



"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 Virtual Community Meeting Agenda
The New Reality of Youth Well-Being Promotion & Suicide Prevention:
Strengthening Collaborations in a COVID-19 Pandemic Environment

April 29, 2020 at 3:00 – 5:00pm

This is a summary of pre- community meeting responses about the current services, resources, and needs to advance youth well-being and youth suicide prevention in time of COVID-19. They have been categorized by 5 perspectives/small group discussions: youth, parents, school system, behavioral and mental health system, and faith community.

YOUTH

Current services and resources:

- Connecting, supporting, and checking in with friends and family
- Remote group support
- Supporting student mental health
- **Outlet-ACS:** free online peer groups and fee-based teletherapy for LGBTQ+ youth
- **Palo Alto High School and Gunn High School:** Virtual Bring Change 2 Mind club programming
- **Palo Alto's Teen Library Advisory Board:** weekly meetings to connect, support, and plan
- **Wellness Center:** virtual appointments; daily outreach with resources and ideas
- **Youth Community Service:** service ideas, tutoring, and food resources for families and students

Supports needed:

- Awareness and support for ongoing community programs
- Ideas for connection events
- How to educate others in support of youth mental health and suicide prevention efforts
- Making communication with parents
- Mental Health resources for youth staying at home with family
- Options for teens struggling
- Ways to reach teens who do not want to join in virtual programs but need support



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PARENT

Current services and resources:

- **Counseling and Support Services for Youth (CASSY):** telehealth to school children
- **IAHV Sky Schools:** Mon-Fri and free FB live well-at-home online relaxation series for the community
- **Gunn High School's PTSA:** Communications for PTA parents; fundraising for PACF COVID-19 relief fund and information to families in need
- **Joyrun:** App that enables neighborhood delivery
- **The Parent Education Series/the Parent Venture:** virtual online (webinar) parent and community education
- **Palo Alto's PTAC Social Emotional Learning COVID-19 Task Force:** SEL resources for parents
- **City of Milwaukee Health Department- Office of Violence Prevention:** Connection to mental health professionals for those in need

Supports needed:

- Continued community-school collaboration
- Funding for virtual events
- Fundraising opportunities
- Technology support for Zoom webinar production
- Local organizations interested in offering pro bono (or low cost) webinars
- Resources to provide to our youth, students, and parents



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SCHOOL

Current services and resources:

- Community grants
- **Acknowledge Alliance:** Mental health counseling for students via telehealth and Resilience support for educators via secure online video conferencing
- **City of Saratoga Community Engagement:** Teen Commission support and food distribution
- **County of San Mateo:** Sharing what's on the county site and other nonprofits
- **Gunn High School Teacher:** Teaching online classes and providing community connection and information to residents of Midtown
- **HEARD Alliance:** www.heardalliance.org/help-toolkit - schools can find intervention in a suicidal crisis during COVID-19
- **Jewish Family and Children's Services:** First responders for isolated seniors providing clinical and hands in support. There's also support for children, families, and teens
- **Palo Alto High School PTSA:** Providing information to parents and connecting them with experts
- **PAUSD:** Virtual wellness center with telehealth options for students
- **New York Department of Education Affinity:** Counseling support to counselors, social workers, and school communities
- **Youth Community Service:** Service learning projects at home and for people to engage in during COVID-19 pandemic; college student intern to support partners' projects for essential workers

Supports needed:

- Help supporting students while away from the school building
- Virtual mental health strategies for students
- More support for our parents and staff members (examples: help prevent staff burn-out as well as boost staff morale)
- Resources for mental health and well-being
- Resources and funds for added costs of remote services
- Strategy moving forward
- Training for mental health support
- Trying to understand youth perspective and what they are saying
- Trying to understand how schools are preparing for re-engagement
- Where to send volunteers who want to help wellness efforts and connecting with individuals



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- Unsure at this time
- Anything will help



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BEHAVIORAL AND MENTAL HEALTH SYSTEM

Current services and resources:

- **Acknowledge Alliance:** online meetings and groups to support students, teachers, staff, and administrators for psychological, social, and emotional wellbeing in 20+ school communities
- **Bay Area Clinical Associates:** telehealth outpatient services for ages 26 and under, and their families; intensive outpatient programs for adolescents and young adults
- **Caminar:** connecting LGBTQ+ adults to beneficial mental health opportunities within the county
- **Counseling and Support Services for Youth:** telehealth therapeutic services to children and youth in our districts
- **Peninsula HealthCare District:** Funding support to mental health community programs; outreach calls to isolated seniors; engagement of youth advisory group to help identify priority needs
- **SafeSpace:** supporting youth via daily Zoom meetings and trainings; small group and individual project planning via phone, Zoom, FaceTime, Skype
- **Santa Clara County Behavioral Health Services Department- Substance Use Prevention Services:** online programs and group sessions
- **San Mateo County Behavioral Health and Recovery Services:** resources, consultations, trainings, town hall, equity work, suicide prevention work, community courses
- **Stanford's Center for Youth Well-being and Mental Health:** supporting youth advocacy group
- **Youth Community Service:** welfare check-ins and youth group meetings
- **Lianne Avila, LMFT:** available in office and through telehealth
- **Roxanne Reeves:** online mental health advocacy and awareness
- **ESC (Central Ohio):** SEL support to students and staff
- **Moffitt Cancer Center (Florida):** Free mammograms and navigation
- **Valley Oasis (Los Angeles County):** all services related to sexual assault and domestic violence are still available
- **211info.org (Oregon/Southwest Washington):** COVID-19 information and referral, crisis lines, DV, food, reproductive health, WIC

Supports needed:

- Collaboration and community voice
- Communication (examples: how to inform underserved communities; social media strategy)



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- Connecting parents, youth, schools, agencies to mental health services
- Connecting to agencies open and offering telehealth, especially those that take insurance for referrals
- Input to help district focus on priority needs and partners to address needs
- Support on dealing with own stressors as well as staff and youth stress
- Talking points to suicide during COVID-19
- Feedback from young people
- Virtual supports for LGBTQ+ adults



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Faith Community

Current services and resources:

- Working with faith communities and non-profits to help unhoused
- **Centre for Living with Dying program – Bill Wilson Center:** group and individual grief services via Zoom and Tele-counseling; Critical incident Stress Response for responders and the community
- **First Congregational Church of Palo Alto, UCC:** all online— worship, youth group, confirmation program Sunday School, story-time for children, adult classes and prayer group, vocal classes
- **First United Methodist Church of Palo Alto:** continued church operations; **SEEDS Homeless Youth Outreach:** hygiene/food kits to youth living on the streets (limited)
- **HEARD Alliance:** school consultations regarding mental health promotion and suicide prevention
- **Peninsula Bible Church:** digital platforms for students to stay connected with peers and adult mentors; personal contact from adult mentors
- **San Mateo County Behavioral Health and Recovery Services:** mental health services and community support
- **Nevada Office of Suicide Prevention:** supporting those in crisis via phone, e-mail, and text
- **Valley Oasis (Los Angeles County):** sexual assault response services; phone services

Supports needed:

- Ensuring community practice of social distancing
- Direct contacts for immediate youth support
- Funding due to loss of traditional funding sources
- How to engage with youth meaningfully through the COVID-19 crisis
- How to make consistent direct contact with youth during COVID-19 crisis
- New ideas and resources
- Resources for youth only
- Support for parents with youth that experience mental, behavioral, alcohol and drug use challenges
- Support to connect with teens
- Understanding where needs are