Problem Statement
The Palo Alto community struggles with the pain and loss of youth to suicide. There is urgency for on-going, coordinated community action to promote youth well-being and prevent suicide.

Values & Guiding Principles

Collaboration
We effect change through the connections, creativity and contributions of our entire community working together.

Hope
We are committed to preventing the most preventable form of death, suicide.

Courage
We face suicide related stigma with strength and perseverance.

Integrity
We act with honesty and sincerity.

Cultural Awareness and Engagement
Sensitivity and respect for diverse individuals and communities guide our efforts.

Learning
Best practice and on-going reflection advance our work.

Strategic Plan
Project Safety Net

Strategies

Infuse the Developmental Assets framework in Palo Alto culture and policies
Create experiences across our community that foster meaningful connections among youth and adults

Train youth and adults in best practices for identifying and responding to emotional and psychological distress

Educate youth, parents and other adults in contact with youth about the risk factors for suicide such as mental health conditions, substance use and other stress factors

Engage in a community-wide storytelling and listening campaign through a variety of media
Learn and partner with community and faith groups to develop culturally specific education and outreach

Collaborate with the community, police department, media and Caltrain to reduce access to the train tracks and other means of lethal harm

Create a clear map of our community’s youth mental health services and identify gaps
Advocate for increased and accessible mental health services for all youth

Anticipated Changes

Youth report increased personal and trusting connections to adults and peers in the Palo Alto community in order to foster youth well-being

Peers and adults in contact with youth are knowledgeable and equipped to respond to their distress or thoughts of suicide

Reduction of mental health stigma leading to acceptance and use of mental health services

Access to means of lethal harm is reduced

Our community’s mental health services are robust, coordinated and accessible to all youth