Project Safety Net

Community Meeting
Aug 28, 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.
Education is for improving the lives of others and for leaving your community and world better than you found it.

- Marian Wright Edelman
AGENDA

- 3:15 Doors Open
- 3:30 Welcome and Agenda Review
- 3:40 Keynote speech by PAUSD Superintendent Don Austin
- 4:15 School-Based Youth Mental Health & Suicide Prevention Efforts Panel
- 5:20 PSN’s September Suicide Prevention Awareness and Action Month
- 5:25 Closing and Thank You
- 5:30 Meeting Adjourns and Network
Keynote Speaker
PAUSD Superintendent
Don Austin
Panel
Introductions

- Abby Sullivan, Gunn High School’s ROCK & Sources of Strength
- Kate Williams, Gunn High School’s ROCK & Sources of Strength
- Ella Jones, Palo Alto High School’s Sources of Strength
- Courtney Carlomagno, Gunn High School’s Social Emotional Learning/Educational Specialist
- Genavae Pierre-Dixon, Gunn High School’s Mental Health & Wellness Coordinator
- Husna Hashmi, Palo Alto Council of PTA
- Indira Selva Kumaraswamy, Palo Alto Council of PTA
- Miriam Stevenson, PAUSD Director of Student Services
PSN’s September Suicide Prevention Awareness & Action Month

SEPTMBER 2019
Suicide Prevention Awareness and Action Month

ENTIRE month
Submit your response
What words and/or actions from others helped you during your youth?

WEEK 1
Sept. 1-7
step 1:
Learn the signs & know how to help
Sept. 5
FREE Youth Mental Health First Aid Training
8:30 AM - 6:00 PM at Mitchell Park Library, Palo Alto

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
Sept. 10
National Suicide Prevention Awareness Week
World Suicide Prevention Day

WEEK 3
Sept. 15-21
step 4:
Reach out
Sept. 21
NAMIWalks–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 take5tossavelives.org.
TRAIN YO' SELF

A young person you know could be experiencing a mental health challenge or crisis. You could help!

Register now

Training Certification
Thursday, Sept. 5
8:30 AM – 6:00 PM
Adobe Room at Mitchell Park
Library, Palo Alto

Thursday, Sept. 5 – Youth Mental Health First Aid Training
Saturday, Sept. 21 -
Team Project Safety Net at NAMIWalks- Silicon Valley

NAMIWalks - Silicon Valley
Sat, Sept. 21, 2019 / 8:30am
Guadalupe River Park/
Arena Green West, San Jose

TEAM PROJECT SAFETY NET

$1,500 Goal
Join us & improve
lives of individuals
& families affected
by mental illnesses

• Register & walk with us in person
  (you can be a virtual supporter, too!)
• Donate to the event
• Spread the word & rally others to
get involved with mental health
  efforts

namiwalks.org/team/ProjectSafetyNet

project safety.net
Entire Month of Sept. 2019 - Submit your response

SEPTEMBER 2019
Suicide Prevention Awareness and Action Month

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

Sign as you want (i.e. Name or Group - Palo Alto parent or youth)
Submit to peyling.lee@cityofpaloalto.org or https://bit.ly/2ZkbEby
Closing, Next Meeting, and Thank you!

Next PSN Community Meeting:

- 3:30-5:30 PM
- Cubberley Community Center - H1

- **September 25:** PSN’s Year-in-Review and HEARD Alliance’s K-12 Toolkit on Mental Health Promotion & Suicide Prevention