

Project Safety Net and Youth Partners

**Youth Mental Wellness Through and
Past COVID-19:
Tackling Stress, Burn-out, and
Communication Challenges**

Virtual Youth Convening

June 18, 2020

3:30 - 5:00 pm

PALO ALTO COMMUNITY

Youth Convening Housekeeping

- ▶ Video's optional
- ▶ Mics muted in the main session if not speaking
- ▶ Use chatbox for questions and comments
- ▶ Please save thoughts and questions for small group discussions

Safe and Brave Space Agreements

What's said here, stays here. What's learned here, leaves here.

- ▶ Respect one another's experiences
- ▶ Let others speak - be patient
- ▶ Make space for others to talk (Step back, step up)
- ▶ Honor silence
- ▶ Use I statements... "I feel"

Welcome and Introductions

Meghna Singh,
she/her

University of Michigan second-year undergraduate student
Past Reach Out, Care, Know (ROCK) Co-President at Gunn HS

Youth Steering Committee

Abigail Milne, she/her

Angel Nwosu, she/her

Anya Lassila, she/her

Christina Chen, she/her

Erica Cardozo, she/her

Grace Williams, she/her

Gwyn Wong, she/her

Hanna Suh, she/her

Hannah Zhang, she/her

Helena Cirne, she/her

Kate Williams, she/her

Kelly Yu, she/her

Langston Wu, he/him

Phoebe Kim, she/her

Meghna Singh, she/her

Shannon Yang, she/her

Vardaan Shah, he/him

Jimmy Nguyen, he/him

Molly Wallner, she/her

Peying Lee, she/her

Support from PSN Leadership

Adam Howard

CITY OF PALO ALTO COMMUNITY SERVICES

Diana Bautista

STANFORD CHILDREN'S HEALTH - LUCILE
PACKARD'S CHILDREN HOSPITAL

Lan Nguyen,

Mego Lien,

Jasmine Lopez,

COUNTY OF SANTA CLARA'S
SUICIDE & CRISIS SERVICES AND
SUICIDE PREVENTION PROGRAM

John Kim

PALO ALTO UNIFIED SCHOOL DISTRICT ALUM

Lisa Miller

COUNSELING AND SUPPORT SERVICES FOR YOUTH
(CASSY)

Pastor Paco Lopez

PENINSULA BIBLE CHURCH

Mary Gloner

PROJECT SAFETY NET

<http://www.psnpaloalto.com/about-us/>



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.

Agenda

- 3:30** **Welcome and Introductions**
- 3:40** **Guided Meditation**
- 3:45** **Minding our Mental Health During COVID-19**
- 4:15** **Connecting, Supporting, and
Exercising Mental Wellness**
- 4:50** **Closing and Thank You**

Guided Meditation

Helena Cirne
she/her

Columbia University second-year undergraduate student
Past Reach Out, Care, Know (ROCK) Leader at Gunn HS

Minding our Mental Health During COVID-19

Moderated by
Shannon Yang
she/her

University of Oxford second-year undergraduate student
Gunn High School alum

Minding our Mental Health During COVID-19

Phoebe Kim
she/her

Palo Alto High School
Member of Bring Change 2 Mind and Youth
Community Service-Youth Connectedness Initiative

Langston Wu
he/him

Gunn High School
Member of Teen Library Advisory Board -
City of Palo Alto Library

Abigail Milne
she/her

Woodside Priory High School
Member of Teen Library Advisory Board -
City of Palo Alto Library

Lisa Miller
she/her

Program Manager,
Counseling and Support Services for Youth (CASSY)

Minding our Mental Health During COVID-19

Phoebe Kim,
she/her

Langston Wu,
he/him

Abigail Milne,
she/her

Lisa Miller,
she/her

How has COVID-19 impacted your mental health? What has been challenging?

What have you learned about mental health during this time of COVID-19?

Minding our Mental Health During COVID-19

Phoebe Kim,
she/her

Langston Wu,
he/him

Abigail Milne,
she/her

Lisa Miller,
she/her

How can we help with suicide prevention during time of COVID-19? How to help friends with their mental health?

Describe a positive experience you've had in shelter-in-place?

Connecting, Supporting, and Exercising Mental Wellness

Small Group Discussion Instructions

- ▶ 4 small break-out groups, 30 minutes
 - ▶ Discussion and Art
 - ▶ Supportive adults who can provide mental health support

- ▶ 1 minute timer before regrouping in Main Room
 - ▶ Please note: Return to Main Room versus Leave Meeting

- ▶ **Discussion Questions**
 - 1) Introductions and What's something that stood out to you from the guided meditation or panel perspectives?
 - 2) What supports do you need to advance youth well-being and suicide prevention?

Connecting, Supporting, and Exercising Mental Wellness

Small Group Facilitators and Supportive Adults

Room	Discussion	Art	Supportive Adult
1	Abigail Milne she/her	Grace Williams she/her	Paco Lopez, he/him High School Pastor, Peninsula Bible Church
2	Shannon Yang she/her	Hannah Zhang she/her	Mary Gloner, she/her Executive Director, Project Safety Net Jimmy Nguyen, he/him YCI Youth Program Coordinator, Youth Community Service
3	Christina Chen she/her	Erica Cardozo she/her	Jasmine Lopez, she/her Coordinator, Santa Clara County Suicide Prevention Program
4	Phoebe Kim she/her	Kate Williams she/her	Lisa Miller, she/her Program Manager, CASSY Molly Wallner, she/her Teen Librarian, City of Palo Alto Library



Wellness Resources from Youth Steering Committee

WELLNESS RESOURCES

LEARN MORE

National Alliance on Mental Illness

<https://nami.org/Home>

Provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

Mental Health First Aid Training by ECCAC

<https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/> or call 408 248 4636
Find courses to help you learn more about mental health and substance abuse challenges.

Sources of Strength

<https://sourcesofstrength.org/>

"Covid-19 Resources" features wellness plans and self-care activities.



CALL

Crisis Text Line

Text Home to 741741

Free, anonymous, 24/7 support by a trained Crisis Counselor,



City of Palo Alto

project safety net

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

Project Safety Net Announcements

Please help shape future programming by completing our evaluation survey

In the follow-up e-mail!

Project Safety Net Announcements

Contact psnpaloalto@gmail.com

[**psnpaloalto.org**](http://psnpaloalto.org)

You can follow us on Facebook,
Twitter, and Instagram @psnpaloalto

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.