

Project Safety Net

Community Meeting

May 22, 2019, 3:30-5:30 pm

Cubberley Community Center, Building H: Room H-1





YOUTH RESILIENCY, WELLBEING
& SUICIDE PREVENTION

Project Safety Net MISSION

PSN 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.

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, leaving a large white central area. The shapes are layered, creating a sense of depth and movement.

WELCOME



There is no power for change greater than a community discovering what it cares about.

~ Margaret J. Wheatley

AGENDA

- ▶ 3:15 Arrival and Networking
- ▶ 3:30 Welcome and Agenda Review
- ▶ 3:45 Letter Activity and Large Group Discussion
- ▶ 4:00 May is Mental Health Awareness Updates
- ▶ 4:10 Panel on Care Perspectives
- ▶ 4:45 Small Group Dialogues
- ▶ 5:10 Large Group Discussion & AAR Presentation
- ▶ 5:25 Closing, Next Meeting, & Thank You

Letter to a youth

Letter to a Youth

What would you say to a youth about mental health?

- Dear youth, and Love, Stranger
- Write in the “I”
- Share experiences of struggles and challenges
- Words of encouragement
- Write like the reader is your friend. Envision positivity.

*Alternative: Write a letter to your own mental health.

Credit to: *Letters to Strangers*



How would you define
a community of care?

May Mental Health Awareness Month Updates

Youth Takeover for Wellness (5/11)

“The leaders were really able to connect with all the people and I felt like I was in a safe place to talk with them.”

“Getting to speak and give advice.”


“Hearing other student’s perspectives on mental health.”

“Meeting others who are passionate about mental health.”



Youth Takeover for Wellness Contd.

- ▶ **Collected 18 feedback forms**
 - ▶ Most impactful aspect of today's event:
 - ▶ Connection
 - ▶ Laughter and Stress Balloons to de-stress
 - ▶ Personal Scenarios and Exchange
 - ▶ On a scale of 1-4, where 1 represents not beneficial and 4 represents very beneficial, please rate the beneficial factor of this event
 - ▶ **11 of 18 rated 3 and higher**
- ▶ **16 of 18** would be interested in participating in similar event in the future

NAMI's #WhyCare Campaign



I realized in early adulthood that not all youth grow up with a loving, supportive family and support system. Knowing how important that was for me, I wanted to do what I could to **help provide that system of support to youth** who may not have it.




Adam Howard

*Senior Community Services Manager,
Mitchell Park Community Center,
PSN Leadership Team*

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



I care about youth well-being because **I know what it is like to be a youth in this community.** Personally, I have suffered from chronic depression since high school and lost friends to suicide. **I know the impact of a stigmatized environment.** I work to create safe and inclusionary spaces for youth to thrive and become engaged members of their community.



Srishti Prabha

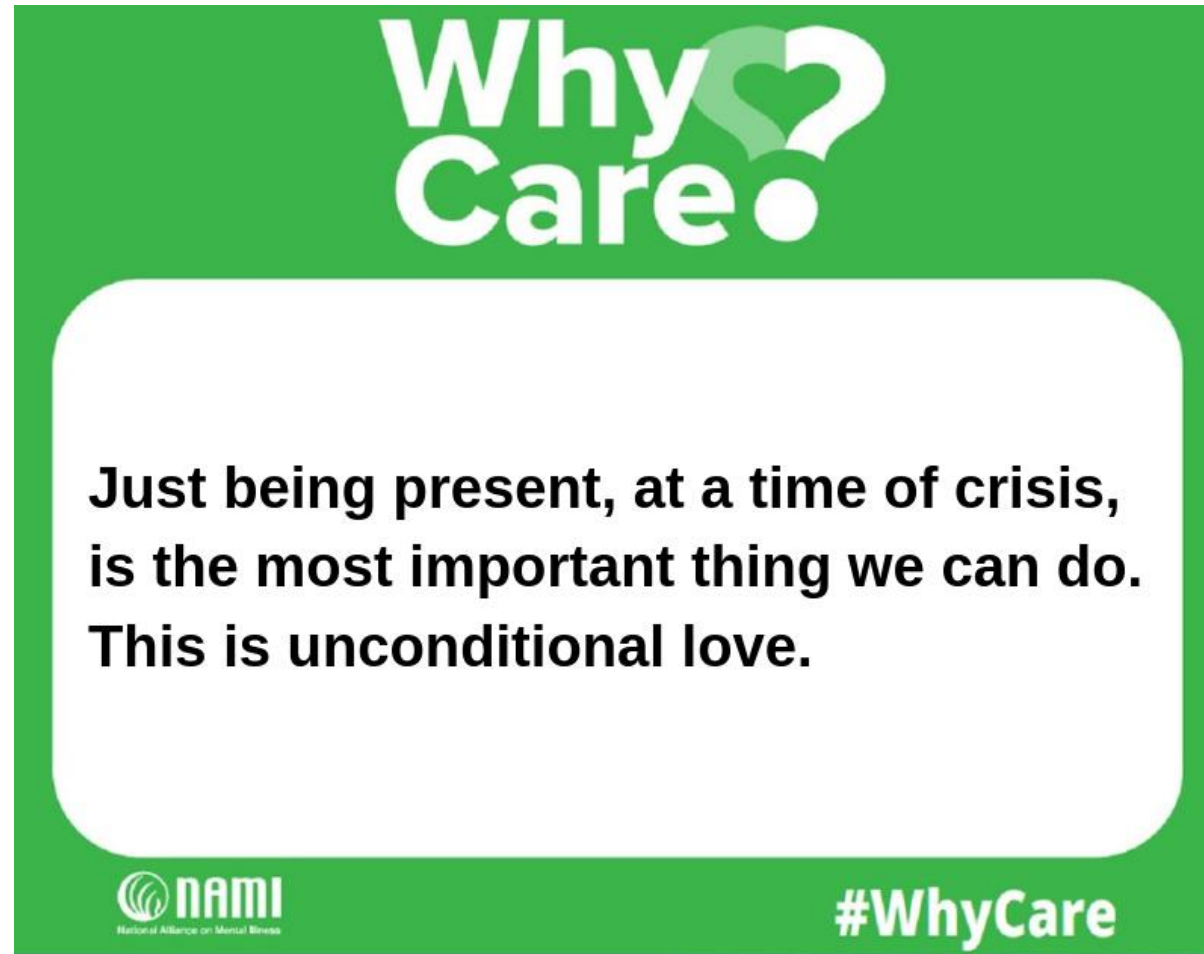
*Palo Alto Family YMCA Teen Leadership Coordinator
Public Ally Fellow
PSN Leadership Team Chair*

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#WhyCare Contd.



**Why
Care**

**Just being present, at a time of crisis,
is the most important thing we can do.
This is unconditional love.**

 **NAMI**
National Alliance on Mental Illness

#WhyCare

Palo Alto Parent

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Looking forward to

- ▶ Youth Mental Health First Aid Training - Thursday, May 23 (Tomorrow!)
- ▶ Santa Clara County's Suicide Prevention Conference - Friday, May 31

Panel

Introductions

- ▶ Isha Rajput, YMCA/YCS L.E.A.D.
- ▶ Anya Lassila, YMCA/YCS L.E.A.D.
- ▶ Tejas Kurkure, YMCA/YCS L.E.A.D.
- ▶ Aarush Banerjee, YMCA/YCS L.E.A.D.
- ▶ Amar, YMCA/YCS L.E.A.D.
- ▶ Christine Wang, Community Connections Program Manager - CHC
- ▶ Michele White, PEN Program Manager - CHC
- ▶ Mary Scott, Director of Student Ministries - Mtn. View Menlo Church

Small Groups Break-out

What's one thing you'd like to see in our community of care in the future?

Large Group Discussion and Noor's AAR Presentation

Closing, Next Meeting, and Thank you!

Next PSN Community Meeting:

3:30-5:30 PM

Cubberley Community Center - H1

- June 26: LGBTQ+ Pride Month - The Power of Youth Voice to Shape Policy and Advocacy

Project Safety Net VISION

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.