

The background of the slide features a large, stylized graphic of a 'Project Safety Net'. It depicts a green, rounded landscape with several trees. A network of green lines, representing the safety net, connects various points across the landscape. Labels for different sectors are placed around the landscape: 'CONTINUOUS COMMUNICATION' (top left, under a rainbow), 'SCHOOL SYSTEM', 'CBO & NONPROFIT', 'YOUTH', 'FAMILY', 'FAITH BASED ORGANIZATION', 'COMMUNITY EDUCATION, OUTREACH & TRAINING', 'POLICY & ADVOCACY', 'YOUTH MENTAL HEALTHCARE SERVICES', 'GOVERNMENT', 'BACKBONE', and 'SUPPORT'. At the very top, the text 'YOUTH RESILIENCY, WELLBEING & SUICIDE PREVENTION' is written. The base of the graphic is labeled 'PALO ALTO COMMUNITY'.

# PROJECT SAFETY NET

Community Meeting

April 24, 2019, 3:30 pm - 5:30 pm

Cubberley Community Center, Building H: Room H-1

YOUTH RESILIENCY, WELLBEING & SUICIDE PREVENTION

WELCOME

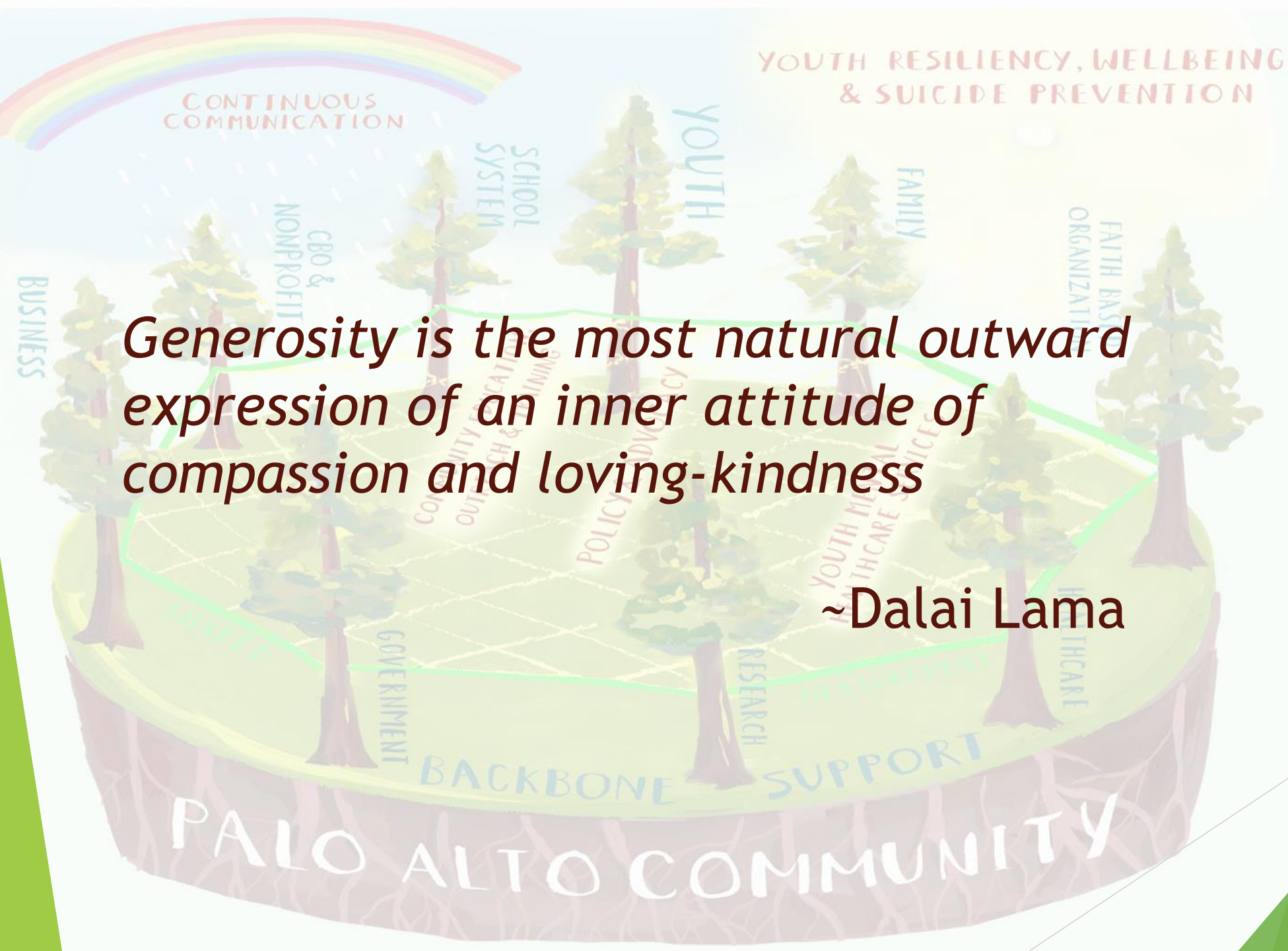
PALO ALTO COMMUNITY

YOUTH RESILIENCY, WELLBEING & SUICIDE PREVENTION

WELCOME

PALO ALTO COMMUNITY





*Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness*

~Dalai Lama

# AGENDA

- ▶ 3:15 Arrival and Networking
- ▶ 3:30 Welcome and Agenda Review
- ▶ 3:50 Unveiling New Mission and Vision Statements
- ▶ 4:05 Why and How?
- ▶ 4:40 May Mental Health Matters Month Update
- ▶ 4:50 Interpreting PSN's Mission and Vision Through Youth Voice
- ▶ 5:25 Closing, Next Meeting, & Thank You

YOUTH RESILIENCY, WELLBEING  
& SUICIDE PREVENTION

CONTINUOUS  
COMMUNICATION

SCHOOL  
SYSTEM

YOUTH

FAMILY

FAITH BASED  
ORGANIZATION

CBO &  
NONPROFIT

BUSINESS

# UNVEILING NEW MISSION AND VISION STATEMENTS

GOVERNMENT

RESEARCH

HEALTHCARE

BACKBONE

SUPPORT

PALO ALTO COMMUNITY

# NEW PSN MISSION STATEMENT (ver. 03-2019)

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.

# NEW PSN VISION STATEMENT (ver. 03-2019)

Young people **WE** are empowered, in partnership with the whole community, to advocate for **themselves OURSELVES** and **their OUR** 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 WE** feel safe, supported, and accepted.





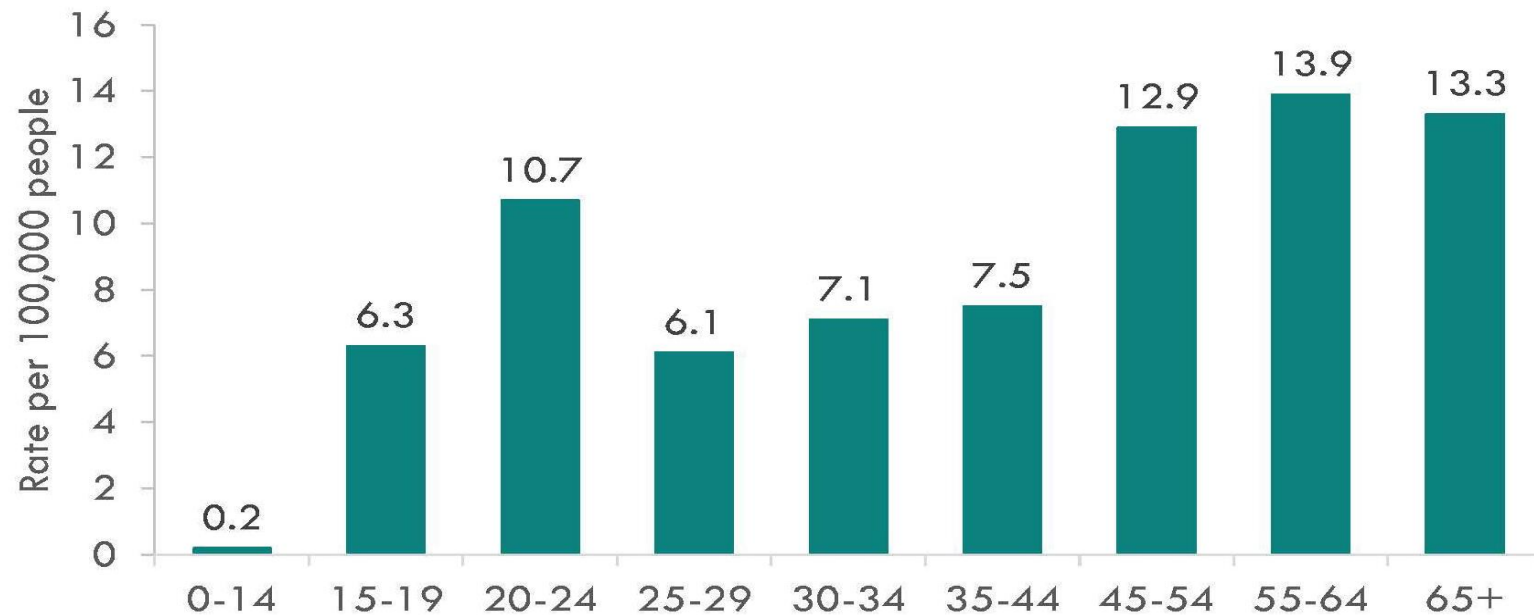
# WHY AND HOW?



# WHY: SNAPSHOT OF YOUTH WELL-BEING AND SUICIDE DATA

## County of Santa Clara

Age-specific rates of suicide deaths, 2010-2014 (pooled)



Source: Santa Clara County Public Health Department, Coroner death data, 2009-2014; State of California, Department of Finance, Race/Ethnic Population with Age and Sex Detail, 2000-2010. State of California, Department of Finance, State and County Population Projection, 2010-2060. Sacramento, California, January 31, 2013

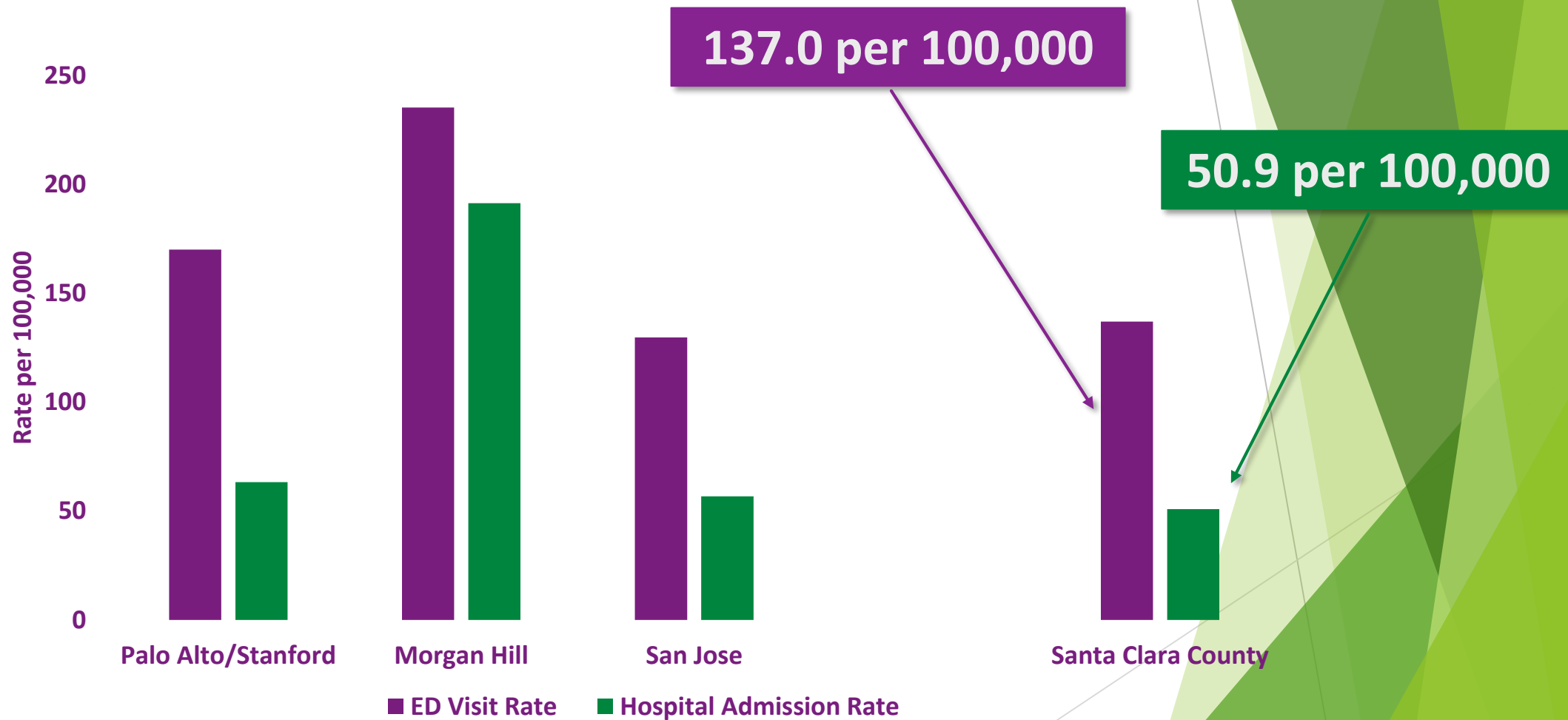
# PREDICTED CRUDE YOUTH SUICIDE RATES BY CITY OF RESIDENCE, 2003-2015

	Predicted Crude Suicide Rate per 100,000	95% Confidence Interval	
San Jose	4.6	3.8	5.5
Morgan Hill	12.7	7.3	21.8
Palo Alto	14.1	9.0	22.2
Sunnyvale	6.4	4.0	10.3
Santa Clara	5.1	3.0	8.5

**Data Source:** Vital statistics, combined years 2003-2015

**Case Definition:** (1) County of residence listed as Santa Clara County, (2) Death occurred in state of California, (3) Decedent 10 to 24 years of age, (4) Manner of death listed as suicide.

# CRUDE EMERGENCY DEPARTMENT (ED) VISIT AND HOSPITALIZATION RATE FOR SUICIDE ATTEMPT/SELF INJURY<sup>†</sup>



<sup>†</sup> suicide attempt without suicidal ideation

**Data Source:** Emergency Department Data (2005-2014), Patient Discharge Data (2003-2014)

**Population:** (1) Patient was 10 to 24 years of age, (2) Patient was a resident of Santa Clara County, and (3) Visit/hospitalization was for suicide attempt/self-injury. Suicide attempt/self-injury was defined based on the principal or any other diagnosis coded with ICD-9 external cause of injury codes (E-codes) in the range 950.0–959.9, corresponding to suicide attempt and self-inflicted injury.

# PALO ALTO COMMUNITY PERCEPTION OF YOUTH SUICIDE

## ➤ Top 5 Perceived Risk Factors

1. Depression, mental health issues
2. Academic distress or pressure
3. Disconnected, socially isolated
4. Family or cultural pressure
5. Life challenges

- ▶ 89.1% of respondents perceived youth suicide as a problem in Palo Alto
- ▶ 82.4% of respondents perceived suicide to be preventable
- ▶ 71.0% of respondents reported they would know where to get help for a friend or family member thinking about suicide



# INDIVIDUAL LEVEL RISK AND PROTECTIVE FACTORS FOR NONFATAL SUICIDAL BEHAVIOR AMONG PUBLIC HIGH SCHOOL STUDENTS

## Risk Factors

- Drug, alcohol, pain medication, cigarette use
- Mental health problems
- Sexual orientation (Lesbian, Gay, Bisexual)
- Delinquent behavior
- Sleep difficulties
- Female gender
- Lack of purpose and control over life
- Sensation seeking
- Sexual intercourse

## Protective Factors

- Positive perceptions of self
- Positive outlook on future
- Problem solving
- Emotional self-awareness
- Self-efficacy for help-seeking

# 2017 DEVELOPMENTAL ASSETS SURVEY RESULTS FOR PALO ALTO

## PAUSD – AREAS OF STRENGTH % OF YOUTH WITH THESE ASSETS (TOP 6 IN ORDER)

Elementary	Middle	High
Positive peer influence: 94%	Positive peer influence: 96%	Homework: 88%
Caring: 93%	Family support: 88%	Achievement motivation: 85%
Healthy lifestyle: 92%	Achievement motivation: 84%	Positive peer influence: 84%
Honesty: 91% Responsibility: 91%	Bonding to school: 83%	Integrity: 81%
Peaceful conflict resolution: 90%	Peaceful conflict resolution: 80%	Time at home: 78%
Family support: 89% High expectations: 89%	School boundaries: 78%	Bonding to school: 76% Responsibility: 76% Youth programs: 76%

# 2017 DEVELOPMENTAL ASSETS SURVEY RESULTS FOR PALO ALTO

## PAUSD – AREAS OF OPPORTUNITY % OF YOUTH WITH THESE ASSETS (BOTTOM 6 IN ORDER)

Elementary	Middle	High
Service to others: 28% Community values youth: 28%	Creative activities: 36% Religious community: 36%	Reading for pleasure: 22%
Religious community: 36%	Service to others: 38%	Community values youth: 26%
Time at home: 37%	Community values youth: 39%	Parent involvement in schooling: 28%
Neighborhood boundaries: 42%	Planning and decision-making: 45%	Religious community: 29%
Parent involvement in schooling: 45%	Youth as resources: 47% School Engagement: 47% Homework: 47%	Creative activities: 31%
Sense of purpose: 49%	Reading for pleasure: 49%	Caring neighborhood: 39%

# HOW: THE JOURNEY LEADING TO NEW STATEMENTS

- Secured Mosaic Consulting and Coaching to facilitate process
- Input from an online stakeholder survey
- Meetings with the PSN Executive Advisory Board, PSN Leadership Team, and Community Partners.
- Feedback from this process includes participants'
  - Preference for concise statement options (i.e. “keep it short)
  - Positive response to the inclusion of youth “empowerment”
  - Suggestion of the term “mental wellness,” and to retain emphasis on prevention
  - Desire to lift up that youth and community members are in this work together
- Final adoption by PSN Executive Advisory Board





# MAY MENTAL HEALTH MATTERS MONTH UPDATE

YOUTH RESILIENCY, WELLBEING  
& SUICIDE PREVENTION

CONTINUOUS  
COMMUNICATION

SCHOOL  
SYSTEM

YOUTH

FAMILY

FAITH  
ORGANIZATION

CBO &  
NONPROFIT

BUSINESS

COMMUNITY EDUCATION  
OUTREACH & TRAINING  
POLICY & ADVOCACY

RESEARCH

HEALTHCARE

GOVERNMENT

BACKBONE

SUPPORT

PALO ALTO COMMUNITY

# MAY MENTAL HEALTH AWARENESS MONTH

Let's all get involved!

- ▶ Support by posting, wearing, and decorating in lime green - **Daily**
- ▶ Engage in NAMI's #WhyCare Campaign with PSN - **Weekly**
- ▶ Attend PSN Community Meeting - **Wednesday, May 22**
- ▶ Train yo self with Mental Health First Aid Training - **Thursday, May 23**
- ▶ Join PSN in tabling at Santa Clara County's Suicide Prevention Conference (first-ever!) - **Friday, May 31**

# NAMI's #WhyCare

- Care's an action and feeling
- Reflect how PSN came together
  - consider our united approach and efforts to promote youth mental health
- Promote our coalition's efforts to support youth well-being
  - highlight through 4 @partner's and 4 @youth's weekly posts
- Weekly Partner and Youth Posts
- May 22 PSN Community Meeting





# HOW CAN WE PARTICIPATE IN #WhyCare?

- ▶ Submit response to **why** and **how** you care for youth mental health (preferably partner's response)
- ▶ Submit response to what **access** to youth mental health care looks like or about a time when you received **support for mental wellness** in Palo Alto (preferably youth's response)

[peying.lee@cityofpaloalto.org](mailto:peying.lee@cityofpaloalto.org)



# ANY QUESTIONS OR THOUGHTS?

			01	02	03	04
			Campaign Start PSN Post: New mission and Vision			
05	06	07	08	09	10	11
			#WhyCare Partner Post		#WhyCare Youth Post	
12	13	14	15	16	17	18
			#WhyCare Partner Post		#WhyCare Youth Post	
19	20	21	22	23	24	25
			COMMUNITY MEETING  #WhyCare Partner Post	Youth Mental Health First Aid Training 8:30-6:00 PM	#WhyCare Youth Post	
26	27	28	29	30	31	
			#WhyCare Partner Post	#WhyCare Youth Post	SCC's Suicide Prevention Conference 8:30-1:00 PM	Campaign End: PSN Culmination Post



# INTERPRETING PSN'S MISSION AND VISION THROUGH YOUTH VOICE





# CLOSING, NEXT MEETING REMINDER, AND THANK YOU

**Next PSN Community Meetings**

**3:30pm - 5:30pm**

**Cubberley Community Center - Room H1**

- **May 22nd:** May Mental Health Matters Month
- **June 26<sup>th</sup>:** LGBTQ+ Pride Month - The Power of Youth Voice to Shape Policy and Advocacy



# New PSN Mission and Vision Statement

## Mission Statement

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## Vision Statement

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