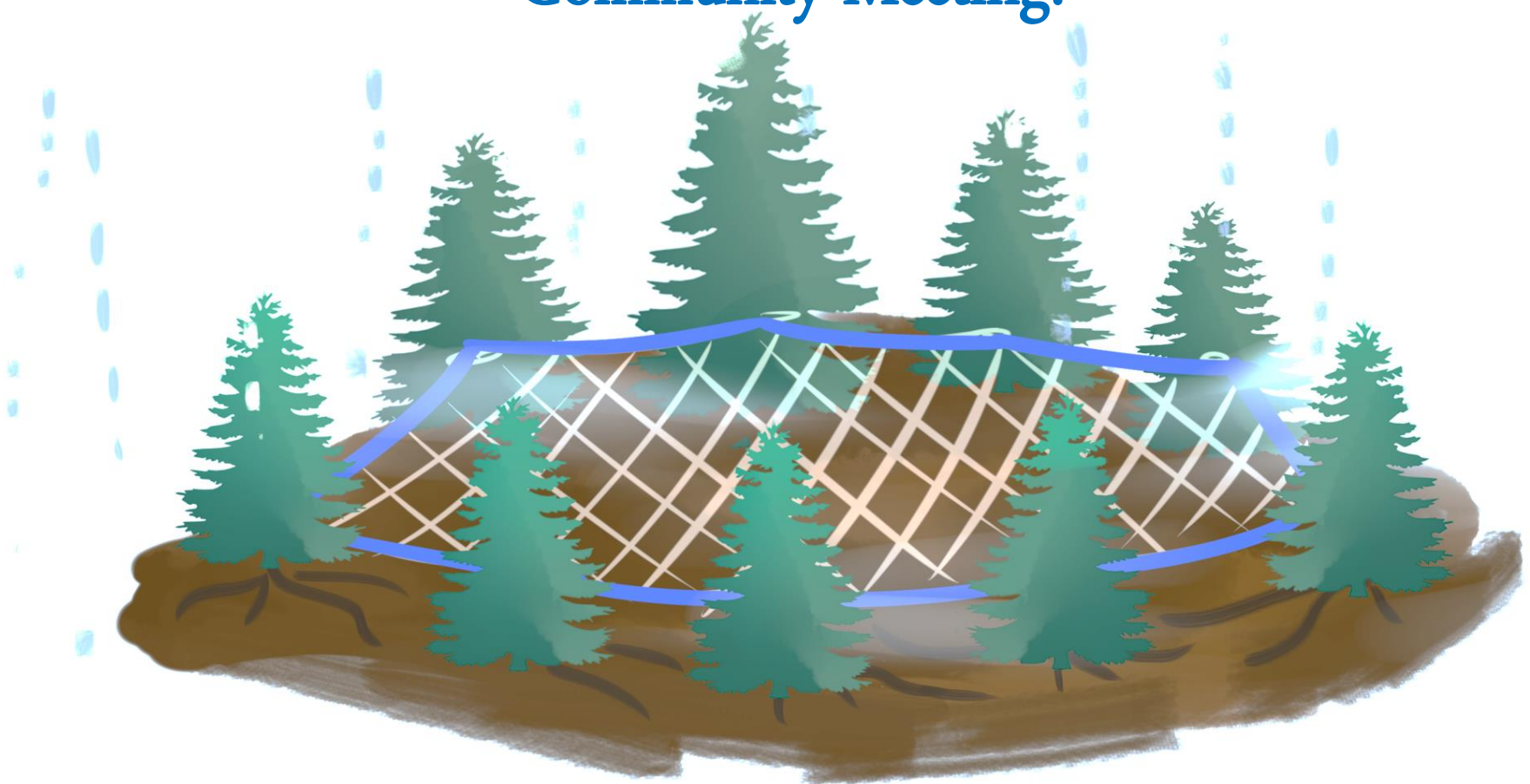




Welcome to the Project Safety Net Community Meeting!



PSN Mission

Our mission is to develop and implement an effective, comprehensive **community-based mental health plan** for overall youth well-being in Palo Alto.

The plan includes education, prevention and intervention strategies that together provide a **Safety Net for youth and teens** in Palo Alto, and defines our community's teen suicide prevention efforts.

Today's Agenda

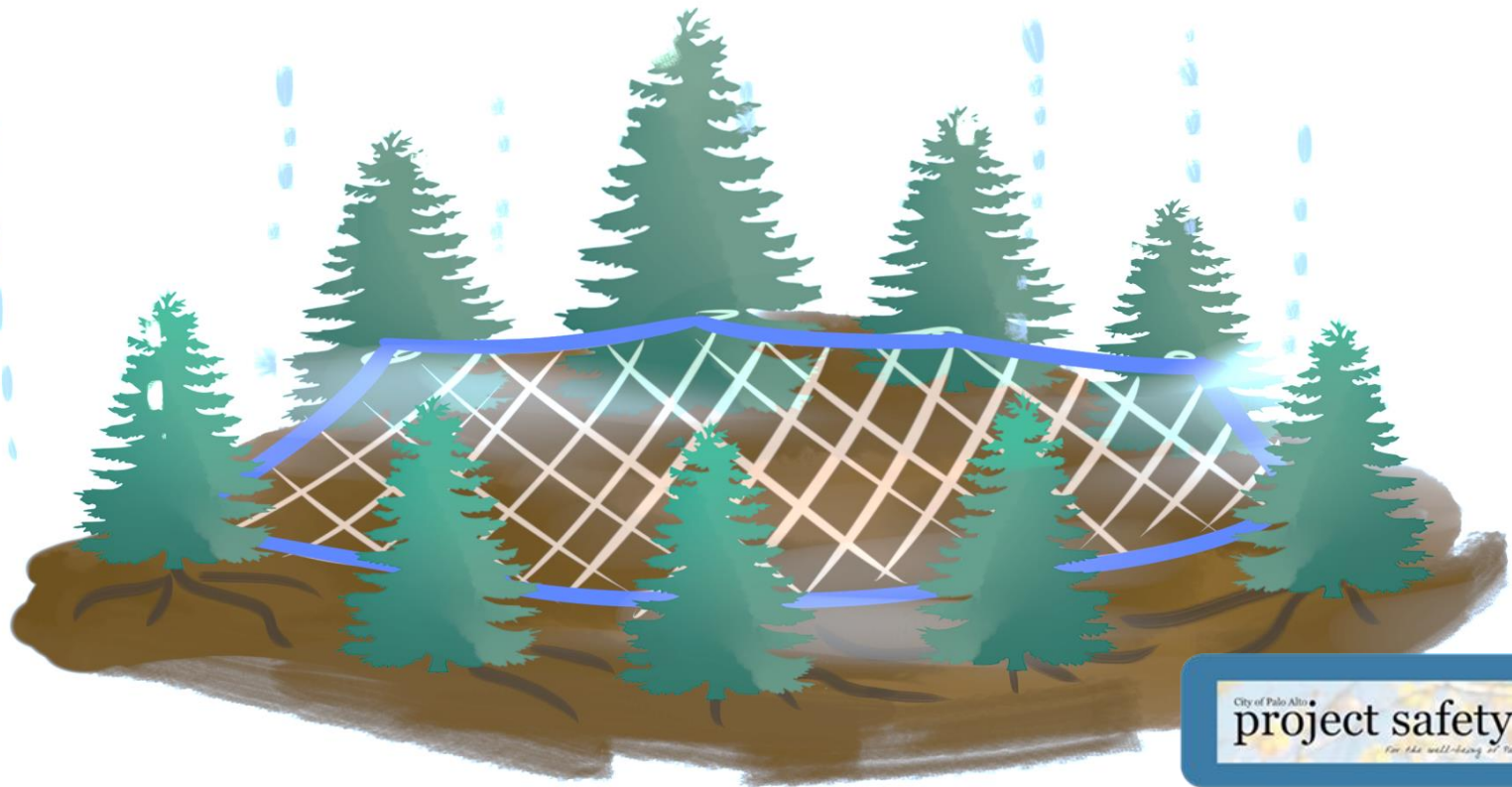
September 27, 2017

- A. Welcome & Introductions
- B. Youth-In-Action: Meghna Singh- *The Life Trajectories of Palo Alto Unified School District Alumni*
- C. Partner-In-Action: Laura Keller, Children's Health Council- *Navigation Systems for Mental Health Feasibility Project*
- D. Community Sharing
- E. PSN Backbone Support Report
- F. Closing, Next Meeting Reminder, & Thank You!
- G. Networking

Youth-In-Action:

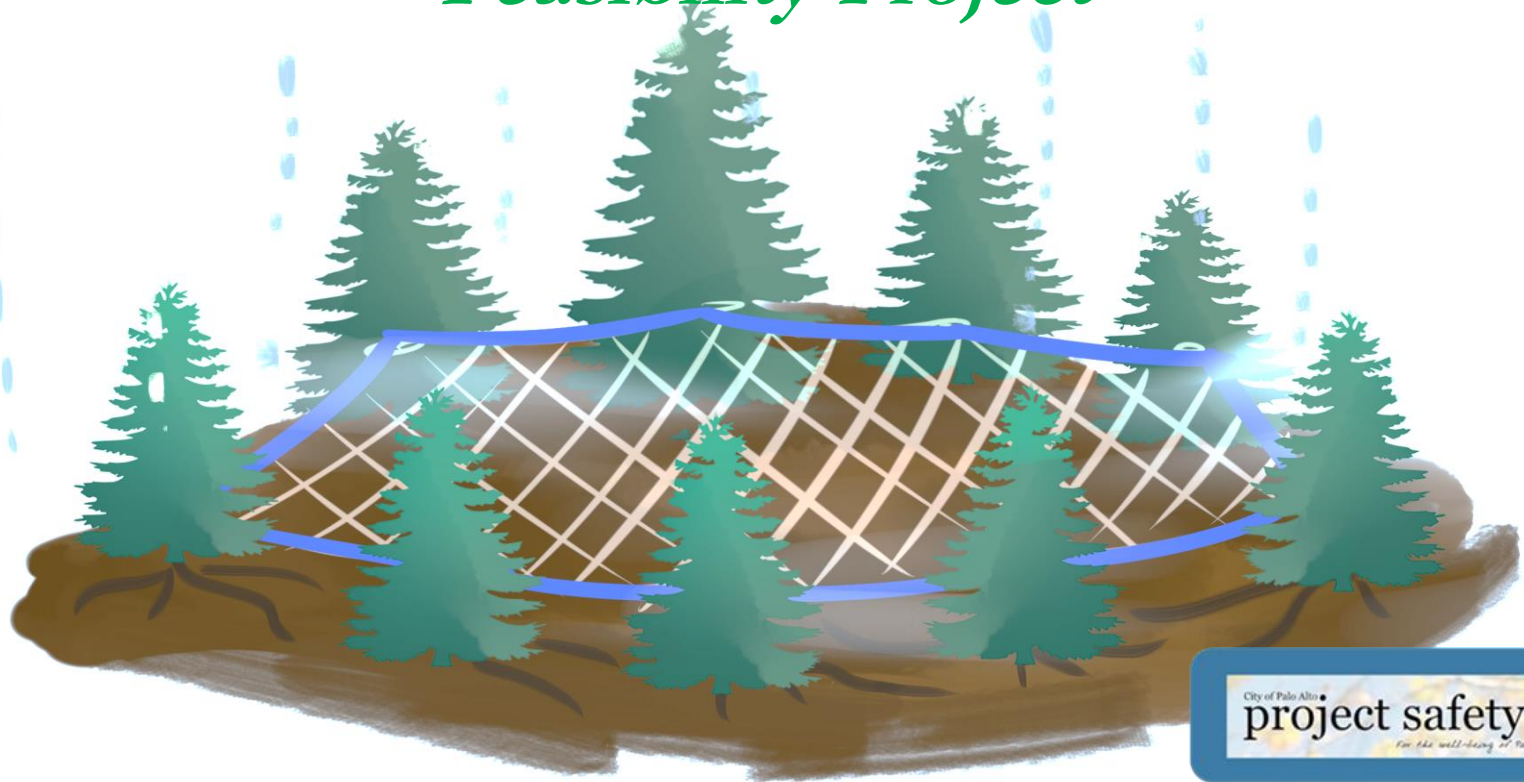
Meghna Singh-

The Life Trajectories of PAUSD Alumni



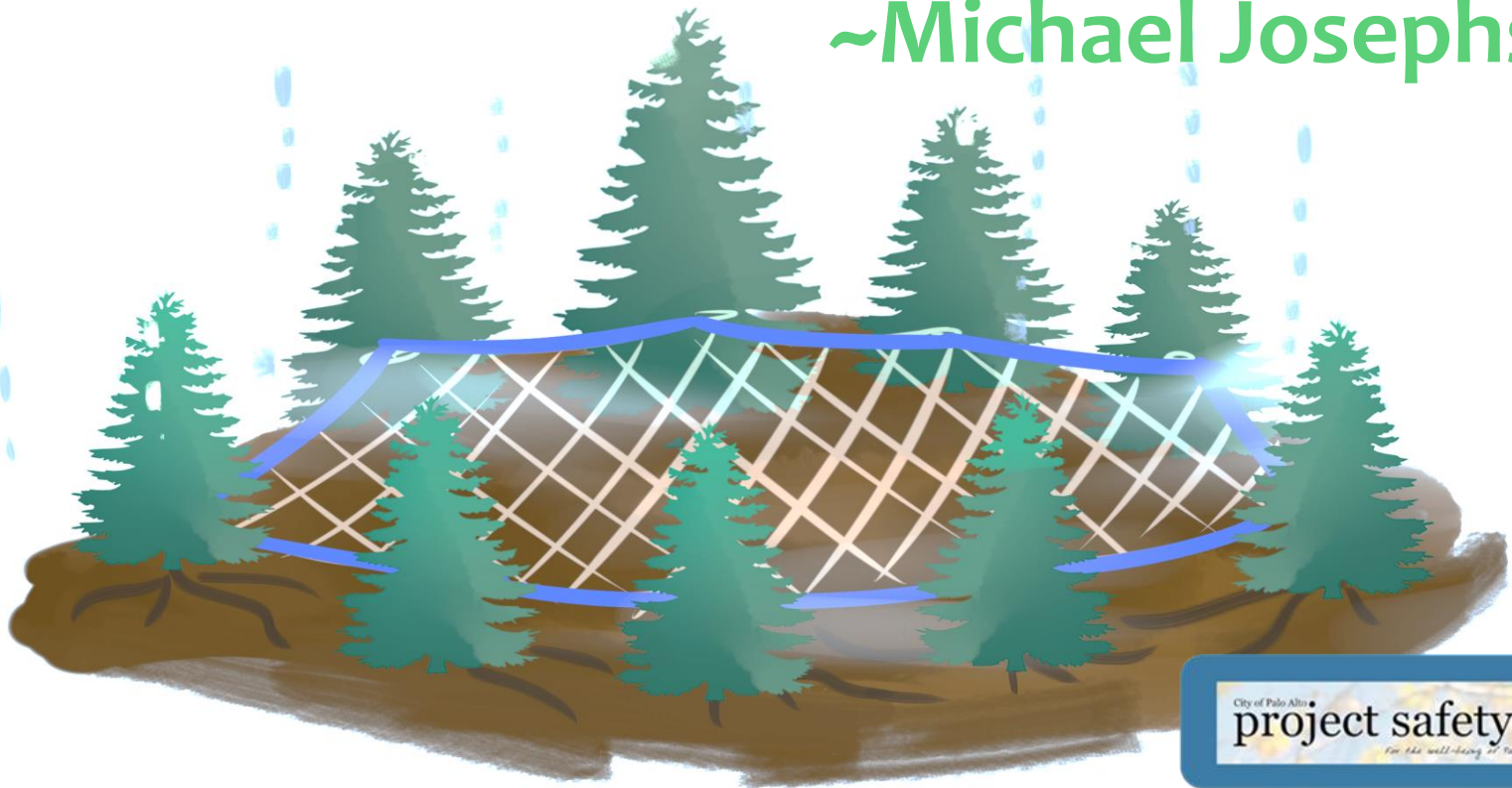
Partner-In-Action:

Laura Keller, Children's Health Council
*Navigation Systems for Mental Health
Feasibility Project*



Take pride in how far you've come.
Have faith in how far you can go.
But don't forget to enjoy the journey.

~Michael Josephson

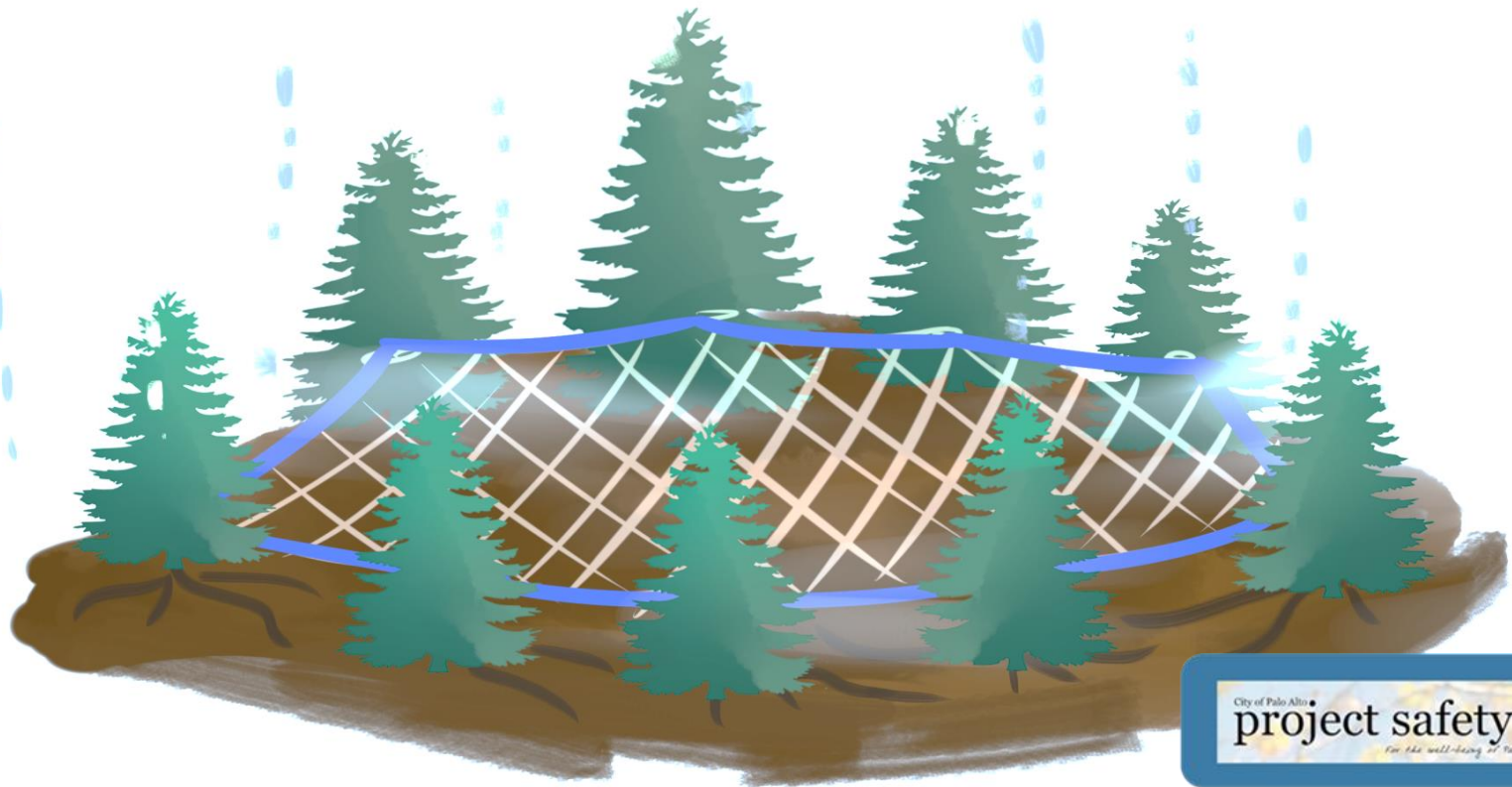


Community Sharing

Please take 3 minutes to share:

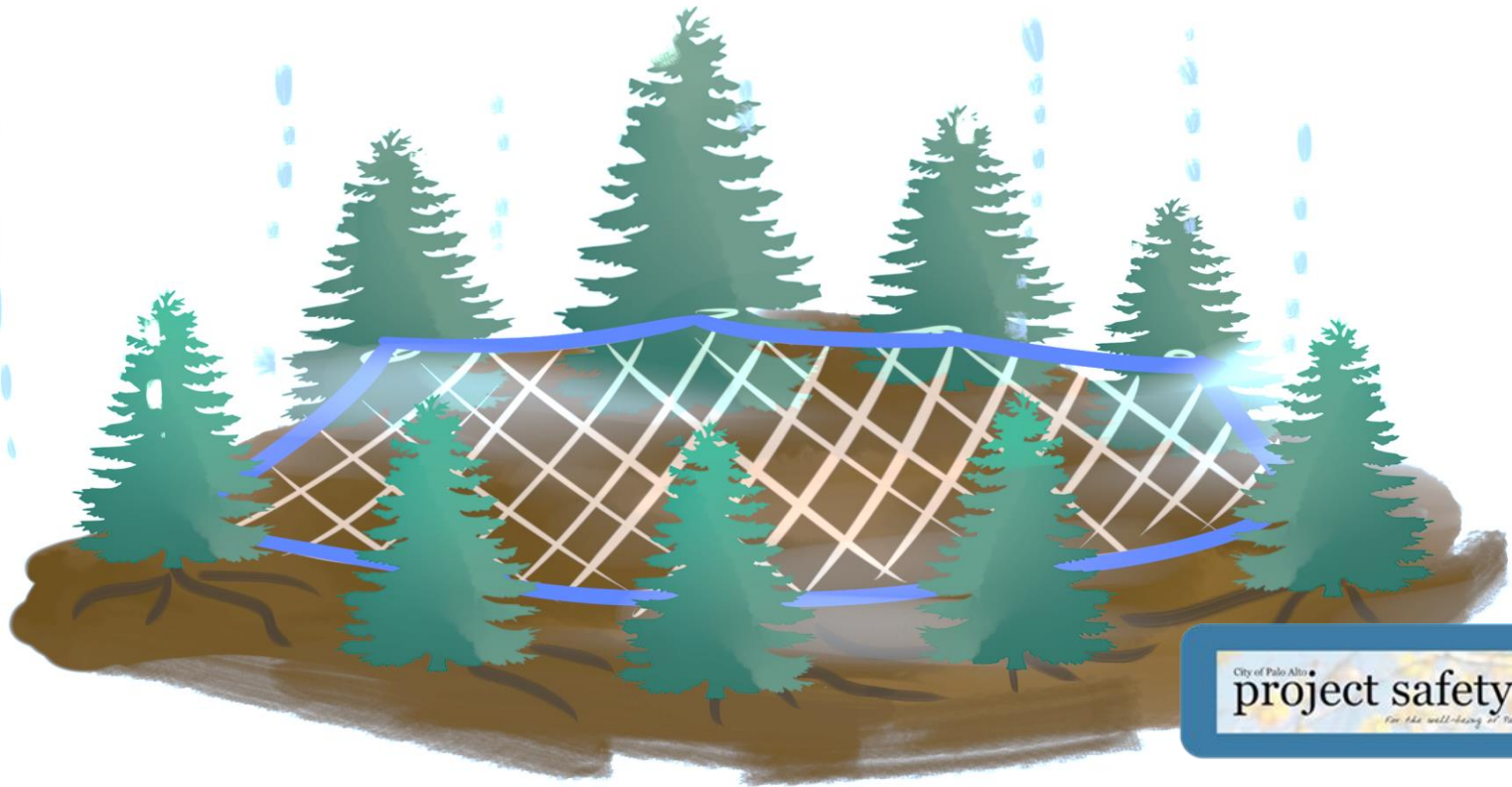
- Who am I?
- What contribution to Project Safety Net are you most proud of?
- What upcoming activities or events that I would like to announce?

PSN Backbone Support Report



September Suicide Prevention Awareness and Action Month

Grace-Sonia Melanio, PSN Backbone



PSN Suicide Prevention Awareness & Action Month

- * **Awareness & Action Month Goals- Promoting and Organizing Events and Activities in Collaboration with Community Partners**
 - * Awareness Raising
 - * Action Oriented
 - * Opportunities for Advocacy
 - * Opportunities for Skills Building
- * **Strategic Plan Alignment/2017-2020 Road Map Goals**
 - * Goal 1: Collaboration Development, Coordination, and Continuous Communication
 - * Goal 2: Community Education, Outreach and Training
 - * Goal 4: Policy & Advocacy

Suicide Prevention Awareness Week Proclamations

- Santa Clara County Board of Supervisors Proclamation- 8/14
- City of Palo Alto- 9/11

PSN Impact

- Awareness Raising
- Advocacy
- Goal 4: Policy & Advocacy
 - Objective 4.1 “inform, educate, and engage stakeholders, policy makers, and community members.”



Youth Well-being and Suicide Prevention Training

**Partnered with the City of Palo Alto, Palo Alto YMCA, Santa Clara County Suicide Prevention Program*

- Promoted: suicide to Hope- 9/12
- Co-sponsored: Youth Mental Health First Aid 9/13
- Co-sponsored: QPR Training- 9/23
- Promoted and Co-sponsored: Palo Alto Community Health Fair- 9/23



Youth Well-being and Suicide Prevention Training

PSN Impact

- Opportunity for Action
- Skills Building for the Community
- 22 Community Members newly trained in Youth Mental Health First Aid
- 8 Community Members newly trained in QPR
- Goal 1: Collaboration Development, Coordination & Continuous Communication
 - Objective 1.11: “Engage in community-wide outreach, awareness and social marketing campaigns”
- Goal 2: Community Education, Outreach & Training
 - Objective 2.1: “Foster the coordination of youth mental health, suicide prevention, and well-being trainings by community partners...”



NAMI Walks Silicon Valley and #BeThe1To Campaigns

- NAMI Walks Silicon Valley- 9/23
- #BeThe1To Social Media Campaign

PSN Impact

- Awareness Raising
- Advocacy
- 500+ PSN E-News Subscribers
- 600+ Facebook Friends
- 145 Twitter Followers
- Goal 1: Collaboration Development, Coordination & Continuous Communication
 - Objective 1.11: Engage in community-wide outreach, awareness, and social marketing campaigns

Save The Date!

September 23, 2017 • Arena Green West, San Jose

 **NAMI Walks**
National Alliance on Mental Illness

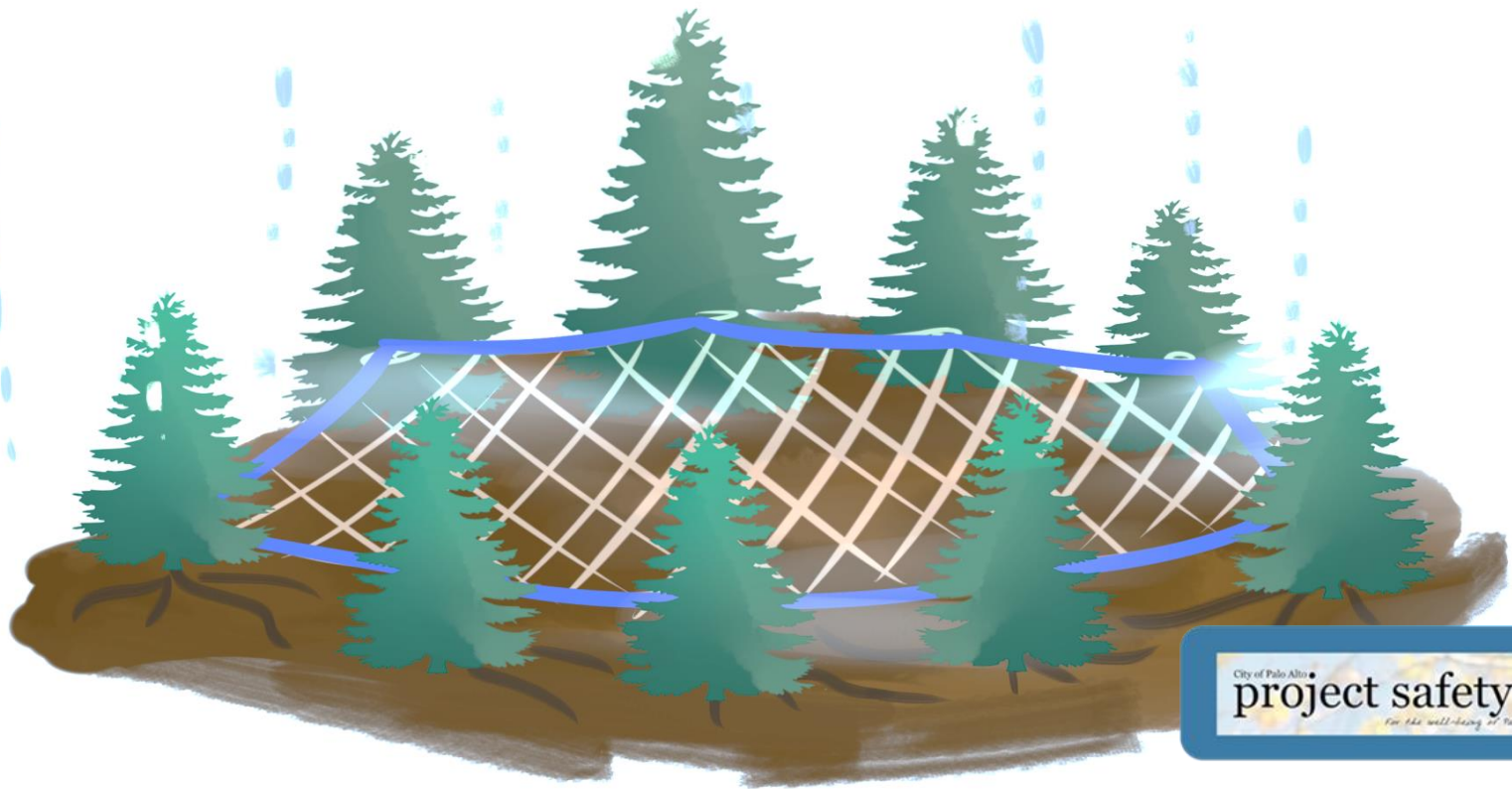
SILICON VALLEY
SANTA CLARA COUNTY

namiwalks.org/siliconvalley

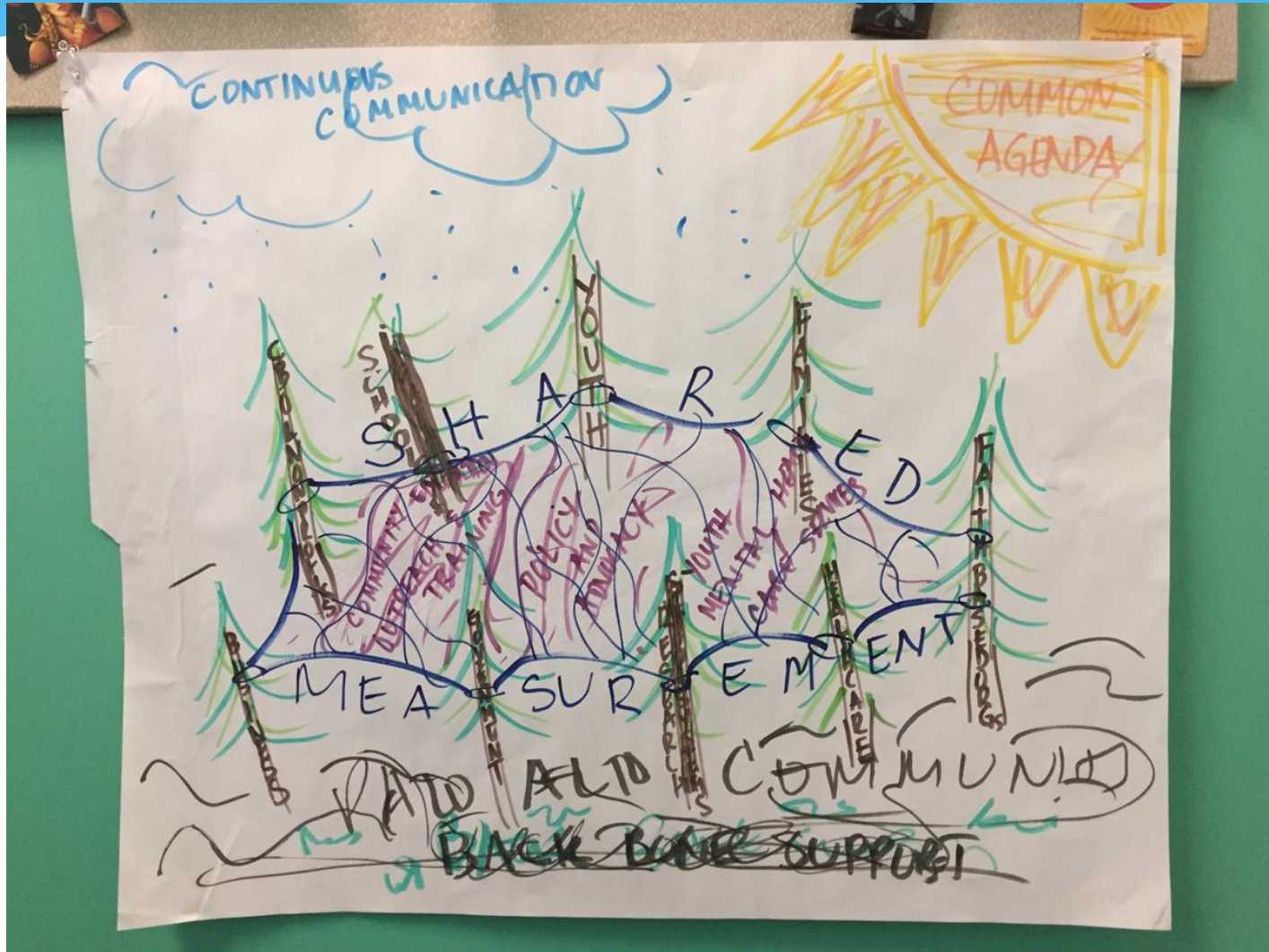


Executive Director's Report

Mary Gloner



2017-2020 Roadmap Visual Model



YOUTH RESILIENCY, WELLBEING & SUICIDE PREVENTION



2017-18 PSN Leadership Team

- **Rob de Geus (Co-Chair)** – City of Palo Alto
- **Lisette Moore-Guerra (Co-Chair)** – PAUSD
- **Dr. Steven Adelsheim** –Stanford Center for Youth Mental Health and Wellbeing
- **Kathleen Blanchard** – Parent Survivor & Community Advocate
- **Jaymie Byron** – Kara
- **Audrey Gold & Jade Chao** –Palo Alto Council of PTA's (PTAC)
- **Peying Lee** – Wellbeing and Openness in the Palo Alto Community
- **Lan Nguyen** -Santa Clara County Mental Health Services
- **Minka van der Zwaag** – City of Palo Alto
- **Dr. Shashank Joshi** –Lucile Packard Children's Hospital/Stanford University Department of Psychiatry/HEARD Alliance
- **Dr. Philippe Rey**– Adolescent Counseling Services
- **Mary Cheryl B. Gloner** – Project Safety Net

2016-17 PSN Leadership Priorities

Establish executive board	Proposal by Infrastructure Workgroup presented to Leadership Team
Strengthen and shape infrastructure	Proposal by Infrastructure Workgroup presented to Leadership Team
Elevate and integrate youth voice	<ul style="list-style-type: none"> • Showcase at PSN community meetings • Community engagement (Epi-Aid, County MHSa plan, partner focus groups) • Technical Assistance to youth led organizations • PSN governance, leadership & internships
Evaluate and recommend fiscal agent	Leadership Team assessing proposal
Develop roadmap based on <i>Collective Impact Model</i>	<ul style="list-style-type: none"> • Community Presentation at 3/29 PSN 2.0 Roll Out • Educating and cultivating partners • Activating Community Action Teams
Engage community in Epi-Aid Investigation*	<ul style="list-style-type: none"> • Investigation • Reporting & Write-Up • Findings/Recommendations

2017-2020 PSN Roadmap Goals

Goal 1: Collaboration Development, Coordination, and Continuous Communication

To maintain a well-informed and diverse representation of community partners who will collectively work towards promoting youth well-being and preventing youth suicide

Goal 2: Community Education, Outreach and Training

To improve youth well-being by providing culturally tailored education and conducting outreach to diverse stakeholders (e.g. LGBTQ+, immigrant, underserved, transitional age youth, disabilities) on youth mental health and suicide prevention

Goal 3: Youth Mental Health Care Services

To improve the mental health care utilization and access for youth by reducing barriers related to recovery, stigma, health coverage, and culture.

Goal 4: Policy and Advocacy

To engage the community to affect policy change and drive funding, which will ensure a continuum of mental health care for the most vulnerable youth in Palo Alto as well as comprehensive youth well-being strategies and suicide prevention services

Goal 5: Evaluation and Shared Measurement

To measure success, track effectiveness, improve quality and report collaboration's collective progress towards fulfilling its vision and mission

Goal 6: Strengthen Backbone Support and Sustainability

To build organizational capacity to execute, support and sustain collaboration's activities



2017-2018 PSN Leadership Priorities: Goals 2 & 6

Goal 2: Community Education, Outreach and Training

To improve youth well-being by providing culturally tailored education and conducting outreach to diverse stakeholders (e.g. LGBTQ+, immigrant, underserved, transitional age youth, disabilities) on youth mental health and suicide prevention

Strategy 2.1: Foster the coordinated implementation of youth mental health, suicide prevention, and well-being trainings by community partners, especially those who serve most vulnerable

Strategy 2.2: Define a mechanism to integrate pipeline of student (high school, undergraduate, graduate) internship placements to develop youth leadership, foster purpose, and accomplish PSN's strategic goals

Strategy 2.3: Infuse Developmental Assets framework in Palo Alto by achieving benchmarks prioritized based on assessment

Strategy 2.4: Provide professional development to early-career professionals and paraprofessionals serving young people in Palo Alto

Strategy 2.5: Strengthen Continuing Education Units (CEU) program for clinical providers serving youth to increase proficiency in youth suicide prevention and youth mental health (emotional and psychological distress)



2017-2018 PSN Leadership Priorities: Goals 2 & 6

Goal 6: Strengthen Backbone Support and Sustainability

To build organizational capacity to execute, support and sustain collaboration's activities

Strategy 6.1: Execute PSN Charter adopted by PSN Collaborative

Strategy 6.2: Identify and secure interagency agreements from major partners

Strategy 6.3: Develop, implement, and track a collaborative resource development plan

Strategy 6.4: Explore membership fee structure

Strategy 6.5: Identify and recruit personnel to administer collaborative's activities

Strategy 6.6: Implement recommendation for PSN's fiscal agency structure

2017 Annual Report Roll Out

9/27: Annual Report Update at PSN Community Meeting

Early October:

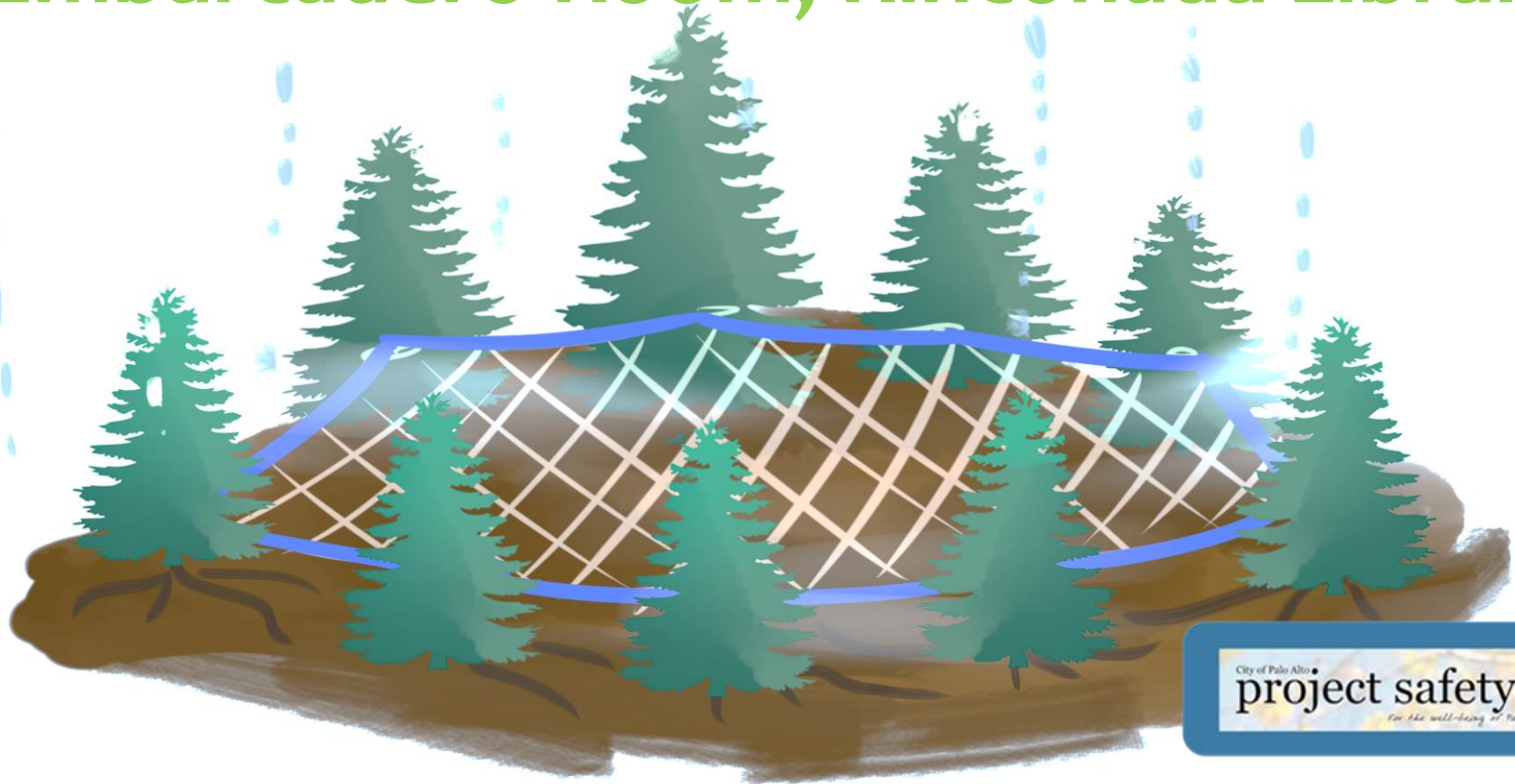
- Leadership Team Review
- Community Gatekeepers/Key Informant Review

10/25 (Unity/Bullying Prevention Awareness Day):

- Presentation at 10/25 PSN Meeting
- Uploaded to PSN website
- Distributed through PSN October e-News

Thank You!

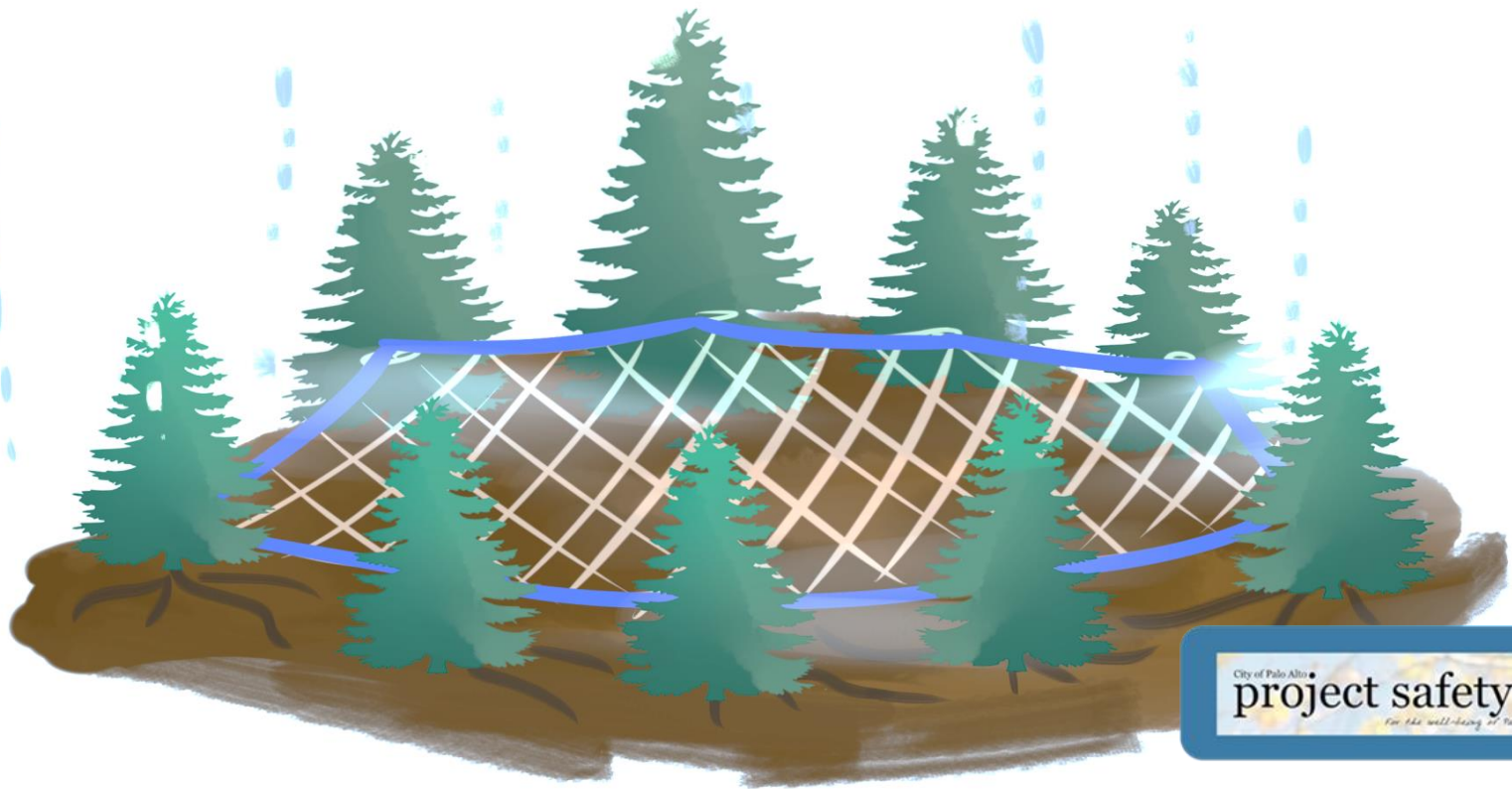
PSN Collaborative Action Teams Meeting
October 25th, 3:30-5:30pm
Embarcadero Room, Rinconada Library



City of Palo Alto
project safety net
for the well-being of Palo Alto's youth.



Networking



PSN Mission

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The plan includes education, prevention and intervention strategies that together provide a **Safety Net for youth and teens in Palo Alto**, and defines our community's teen suicide prevention efforts.