



September Suicide Prevention Awareness Month Community Meeting

Year-In-Review & HEARD Alliance's K-12 Toolkit on
Mental Health Promotion and Suicide Prevention

Project Safety Net

Community Meeting

Sept 25, 2019, 3:30-5:30 PM

Cubberley Community Center, Building H: Room H-1

PSN Mission Statement

Project Safety Net mobilizes community support and resources in Palo Alto for youth suicide prevention and mental wellness. We are a coalition working on community education, outreach, and training; access to quality youth mental health services; and policy advocacy.

PSN Vision Statement

Young people are empowered, in partnership with the whole community, to advocate for themselves and their peers.

Youth suicide is ended. Stigma is non-existent, and high-quality mental health services are culturally-relevant, accessible, and well-utilized. We envision a community where youth and young adults feel safe, supported, and accepted.

You don't need a cape to be a hero.
You just need to care.

- Kid President



AGENDA

- ▶ 3:15 Doors Open
- ▶ 3:30 Welcome and Agenda Review
- ▶ 3:40 PSN's Year-in-Review
- ▶ 3:55 PSN's September Suicide Prevention Awareness and Action Month
- ▶ 4:10 K-12 Toolkit on Mental Health Promotion and Suicide Prevention Presentation
- ▶ 4:45 K-12 Toolkit Small Groups Discussion
- ▶ 5:05 Large Group Debrief
- ▶ 5:25 Closing, Next Meeting, & Thank You!
- ▶ 5:30 Meeting Adjourns & Network

PSN YEAR-IN-REVIEW

(July 2018 - June 2019)



Goal 1: Collaboration Development, Coordination, and Continuous Communication

- Convened 10 community meetings with 250 attendees
 - Developing a Community of Care
 - LGBTQ+ Youth Voice in Advocacy and Policy
 - Youth-In-Action & Partner-In-Action: Sources of Strength, Adolescent Counseling Services, County of Santa Clara Public Health and Behavioral Health Services
 - Mission and Vision Update
- Youth Voice
 - “Last Summer” Film Premiere
 - Paly and Gunn High School Students
 - Allcove, LGBTQ Youth Space, LGBTQ+ youth leaders, Project Oyster, YMCA/YCS’s L.E.A.D
 - Advanced Authentic Research project on Culturally Responsive Therapy
- May Mental Health & September Suicide Prevention Awareness
- Sponsor partner community activities: supporting children during grief; youth mental health peer meetings; youth connectedness; developmental assets
- 2020 Stanford Adolescent Mental Wellness Conference Steering Committee
- Over 50 Community Partners Actively Engaged

Excerpts from Letters to Youth - PSN May 2019 Community Meeting

Dear fellow youth,

So, mental health is something I have struggled with on and off all throughout high school... But, you should know that people are here for you. People care. Find good friends and talk to trusted family members. The important thing is just to have a strong support system. I know that helped me in some of my darkest times.

Sincerely, Anonymous Youth

Dear youth,

The thing you should know is there are resources and programs out there to help you. Talk to someone that might know where you can get help. Life is a series of waves and at times, you will feel low. It's important to work on your mental health, even during the highs. People care about you. I care about you... Your life is valuable.

Much love and support

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

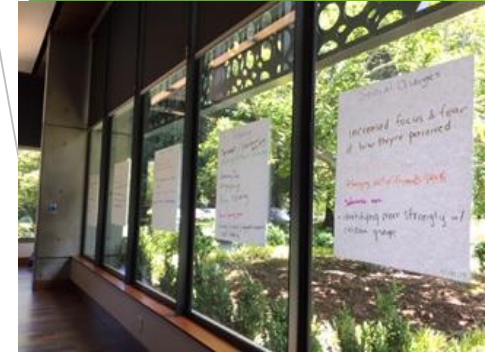
THANK YOU TO YOUTH
MENTAL HEALTH &
SUICIDE PREVENTION
ADVOCATES!!



2018-2019 Roadmap Highlights: Goals 2 & 3

Goal 2: Community Education, Outreach, and Training

- **Gatekeeper trainings: 30 individuals trained** in person and online (e.g. QPR, ASIST, Youth Mental Health First Aid)
- **Internship placement:** PAUSD Advanced Authentic Research; Undergraduate; and Public Health Graduate
- **Community identified topics:** parent engagement; integrated behavioral health; youth serving populations; school-based initiatives
- **Community outreach events:** Martin Luther King Jr. Service Day; Santa Clara County Suicide Prevention Conference; PAUSD Wellness Team Retreat



Goal 3: Youth Mental Health Care Services

- County MHSA Leadership Stakeholder Committee
- Engage Kaiser Permanente in coalition activities and conversations
- Support investment in youth behavioral health services



2018-2019 Roadmap Highlights: Goals 4 & 5

Goal 4: Policy and Advocacy

- Support City Suicide Prevention Policy Efforts (San Jose, Milpitas, Sunnyvale)
- Youth inpatient beds for County
- PAUSD Board & Palo Alto City Council Candidate Forums
- Lethal Means of Harm Restriction Advisory Workgroup

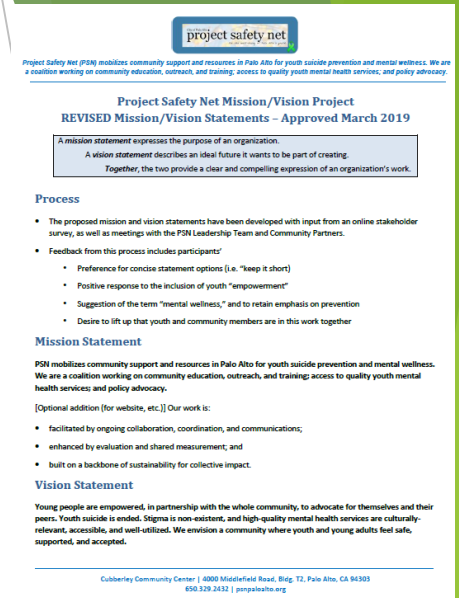
Goal 5: Evaluation and Shared Measurement

- Fall community forums dedicated to data/evaluation
- City of Palo Alto Police Department 5150 Reporting
- Inaugural Annual/10-Year Retrospective Report
- Institutionalizing coalition evaluation activities
- Search Institute Youth Developmental Relationship Survey Pilot



Goal 6: Strengthen Backbone Support and Sustainability

- **Implement PSN governance structure:** Executive Advisory Board & Leadership Team
- **Fiscal agency transition:** pro bono legal support for 501c3 application; resource development plan; business plan
- **New mission and vision statements**



WHAT'S IN STORE FOR FY2019-2020

- ▶ Leadership Team narrowing strategic priorities (Goal 1)
- ▶ Inaugural New School-Year Kick-Off Forum every August convening (Goals 1 & 2)
- ▶ Positioning PSN to support youth substance use prevention efforts in North County (Goals 2 & 3)
- ▶ Partner, engage, mobilize, and educate community on regional youth mental health and suicide prevention advocacy efforts (Goal 4)
- ▶ Selected and partnering with PAU to participate in Collective Impact Data Accelerator Program (Goal 5)
- ▶ Apply for independent incorporation and 501c3 status with pro bono support from Hopkins and Carley (Goal 6)

PSN's September Suicide Prevention Awareness & Action Month

City of Palo Alto

project safety net

For the well-being of Palo Alto's youth.

#YouthWellbeing #SuicidePreventionMonth #Take5toSaveLives

SEPTEMBER 2019
Suicide Prevention
Awareness and Action Month

ENTIRE
month

Submit your response

What words and/or actions from others helped you during your youth?
Submit here: <https://bit.ly/2ZkbEby>

WEEK 1
Sept. 1-7

step 1:
Learn the signs & know how to help

step 2:

Sept. 5 FREE Youth Mental Health First Aid Training
8:30 AM - 6:00 PM at Mitchell Park Library, Palo Alto
Register here: <https://bit.ly/2zbEjoD>

WEEK 2
Sept. 8-14

step 3:
Practice self-care

~~Sept. 9~~ Santa Clara County Mental Health Services Act Planning - North County Stakeholder Meeting
Event has been rescheduled - stay updated via psnpaloalto.org or our FB

Sept. 9-15 National Suicide Prevention Awareness Week
Sept. 10 World Suicide Prevention Day

WEEK 3
Sept. 15-21

step 4:
Reach out

Sept. 21 NAMI Walks-Silicon Valley 5k
8:30 AM check-in and 10:30 AM start at Guadalupe River Park, San Jose
Register here: <https://www.namiwalks.org/team/ProjectSafetyNet>

WEEK 4
Sept. 22-28

step 5:
Spread the word

Sept. 25 PSN Community Meeting
3:30-5:30 PM at Cubberley Community Center, Rm. H-1, Palo Alto
Dive into PSN's Year-in-review presentation and learn from HEARD Alliance leaders about a toolkit on mental health promotion and suicide prevention in the K-12 school setting

*expanding upon National Council for Suicide Prevention's campaign. More info at take5tosavelives.org.

What helped you during your youth?

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#YouthWellbeing f i t
#SuicidePreventionMonth
#Take5toSaveLives

SEPTEMBER 2019
Suicide Prevention
Awareness and Action Month

What words and/or actions from others helped you during your youth?

Being told that no matter what
has happened I will always
deserve help.

Palo Alto Youth

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#YouthWellbeing f i t
#SuicidePreventionMonth
#Take5toSaveLives

SEPTEMBER 2019
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What words and/or actions from others helped you during your youth?

'It's not about learning how to calm
the sea, it's about learning how to
safely land your anchor and make it
through the storm.'

Abby Sullivan
ROCK President, Gunn High School

What helped you during your youth?

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#YouthWellbeing   
#SuicidePreventionMonth
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SEPTEMBER 2019
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What words and/or actions from others helped you during your youth?

The difference maker in my life as I was growing up was that I found adults in the local church that saw me, heard me, loved me, and affirmed who I was.

Paco Lopez
*High School Pastor in Palo Alto
PSN Leadership Team*

9/5 Youth Mental Health First Aid Training

- ▶ An addition of 9 certified Youth Mental Health First Aiders
- ▶ “I feel like I have the language to have conversations with youth about mental health and getting help.”
- ▶ “I have a more general view of suicide prevention that although isn’t specific to culture, can be used in a positive way.”

9/21 NAMIWalks- Silicon Valley



NAMIWalks- Silicon Valley



We Met Our Goal!

- ▶ Raised \$1550 (103% of Goal)
- ▶ Up to 6 weeks to donate
- ▶ Huge thank you to Roxanne Reeves
 - ▶ “Advocating for mental health. Working to end stigma of mental illness”

K-12 Toolkit on Mental Health Promotion and Suicide Prevention

Closing, Next Meeting, and Thank you!

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- ▶ Next PSN Community Meeting:
 - ▶ 3:30-5:30 PM
 - ▶ Cubberley Community Center - H1
 - **October 23, 2019:** Shared Measurement and Evaluation